DEMONSTRATION DIVISION

D-100 ( ) 3-5 All Ranks (Boys & Girls) ***
D-101 ( ) 6-12 All Ranks (Boys & Girls) ***
D-102 ( ) 13+ All Ranks (Boys & Girls) ***

KATA (FORMS)

H-1 ( ) Physically Challenged (Boys & Girls)
F-0 ( ) 5 & under Beg. (Boys & Girls)
F-1 ( ) 5 & under Int. & Adv. (Boys & Girls)
F-2 ( ) 6-7 Beg. (Boys & Girls)
F-3 ( ) 6-7 Int. (Boys & Girls)
F-4 ( ) 6-7 Adv. (Boys & Girls)
F-5 ( ) 8-9 Beg. (Boys & Girls)
F-6 ( ) 8-9 Int. (Boys & Girls)
F-7 ( ) 8-9 Adv. (Boys & Girls)
F-8 ( ) 10-11 Beg. (Boys & Girls)
F-9 ( ) 10-11 Int. (Boys & Girls)
F-10 ( ) 10-11 Adv. (Boys & Girls)
F-11 ( ) 10-11 Black Belt (Boys & Girls)
F-12 ( ) 12-13 Beg. (Boys & Girls)
F-13 ( ) 12-13 Int. (Boys & Girls)
F-14 ( ) 12-13 Adv. (Boys & Girls)
F-15 ( ) 12-13 Black Belt (Boys & Girls)
F-16 ( ) 14-15 Beg. (Boys & Girls)
F-17 ( ) 14-15 Int. (Boys & Girls)
F-18 ( ) 14-15 Adv. (Boys & Girls)
F-19 ( ) 14-15 Black Belt (Boys & Girls)
F-20 ( ) 16-17 Beg. (Boys & Girls)
F-21 ( ) 16-17 Int. (Boys & Girls)
F-22 ( ) 16-17 Adv. (Boys & Girls)
F-23 ( ) 16-17 Black Belt (Boys & Girls)
F-24 ( ) 18+ Beg. Women
F-25 ( ) 18+ Int. Women
F-26 ( ) 18+ Adv. Women
F-27 ( ) 35+ Beg. Exec. Women
F-28 ( ) 35+ Int. Exec. Women
F-29 ( ) 35+ Adv. Exec Women
F-30 ( ) 18+ Beg. Men
F-31 ( ) 18+ Int. Men
F-32 ( ) 18+ Adv. Men
F-33 ( ) 35+ Beg. Exec. Men
F-34 ( ) 35+ Int. Exec. Men
F-35 ( ) 35+ Adv. Exec. Men
F-36 ( ) 18+ Black Belt Women
F-37 ( ) 32+ Blk. Belt Exec. Women
F-38 ( ) 18+ Black Belt Men Open
F-39 ( ) 35+ Black Belt Exec. Men
F-40 ( ) 45+ Blk. Belt Sr. Exec (M/W)
F-41 ( ) 18+ Blk. Belt Soft Style (M/W)
F-42 ( ) 18+ Blk. Belt Self-Defense (M/W)
F-43 ( ) 18+ Blk. Belt Traditional (M/W)

SPECIALTY

M-1 ( ) 11 & under Beg. Jr. Spec. (B&G)
M-2 ( ) 11 & under Int. Jr. Spec. (B&G)
M-3 ( ) 11 & under Adv. Jr. Spec. (B&G)
M-4 ( ) 11 & under BB Jr. Spec. (B&G)
M-5 ( ) 12-17 Beg. Jr. Spec. (B&G)
M-6 ( ) 12-17 Int. Jr. Spec. (B&G)
M-7 ( ) 12-17 Adv. Jr. Spec. (B&G)
M-8 ( ) 12-17 BB Jr. Spec. (B&G)
M-9 ( ) Adult Amateur Spec. (M/W)
M-10 ( ) 18+ (m/f) Black Belt Specialty
M-11 ( ) 18+ (m/f) Black Belt Weapons
M-12 ( ) 35+ (m/f) BB Exec. Specialty
M-13 ( ) (m/f) Junior Teams – All Ranks
M-14 ( ) (m/f) Adult Teams - All Ranks

***** Asterix indicates NON-AOK Divisions *****

SEE NEW
FUN FLAG SPARRING DIVISIONS!

KUMITE (SPARRING) - Juniors

H-2 ( ) Physically Challenged
H-3 ( ) 3-4 Years All Ranks

S-0 ( ) 5 & under Beg. (Boys & Girls)
S-1 ( ) 5 & under Int. & Adv. (Boys & Girls)
S-2 ( ) 6-7 Beg. (Girls)
S-3 ( ) 6-7 Int. (Girls)
S-4 ( ) 6-7 Adv. (Girls)
S-5 ( ) 8-9 Beg. (Girls)
S-6 ( ) 8-9 Int. (Girls)
S-7 ( ) 8-9 Adv. (Girls)
S-8 ( ) 10-11 Beg. (Girls)
S-9 ( ) 10-11 Int. (Girls)
S-10 ( ) 10-11 Adv. (Girls)
S-11 ( ) 10-11 BB (Girls)
S-12 ( ) 12-13 Beg. (Girls)
S-13 ( ) 12-13 Int. (Girls)
S-14 ( ) 12-13 Adv. (Girls)
S-15 ( ) 12-13 BB (Girls)
S-16 ( ) 14-17 Beg. (Girls)
S-17 ( ) 14-17 Int. (Girls)
S-18 ( ) 14-17 Adv. (Girls)
S-19 ( ) 14-17 BB (Girls)
S-20 ( ) 6-7 Beg. (Boys)
S-21 ( ) 6-7 Int. (Boys)
S-22 ( ) 6-7 Adv. (Boys)
S-23 ( ) 8-9 Beg. (Boys)
S-24 ( ) 8-9 Int. (Boys)
S-25 ( ) 8-9 Adv. (Boys)
S-26 ( ) 10-11 Beg. (Boys)
S-27 ( ) 10-11 Int. (Boys)
S-28 ( ) 10-11 Adv. (Boys)
S-29 ( ) 10-11 BB (Boys)
S-30 ( ) 12-13 Beg. (Boys)
S-31 ( ) 12-13 Int. (Boys)
S-32 ( ) 12-13 Adv. (Boys)
S-33 ( ) 12-13 BB (Boys)
S-34 ( ) 14-15 Beg. (Boys)
S-35 ( ) 14-15 Int. (Boys)
S-36 ( ) 14-15 Adv. (Boys)
S-37 ( ) 14-15 BB (Boys)
S-38 ( ) 16-17 Beg. (Boys)
S-39 ( ) 16-17 Int. (Boys)
S-40 ( ) 16-17 Adv. (Boys)
S-41 ( ) 16-17 BB (Boys)

KUMITE (SPARRING) - Adults

S-42 ( ) Beg. Women
S-43 ( ) Int. Women
S-44 ( ) Adv. Women
S-45 ( ) Beg. Exec. Women
S-46 ( ) Int. Exec. Women
S-47 ( ) Adv. Exec. Women
S-48 ( ) Beg. Men Lt. Weight
S-49 ( ) Beg. Men Heavy Weight
S-50 ( ) Int. Men Lt. Weight
S-51 ( ) Int. Men Heavy Weight
S-52 ( ) Adv. Men Lt. Weight
S-53 ( ) Adv. Men Heavy Weight
S-54 ( ) Beg. Exec. Men
S-55 ( ) Int. Exec. Men
S-56 ( ) Adv. Exec. Men

KUMITE (SPARRING) – Black Belts

S-57 ( ) BB Women Fly Weight
S-58 ( ) BB Women Light Weight
S-59 ( ) BB Exec. Women (32+)
S-60 ( ) BB Men Lt. Weight
S-61 ( ) BB Men Middle Weight
S-62 ( ) BB Men Heavy Weight
S-63 ( ) BB Exec. Men Lt. Weight (35-44)
S-64 ( ) BB Exec. Men Hvy. Weight (35-44)
S-65 ( ) BB Sr. Exec Men (45+)

AOK WEIGHT DIVISIONS

Black Belts
Lightweight–160 & under
Middleweight–161-185
Heavyweight–186 & over

Beg/Int/Adv. Men
Black Belt Exec.
Lightweight–185 & under
Heavyweight–186 & over

Women
Flyweight–125 & under
Lightweight–126 & over

NO CONTACT

→FUN FLAG SPARRING←

FFSG-1 ( ) 4 & 5 Beg. (Girls) ***
FFSG-2 ( ) 6 & 7 Beg. (Girls) ***
FFSG-3 ( ) 8 & 9 Beg. (Girls) ***
FFSG-4 ( ) 10 & 11 Beg. (Girls) ***
FFSG-5 ( ) 12 & 13 Beg. (Girls) ***
FFSG-6 ( ) 14 & 15 Beg. (Girls) ***
FFSG-7 ( ) 16 & 17 Beg. (Girls) ***

FFSG-8 ( ) 4 & 5 Int. & Adv. (Girls) ***
FFSG-9 ( ) 6 & 7 Int. & Adv. (Girls) ***
FFSG-10 ( ) 8 & 9 Int. & Adv. (Girls) ***
FFSG-11 ( ) 10 &11 Int. & Adv. (Girls) ***
FFSG-12 ( ) 12 & 13 Int. & Adv. (Girls) ***
FFSG-13 ( ) 14 & 15 Int. & Adv. (Girls) ***
FFSG-14 ( ) 16 & 17 Int. & Adv. (Girls) ***

FFSB-1 ( ) 4 & 5 Beg. (Boys) ***
FFSB-2 ( ) 6 & 7 Beg. (Boys) ***
FFSB-3 ( ) 8 & 9 Beg. (Boys) ***
FFSB-4 ( ) 10 & 11 Beg. (Boys) ***
FFSB-5 ( ) 12 & 13 Beg. (Boys) ***
FFSB-6 ( ) 14 & 15 Beg. (Boys) ***
FFSB-7 ( ) 16 & 17 Beg. (Boys) ***

FFSB-8 ( ) 4 & 5 Int. & Adv. (Boys) ***
FFSB-9 ( ) 6 & 7 Int. & Adv. (Boys) ***
FFSB-10 ( ) 8 & 9 Int. & Adv. (Boys) ***
FFSB-11 ( ) 10 &11 Int. & Adv. (Boys) ***
FFSB-12 ( ) 12 & 13 Int. & Adv. (Boys) ***
FFSB-13 ( ) 14 & 15 Int. & Adv. (Boys) ***
FFSB-14 ( ) 16 & 17 Int. & Adv. (Boys) ***

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