

KATA (Forms)

- Flag system:** Two at a time.
Ranks 9 Kyu – 4 Kyu: Must perform basic Kata such as: Taikyoku, Heian, Pinan, Gekisai & any other similarly categorized Kata.
Ranks 3 Kyu & above: Must perform advanced Kata's from Tekki Shodan and up.

Separate male & female divisions, if practical, divided by **similar** rank & age as follows.

- Children ----- Ages 5 & 6-7 & 8-9 & 10-11
Youth ----- Ages 12-13 & 14-15 & 16-17
Adults ----- Ages 18 – 34
Seniors ----- Ages 35 & older

FLAG SPARRING - TWO and THREE PERSON

Intended for children not yet into free sparring (Kumite)

Headgear is **mandatory** for **all** competitors.

Separate male & female divisions, if practical, divided by **similar** experience, rank & age as follows.

Beginner: Under 1 year of training & less than 9 kyu.

Novice: Over 1 year of training or 9 kyu & over.

Children----- Ages 5* & 6-7* & 8-9* & 10-11*

*Children Ages 5 – 11 may participate in either Kumite or Flag Sparring, but not both.

KUMITE (Sparring)

Separate male & female divisions divided by **similar** size, rank & age as follows.

Children Male ----- Ages 5* & 6-7* & 8-9* & 10-11*

Children Female ----- Ages 5* & 6-7* & 8-9* & 10-11*

*Children Ages 5 – 11 may participate in either Kumite or Flag Sparring, but not both

Youth Male - Ages 12-13 & 14-15 & 16-17

Adults Male - Ages 18 – 34

Seniors Male - Ages 35 & older

Youth Female - Ages 12-13 & 14-15 & 16-17

Adults Female - Ages 18 – 34

Seniors Female - Ages 35 & older