

# TOURNAMENT DIVISIONS

## PATTERNS (24 divisions)

### 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 (5 divisions)

### 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: Turning, Side, or Front Kick

## TEAM PATTERNS

Depending on the ages and belt ranks of competitors, team patterns may be divided into applicable categories to make competition as fun and fair as possible to all competitors.

## SPARRING (39 divisions)

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

ALL divisions are subject to change to better organize the competition