

KATA (Forms)

Flag system:	Two at a time.
Ranks 9 Kyu – 5 Kyu:	Must perform basic kata such as: Taikyoku, Heian, Pinan, Gekisai & any other similarly categorized kata.
Ranks 4 Kyu – 2 Kyu:	Must perform Heian Godan and up.
Ranks 1 Kyu & above:	Must perform advanced katas from Bassai Dai 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 (1) -----	Ages 35 – 44
Seniors (2) -----	Ages 45 & older

FLAG SPARRING – 2 and 3 Person & 3 vs 3 Team Competition

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

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

Adults Male – Ages 18 – 34

Adults Female – Ages 18 – 34

Seniors (1) Male – Ages 35 – 44

Seniors (1) Female – Ages 35 – 44

Seniors (2) Male – Ages 45 & older

Seniors (2) Female – Ages 45 & older

3 vs 3 Team Competition (Flag Sparring)

3 vs 3 Team Competition: 3 Competitors per side

- Prerequisite: Competitors must be competing in one other single event.
- Registration form must include three (3) members' names.
- A competitor may be replaced before the start of the match at the tournament if needed. The replacement must be of the same level.
- No limit as to how many teams per club.
- All teams are mixed genders and mixed ranks.
- Spirit medals will not be awarded for 3 vs 3 Competition for ages 5 thru 11.