European Junior Committee
Regarding age categories determination

EKC (European Kudo committee) and KIF (Kudo International federation) established the following age categories for athletes.

Age categories:

1. U-10 (KIDS I) age 8 - 9 years old
2. U-12 (KIDS II) age 10 - 11 years old
3. U-14 (CADETS) age 12 - 13 years old
4. U-16 (JUNIOR I) age 14 - 15 years old
5. U-18 (JUNIOR II) age 16 - 17 years old
6. U-22 (YOUTH) age 18 - 21 years old
7. ADULTS age from 18 to 45 years old
8. VETERANS age from 45 to 65 years old

Approved by EKC director
Vilius Tarasevičius

