



ALL MEGHALAYA KARATE – DO ASSOCIATION SHILLONG

Regd No. Sr/AMKA-499/87 of 1987

Recognised by : Govt. of Meghalaya Dept. of Sports & Youth Affairs, State Sports Council of Meghalaya
& Meghalaya State Olympic Association
Affiliated to : Karate India Organisation (KIO)
Recognised by : World Karate Federation (WKF), International Olympic Committee (IOC) & Asian Karate Federation (AKF)

No. AMKA/P/35/2026/17

Date. 6th August 2026

PRESS RELEASE

61 (Sixty One) Karatekas of the Association, led by Mr. Arjun Sewa, Mr Edwilbert K Nongkynrih, Mr Pynhunlang Kharbuli and Miss Sharai Nongneng Shanpru, will participate in the 20th All India Independence Cup Karate Championship 2026 scheduled to be held at the Talkatora Indoor Stadium, New Delhi from 7th – 9th August 2026.

It may also be mentioned that 27 karatekas under the Team Preparation Programme for the 39th National Games 2027 will be participating in this championship. Their participation forms part of the Exposure Camp sanctioned by the Sports Department, aimed at providing valuable competitive exposure and helping them prepare for the 39th National Games 2027.

The Association is proud to announce the names of the selected karatekas who will represent the State at this prestigious national championship. The list of the selected karatekas is enclosed herewith.

On behalf of the Association, we extend our best wishes to all the karatekas and officials for a successful championship and hope they bring laurels to the State.

Your kind co-operation in this regard will be highly appreciated.

Thanking you in anticipation,

Ksan Kuper Warjri
General Secretary
(M) 9774062118



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20th ALL INDIA INDEPENDENCE CUP KARATE CHAMPIONSHIP 2026

Name	Event(s)			
Adelina Lyngdoh Nonglait	Kumite Individual female Juniors -48 kg			
Aldrich Ryan Lyngdoh	Kumite Individual male Cadets -52 kg	Kata Individual male Cadets		
Aventinus George Myllem	Kata Individual male Seniors	Kumite Individual male Seniors -60 kg	OPEN Kumite Male	
Bameshanlang A Sawkmie	Kata Individual male Juniors	Kumite Individual male Juniors -55 kg		
Bruce E Mawkhlieng	SUB JUNIOR 13 YRS MALE KUMITE -45KG			
Carene Sohiong	Kumite Individual female Seniors -55 kg	OPEN Kumite Female		
Carenia Raptap	Kumite Individual female Seniors -61 kg	OPEN Kumite Female		
Cheansal D Momin	Kumite Individual male Cadets -52 kg			
Clareenda Lyngdoh	Kumite Individual female Seniors -55 kg			
Daniel Dabiangbha Warjri	Kumite Individual male Juniors -68 kg	OPEN Kumite Male		
Daphilahun Meri Wahlang	Kumite Individual female Seniors -50 kg			
Dashynna Sutnga	Kata Individual female Juniors	Kumite Individual female Juniors -53 kg		
Delightful Marngar	Kumite Individual female Seniors -50 kg			
Demitrio Dkhar	Kumite Individual male Cadets -52 kg			
Derrick Myrchiang	Kumite Individual male Cadets -52 kg			
Elisheba Khongwar	Kata Individual female Seniors	Kumite Individual female Seniors -50 kg	Team kata	
Emika Deimaia Myrthong	Kata Individual female Juniors	Kumite Individual female Juniors -59 kg		



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Name	Event(s)			
Emmanuel Bapynkmeniam Diengdoh	Kumite Individual male Juniors +76 kg			
Eric Bateinam Ryngnga	Kumite Individual male Cadets -52 kg			
Ester Mary Lyngdoh	Kata Individual female Seniors	Team Kata		
Febbyson Lyngdoh Lyngkhohi	Kata Individual male Juniors	Kumite Individual male Juniors -55 kg		
Fennysha Shangpliang	Kumite Individual female Seniors -50 kg			
Ferdinand Samkumar Rani	Kata Individual male Seniors	Kumite Individual male Seniors -55 kg	OPEN Kumite Male	Team Kata
Gary Daniel Lyngdoh Mawlong	Kumite Individual male Seniors -67 kg	OPEN Kumite Male		
Gideon Tympuin	Kata Individual male Seniors	Kata Individual male Seniors	OPEN Kumite Male	Team Kata
Gregorwilson Makdoh	Kata Individual male Seniors	Kumite Individual male Seniors -55 kg	OPEN Kumite Male	Team Kata
Ialamphang Kharkongor	Kumite Individual male Seniors -75 kg	OPEN Kumite Male		
Ibansara J Rani	Kumite Individual female Cadets -47 kg			
Inlumlang Skhemiew	Kumite Individual female Seniors -50 kg			
Javier Mebanbha Sawian	SUB JUNIOR 12 YRS MALE KUMITE -40KG			
Johanson Isacc Nongkynrih	SUB JUNIOR 12 YRS MALE KUMITE -40KG			
John K D Wahlang	SUB JUNIOR 13 YRS MALE KUMITE -55KG			
Josanky Rympei	Kumite Individual male Seniors -55 kg	OPEN Kumite Male		
Kynjailin Lyngdoh Mawnai	Kumite Individual female Seniors -50 kg			
Lamerphylla Damesha Kharsati	Kata Individual female Seniors	Team Kata		
Lapyntngen Mary Lamin	Kata Individual female Cadets	Kumite Individual female Cadets -47 kg		



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Name	Event(s)			
Larisha Kurbah	Kata Individual female Cadets	Kumite Individual female Cadets -47 kg		
Lavina Khryiem	Kata Individual female Cadets	Kumite Individual female Cadets -47 kg		
Mangshuwa Kharkongor	Kumite Individual male Cadets -52 kg			
Martina Blah	Kumite Individual female Seniors -50 kg	OPEN Kumite Female		
Mebaaingewbha Kharmudai	Kumite Individual female Cadets -47 kg			
Mebapynhun Marngar	Kata Individual female Juniors	Kumite Individual female Juniors -48 kg		
Mehashuwanaki Buhroy	Kumite Individual male Juniors -61 kg			
Naphisha Pyngrope	Kumite Individual female Juniors -53 kg			
Nathaniel Levin Suting	Kata Individual male Cadets	Kumite Individual male Cadets -52 kg		
Nathaniel S Ryntathiang	Kumite Individual male Seniors -67 kg			
Paul Danny Kharmudai	Kata Individual male Seniors	Kumite Individual male Seniors -60 kg		
Phibankyrsoi Makdoh	Kumite Individual female Cadets -54 kg			
Precious Stone Mukhim	SUB JUNIOR 13 YRS MALE KUMITE -55KG			
Rebeka Nongspung	Kumite Individual female Seniors -50 kg	Kumite Individual female Seniors -50 kg		
Ribannagsan Lyngdoh Nongbri	SUB JUNIOR 12 YRS FEMALE KUMITE -45KG			
Ryan Joe Agustine Dohkrut	SUB JUNIOR 12 YRS MALE KUMITE -40KG			
Sandameka V Langstieh	Kumite Individual female Seniors -50 kg			
Saphishisha Warlarpih	Kumite Individual female Cadets -47 kg			
Shanu Das	SUB JUNIOR 13 YRS MALE KUMITE -40KG			



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Name	Event(s)			
Sherry Pangniang	Kumite Individual female Juniors -59 kg			
Suthiang Sun	Kata Individual female Cadets	Kumite Individual female Cadets -47 kg		
Vanessa S Nongsiej	SUB JUNIOR 13 YRS FEMALE KATA	SUB JUNIOR 13 YRS FEMALE KUMITE -50KG		
Wansakani Lyngdoh	SUB JUNIOR 13 YRS FEMALE KUMITE -40KG			
Yeomeky Dame Chyne	Kata Individual male Juniors	Kumite Individual male Juniors -55 kg		
Zarifa Dasha Nongrum	Kumite Individual female Cadets -47 kg			

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