

Division Weapons

Age 5-9 Weapons (Beg)

Age 10-16 Weapons (Beg)

Ring 1

Division Forms/Sparring

Age 5 & Under (Beg-Adv)

Age 6-7 (White Belt) (Beg-Adv)

Age 8-9 (White Belt) (Beg-Int-Adv)

Division Weapons

Age 5-9 Weapons (Int)

Age 10-16 Weapons (Int)

Ring 2

Division Forms/Sparring

Age 10-12 (White Belt) (Beg-Int-Adv)

Jr Male Age 13-15 (Beg-Int-Adv)

Division Weapons

Age 5-9 Weapons (Adv)

Age 10-16 Weapons (Adv)

Ring 3

Division Forms/Sparring

Jr Male Age 16-17 (Beg-Int-Adv)

Women Age 18-34 (Beg-Int-Adv)

Women Age 35 & Up (Beg-Int-Adv)

Black Belt Divisions

Weapons/Forms/Sparring

(Sparring will be last) for Black Belt
Kids 16 & Under BB

Adult 17-35 BB

Senior 35-45 BB

Exec. Seniors 46 & Up BB

Ring 5

Division Weapons

17 & Up Adult Weapons (Int)

Division Forms/Sparring

Jr Female Age 13-15 (Beg-Int-Adv)

Jr Female Age 16-17 (Beg-Int-Adv)

Division Weapons

17 & Up Adult Weapons (Beg-Adv)

Ring 4

Division Forms/Sparring

Men Age 18-34 (Beg-Int-Adv)

Men Age 35 & Up (Beg-Int-Adv)