

# CONTINUOUS SPARRING

## Youth Underbelt Continuous Sparring Divisions

CS1...5 & Under Belt Boys/Girls  
CS2... 6-7 Under Belt Boys  
CS3... 6-7 Under Belt Girls  
CS4... 8-9 Novice Boys  
CS5... 8-9 Intermediate Boys  
CS6... 8-9 Advanced Boys  
CS7... 8-9 Novice Girls  
CS7A...8-9 Intermediate Girls  
CS7B...8-9 Advanced Girls  
CS8... 10-11 Novice Boys  
CS9... 10-11 Intermediate Boys  
CS10... 10-11 Advanced Boys  
CS11... 10-11 Novice Girls  
CS11A...10-11 Intermediate Girls  
CS11B...10-11 Advanced Girls  
CS12... 12-13 Novice Boys  
CS13... 12-13 Intermediate Boys  
CS14... 12-13 Advanced Boys  
CS15... 12-13 Novice Girls  
CS15A...12-13 Intermediate Girls  
CS15B...12-13 Advanced Girls  
CS16... 14-15 Novice Boys  
CS17... 14-15 Intermediate Boys  
CS18... 14-15 Advanced Boys  
CS19... 14-15 Novice Girls  
CS19A... 14-15 Intermediate Girls  
CS19B... 14-15 Advanced Girls  
CS20... 16-17 Novice Boys  
CS21... 16-17 Intermediate Boys  
CS22... 16-17 Advanced Boys  
CS23... 16-17 Novice Girls  
CS23A... 16-17 Intermediate  
CS23B... 16-17 Advanced Girls

## Adult Under Belt Continuous Sparring Divisions

CS24... 18 & Over Novice / Intermediate Men (169 lbs & Under)  
CS25... 18 & Over Novice / Intermediate Men (170 lbs & Over)  
CS26... 18 & Over Advanced Men (169 lbs & Under)  
CS27... 18 & Over Advanced Men (170 lbs & Over)  
CS28... 18 & Over Novice Women  
CS29... 18 & Over Intermediate Women  
CS30... 18 & Over Advanced Women

## Youth Black Belt Continuous Sparring Divisions

CS31... 9 & Under Black Belt Boys  
CS32... 10-11 Black Belt Boys  
CS33... 12-13 Black Belt Boys  
CS34... 14-15 Black Belt Boys  
CS35... 16-17 Black Belt Boys  
CS36... 11 & Under Black Belt Girls  
CS37... 12-14 Black Belt Girls  
CS38... 15-17 Black Belt Girls

## Adult Black Belt Continuous Sparring Divisions

CS39... 18 & Over Black Belt Men Lightweight (169 lbs & Under)  
CS40... 18 & Over Black Belt Men Light Middleweight (170-184  
CS41... 18 & Over Black Belt Men Light Heavyweight (185-199  
CS42... 18 & Over Black Belt Men Heavyweight (200 lbs & Over)

CS43... 35 & Over Black Belt Men Lightweight (169 lbs & Under)  
CS44... 35 & Over Black Belt Men Light Middleweight (170-184  
CS45... 35 & Over Black Belt Men Light Heavyweight (185-199  
CS46... 35 & Over Black Belt Men Heavyweight (200 lbs & Over)  
CS47... 18 & Over Black Belt Women Superlight (129 lbs & Under)  
CS48... 18 & Over Black Belt Women Lightweight (130-139 lbs)  
CS49... 18 & Over Black Belt Women Light Middleweight (140-149 lbs)  
CS50... 18 & Over Black Belt Women Middleweight (150 lbs & Over)  
CS51... 35 & Over Black Belt Women (All Weights)



## TEAM SPARRING DIVISIONS

TS2... 18 & Over Black Belt Mens 3-Person  
TS3... Black Belt Girls 2-Person (13 & Under, 14-17)  
TS4... Black Belt Boys 3-Person (11 & Under, 12-14, 15-17)  
TS5... Black Belt Men Executive (One 30+, one 40+, one 50+ fighter)  
TS6... Black Belt Women Executive (One 30+ & one 40+ fighter)  
TS7... 18 & Over Black Belt Womens 2-Person  
TS8... Underbelt 2-person (F) (10-13, 14-17)  
TS9... Underbelt 2-person (M) 14-17  
TS10... Underbelt 2-person (M) 10-13  
TS11... Underbelt 2-person (M/F) 9 & Under



## POINT SPARRING

### Adult Black Belt Men 18+

- B1...Super Light (139-)
- B2...Light (140-152)
- B3...Middle (153-175-)
- B4...Heavy (176-199-)
- B5...Super Hvy (200+)

### 35+ MEN SPARRING

- B6...Light (175-)
- B7...Heavy (176+)
- B8...42+ Light (175-)
- B9...42+ Hvy (176+)
- B10... Masters Kumite (M)

### 18+ WOMEN SPARRING

- B11...18+ Light
- B12...18+ Middle
- B13...35+ All Weights

### YOUTH BLACK BELTS

- B14.....9-(M/F)
- B15.....10-11(M)
- B16.....12-14(M)
- B17.....15-17(M)
- B18.....10-11(F)
- B19.....12-14(F)
- B20.....15-17(F)

### ADULT UNDER BELTS

- U11...18+(M) Nov. Lt.
- U12...18+(M) Nov. Hvy.
- U13...18+(M) Int. LT.
- U14...18+(M) Int. Hvy.
- U15...18+(M) Adv. Lt.
- U16...18+(M) Adv. Hvy.
- U17...35+(M) Nov.
- U18...35+(M) Int.
- U19...35+(M) Adv.
- U20...18+(F) Nov.
- U21...18+(F) Int.
- U22...18+(F) Adv.
- U23...35+(F) Nov.-1<sup>st</sup> Int.
- U24...35+(F) 2<sup>nd</sup> Int.- Adv.

### LITTLE PEEWEE SPARRING

- U91...5-(M/F)Nov.-1<sup>st</sup> Int.
- U92...5-(M/F)2<sup>nd</sup> Int.-Adv.

### YOUTH BOYS SPARRING

- U93...6 (M) Nov.
- U94...6 (M) Int.
- U95...6 (M) Adv.
- U96...7 (M) Nov.
- U97...7 (M) Int.
- U98...7 (M) Adv.



- U99...8 (M) Nov.
- U100..8 (M) Int.
- U101..8 (M) Adv.
- U102..9 (M) Nov.
- U103..9 (M) Int.
- U104..9 (M) Adv.
- U105..10 (M) Nov.
- U106..10 (M) Int.
- U107..10 (M) Adv.
- U108..11-12(M) Nov.
- U109..11-12(M) Int.
- U110..11-12(M) Adv.
- U111..13-14(M) Nov.
- U112..13-14(M) Int.
- U113..13-14(M) Adv.
- U114..15-17(M) Nov.
- U115..15-17(M) Int.
- U116..15-17(M) Adv.

### YOUTH GIRLS SPARRING

- U117...6 (F) Nov.
- U118...6 (F) Int.
- U119...6 (F) Adv.
- U120...7-8 (F) Nov.
- U121...7-8 (F) Int.
- U122...7-8 (F) Adv.
- U123...9-10 (F) Nov.
- U124...9-10 (F) Int.
- U125...9-10 (F) Adv.
- U126..11-12 (F) Nov.
- U127..11-12 (F) Int.
- U128..11-12 (F) Adv.
- U129..13-14 (F) Nov.
- U130..13-14 (F) Int.
- U131..13-14 (F) Adv.
- U132..15-17 (F) Nov.
- U133..15-17 (F) Int.
- U134..15-17 (F) Adv.

## FIAG SPARRING

- FS1..5-(M/F) All Ranks
- FS2..6- (M/F) All Ranks
- FS3..7- (M/F) All Ranks

## PADDED SWORD FIGHT

- PW1... 6-7 (M/F)
- PW2... 8-9 (M) & 8-9 (F)
- PW3.. 10-12 (M) & 10-12 (F)
- PW4.. 13-14 (M) & 13-14 (F)
- PW5..15-17 (M) & 15-17 (F)
- PW6.. 18+ (M) & 18+ (F)
- PW7.. 35+ (M) & 35+ (F)