

TOURNAMENT DIVISIONS

PATTERNS

(24 divisions each)

Beginner: White belt - Green Stripe

Tiny Tots	5 yrs. and under (male/female)
Tots	6-7 yrs. (male/female)
Mighty Mites	8-9 yrs. (male/female)
Pre-teens	10-12 yrs. (male/female)
Juniors	13-16 yrs. (male/female)
Adults	17-34 yrs. (male/female)
Seniors	35 yrs. and up (male/female)

Intermediate: Green Belt - Blue Belt

Tots	6-7 yrs. (male/female)
Might Mites	8-9 yrs. (male/female)
Pre-teens	10-12 yrs. (male/female)
Juniors	13-16 yrs. (male/female)
Adults	17-34 yrs. (male/female)
Seniors	35 yrs. and up (male/female)

Advanced Colored Belt: Red Stripe - Black Stripe

Mighty Mites	8-9 yrs. (male/female)
Pre-teens	10-12 yrs. (male/female)
Juniors	13-16 yrs. (male /female)
Adults	17-34 yrs. (male/female)
Seniors	35 and up (male/female)

Black Belt I-II Dan

Pre-teens	10-12 yrs. (male/female)
Juniors	13-16 yrs. (male/female)
Adults	17-34 yrs. (male/female)
Seniors	35 yrs. and up (male/female)

Black Belt III-V Dan

Adult	17-34 yrs. (male/female)
Seniors	35 yrs. and up (male/female)

POWER BREAKING

Red and Black Belts	
Juniors (female)	13-16 yrs. Open Wt.
Juniors (male)	13-16 yrs. Open Wt.
Adult (female)	17 yrs. and up Open Wt.
Adult (male)	17 yrs. and up Light Wt.
Adult (male)	17 yrs. and up Heavy Wt.

REQUIRED BREAKS

(select one of each listed below)

HAND:	Knifehand, Backfist, or Punch
FOOT:	Lead leg Turning, Hook, Front, or Rear leg Twisting Kick

SPARRING (39 divisions)

Brackets will be divided into Lt., Mid., and Hvy., when the number of competitors makes it possible

Beginners: White Belt - Green Stripe

Tiny Tots	5 yrs. and under (male/female)
Tots	6-7 yrs. (male/female)
Mighty Mites	8-9 yrs. (male/female)
Pre-teens	10-12 yrs. (male/female)
Juniors (female)	13-16 yrs.
Juniors (male)	13-16 yrs.
Adults (female)	17-34 yrs.
Adults (male)	17-34 yrs.
Seniors (female)	35 yrs. and up
Seniors (male)	35 yrs. and up

Intermediate: Green Belt - Blue Belt

Tots	6-7 yrs. (male/female)
Mighty Mites	8-9 yrs. (male/female)
Pre-teens	10-12 yrs. (male/female)
Juniors (female)	13-16 yrs.
Juniors (male)	13-16 yrs.
Adult (female)	17-34 yrs.
Adult (male)	17-34 yrs.
Seniors (female)	35 yrs. and up
Seniors (male)	35 yrs. and up

Advanced: Red Stripe - Black Stripe

Mighty Mites	8-9 yrs. (male/female)
Pre-teens	10-12 yrs. (male/female)
Juniors (female)	13-16 yrs.
Juniors (male)	13-16 yrs.
Adults (female)	17-34 yrs.
Adults (male)	17-34 yrs.
Seniors (female)	35 yrs. and up
Seniors (male)	35 yrs. and up

Black Belt I-V Dan

Pre-teens	10-12 yrs. (male/female)
Juniors (female)	13-16 yrs. Lt. Wt.
Juniors (female)	Hvy. Wt.
Juniors (male)	13-16 yrs. Lt. Wt.
Juniors (male)	Hvy. Wt.
Adult (female)	17-34 yrs. Lt. Wt.
Adult (female)	Hvy. Wt.
Adult (male)	17-34 yrs. Lt. Wt.
Adult (male)	Hvy. Wt.
Seniors (female)	35 yrs. and up Open Wt.
Seniors (male)	Lt. Wt.
Seniors (male)	Hvy. Wt.

These divisions are subject to change to better organize the competitors