

REALISTIC SELF DEFENSE

SD - 1 Black Belts 17 & under  
 SD - 2 Black Belts 18 & over  
 (3 minute Maximum)

Brown Belts

SD - 3 18 & older  
 SD - 4 12 - 17 yrs.  
 SD - 5 9 - 11 yrs  
 SD - 6 8 yrs & under

Intermediate Belts

SD - 7 18 & older  
 SD - 8 12 - 17 yrs.  
 SD - 9 9 - 11 yrs  
 SD - 10 8 yrs & under

Beginner Belts

SD - 11 18 & older  
 SD - 12 12 - 17 yrs.  
 SD - 13 9 - 11 yrs  
 SD - 14 8 yrs & under

BLACK BELT WEAPONS

(Wooden) Male Female  
 WP - 15 18 - 34 yrs WP-16 18 - 34 yrs  
 WP - 17 35 - 44 yrs WP-18 35 - 44 yrs  
 WP - 19 45 & Over WP-20 45 & Over  
 WP - 21 15 - 17 yrs WP-22 15 - 17 yrs  
 WP - 23 12 - 14 yrs (Boys/Girls Together)  
 WP - 24 11 & under (Boys/Girls Together)

(Bladed) Male Female  
 WP - 25 18 - 34 yrs WP-26 18 - 34 yrs  
 WP - 27 35 - 44 yrs WP-28 35 - 44 yrs  
 WP - 29 45 & Over WP-30 45 & Over  
 WP - 31 15 - 17 yrs WP-32 15 - 17 yrs  
 WP - 33 12 - 14 yrs (Boys/Girls Together)  
 WP - 34 11 & under (Boys/Girls Together)

(Open/Musical) Male Female  
 WP - 35 18 - 34 yrs WP-36 18 - 34 yrs  
 WP - 37 35 - 44 yrs WP-38 35 - 44 yrs  
 WP - 39 45 & Over WP-40 45 & Over  
 WP - 41 15 - 17 yrs WP-42 15 - 17 yrs  
 WP - 43 12 - 14 yrs (Boys/Girls Together)  
 WP - 44 11 & under (Boys/Girls Together)

Weapons (All)

WP - 45 Brown/Red Belts 18 - 34 yrs  
 WP - 46 Brown/Red Belts 35 & over  
 WP - 47 Brown/Red Belts 15 - 17 yrs  
 WP - 48 Brown/Red Belts 12 - 14 yrs  
 WP - 49 Brown/Red Belts 10 - 11 yrs  
 WP - 50 Brown/Red Belts 9 yrs & under  
 WP - 51 Intermediate 18 - 34 yrs  
 WP - 52 Intermediate 35 & over  
 WP - 53 Intermediate 15 - 17 yrs  
 WP - 54 Intermediate 12 - 14 yrs  
 WP - 55 Intermediate 10 - 11 yrs  
 WP - 56 Intermediate 9 yr & under  
 WP - 57 Beginners 18 - 34 yrs  
 WP - 58 Beginners 35 & over  
 WP - 59 Beginners 15 - 17 yrs  
 WP - 60 Beginners 12 - 14 yrs  
 WP - 61 Beginners 10 - 11 yrs  
 WP - 62 Beginners 9 yrs & under

UNDER BELT MUSICAL WEAPONS

UMW - 63 Advanced 18 yrs & over  
 UMW - 64 Advanced 15 - 17 yrs  
 UMW - 65 Advanced 12 - 14 yrs  
 UMW - 66 Advanced 10 - 11 yrs  
 UMW - 67 Advanced 9 yrs & under  
 UMW - 68 Intermediate 18 yrs & over  
 UMW - 69 Intermediate 14 - 17 yrs  
 UMW - 70 Intermediate 12 - 14 yrs  
 UMW - 71 Intermediate 10 - 11 yrs  
 UMW - 72 Intermediate 9 yrs & under

TRADITIONAL BLACK BELT FORMS

(Japanese/Okinawan)

<u>Male</u>		<u>Female</u>
BBF - 73 18 - 34 yrs		BBF - 74 18 - 34 yrs
BBF - 75 35 - 44 yrs		BBF - 76 35 - 44 yrs
BBF - 77 45 & over		BBF - 78 45 & over
BBF - 79 15 - 17 yrs		BBF - 80 15 - 17 yrs
BBF - 81 12 - 14 yrs		BBF - 82 12 - 14 yrs
BBF - 83 10 - 11 yrs		BBF - 84 10 - 11 yrs

<u>Male</u>	<u>(Korean)</u>	<u>Female</u>
BBF - 85 18 - 34 yrs.		BBF - 86 18 - 34 yrs
BBF - 87 35 - 44 yrs.		BBF - 88 35 - 44 yrs
BBF - 89 45 & over.		BBF - 90 45 & over
BBF - 91 15 - 17 yrs		BBF - 92 15 - 17 yrs
BBF - 93 12 - 14 yrs		BBF - 94 12 - 14 yrs
BBF - 95 10 - 11 yrs		BBF - 96 10 - 11 yrs

<u>Male</u>	<u>(Chinese)</u>	<u>Female</u>
BBF - 97 18 - 34 yrs		BBF - 98 18 - 34 yrs
BBF - 99 35 - 44 yrs		BBF - 100 35 - 44 yrs
BBF - 101 45 & over		BBF - 102 45 & over
BBF - 103 15 - 17 yrs		BBF - 104 15 - 17 yrs
BBF - 105 12 - 14 yrs		BBF - 106 12 - 14 yrs
BBF - 107 10 - 11 yrs		BBF - 108 10 - 11 yrs

<u>Male</u>	<u>(Kempo)</u>	<u>Female</u>
BBF - 109 18 - 34 yrs		BBF - 110 18 - 34 yrs
BBF - 111 35 - 44 yrs.		BBF - 112 35 - 44 yrs
BBF - 113 45 & over		BBF - 114 45 & over
BBF - 115 15 - 17 yrs		BBF - 116 15 - 17 yrs
BBF - 117 12 - 14 yrs		BBF - 118 12 - 14 yrs
BBF - 119 10 - 11 yrs		BBF - 120 10 - 11 yrs

<u>Male</u>	<u>(Open/Musical/Creative)</u>	<u>Female</u>
BBF - 121 18 - 34 yrs		BBF - 122 18 - 34 yrs
BBF - 123 35 - 44 yrs		BBF - 124 35 - 44 yrs
BBF - 125 45 & over		BBF - 126 45 & over
BBF - 127 15 - 17 yrs		BBF - 128 15 - 17 yrs
BBF - 129 12 - 14 yrs		BBF - 130 12 - 14 yrs
BBF - 131 10 - 11 yrs		BBF - 132 10 - 11 yrs

JR. BLACK BELT FORMS

BBF - 133 9 & under (Boys/Girls Together)

JR. BLACK BELT MUSICAL FORMS

BBF - 134 9 & under (Boys/Girls Together)

Black Belt Xtreme Forms  
 (With or Without Music)

<u>Male</u>	<u>Female</u>
XTR-135 18+ yrs	XTR-136 18+ yrs
XTR-137 15-17 yrs	XTR-138 15-17 yrs
XTR-139 12-14 yrs	(Male/Female Together)
XTR-140 11 & under	(Male/Female Together)

UNDER BELT FORMS

UBF - 141 Brown/Red Belts 18 - 34 yrs  
 UBF - 142 Brown/Red Belts 35 - 44 yrs  
 UBF - 143 Brown/Red Belts 45 & over  
 UBF - 144 Brown/Red Belts 15 - 17 yrs  
 UBF - 145 Brown/Red Belts 12 - 14 yrs  
 UBF - 146 Brown/Red Belts 10 - 11 yrs  
 UBF - 147 Brown/Red Belts 8 - 9 yrs  
 UBF - 148 Brown/Red Belts 7 yrs & under  
 UBF - 149 Intermediate 18 - 34 yrs  
 UBF - 150 Intermediate 35 - 44 yrs  
 UBF - 151 Intermediate 45 yrs & over  
 UBF - 152 Intermediate 15 - 17 yrs  
 UBF - 153 Intermediate 12 - 14 yrs  
 UBF - 154 Intermediate 10 - 11 yrs  
 UBF - 155 Intermediate 8 - 9 yrs  
 UBF - 156 Intermediate 7 yrs & under  
 UBF - 157 Beginner 18 - 34 yrs  
 UBF - 158 Beginner 35 - 44 yrs  
 UBF - 159 Beginner 45 yrs & over  
 UBF - 160 Beginner 15 - 17 yrs  
 UBF - 161 Beginner 12 - 14 yrs  
 UBF - 162 Beginner 10 - 11 yrs  
 UBF - 163 Beginner 8 - 9 yrs  
 UBF - 164 Beginner 7 yrs & under

UBF—Special Event: 5 yrs & under any belt rank

UNDER BELT MUSICAL FORMS

UBF - 165 Advanced 18 yrs & over  
 UBF - 166 Advanced 12 - 17 yrs  
 UBF - 167 Advanced 10 - 11 yrs  
 UBF - 168 Advanced 9 yrs & under  
 UBF - 169 Intermediate 18 yrs & over  
 UBF - 170 Intermediate 12 - 17 yrs  
 UBF - 171 Intermediate 10 - 11 yrs  
 UBF - 172 Intermediate 9 yrs & under

BLACK BELT POINT SPARRING

BBS - 173 18 - 25 yrs (Men) (Light Wt) (159 lbs & under)  
 BBS - 174 18 - 25 yrs (Men) (Mid Wt) (160 lbs - 189 lbs)  
 BBS - 175 18 - 25 yrs (Men) (Heavy Wt) (190 lbs & over)  
 BBS - 176 26 - 34 yrs (Men) (Light Wt) (159 lbs & under)  
 BBS - 177 26 - 34 yrs (Men) (Mid Wt) (160 lbs - 189 lbs)  
 BBS - 178 26 - 34 yrs (Men) (Heavy Wt) (190 lbs & over)  
 BBS - 179 35 - 44 yrs (Men) (Lt Wt) (159 lbs & under)  
 BBS - 180 35 - 44 yrs (Men) (Mid Wt) (160 lbs - 189 lbs)  
 BBS - 181 35 - 44 yrs (Men) (Hvy Wt) (190 lbs & over)  
 BBS - 182 45 & over (Men) (Lt Wt) (159 lbs & under)  
 BBS - 183 45 & over (Men) (Mid Wt) (160 lbs - 189 lbs)  
 BBS - 184 45 & over (Men) (Hvy Wt) (190 lbs & over)  
 BBS - 185 18 - 34 yrs (Women) (Lt Wt) (120 lbs & under)  
 BBS - 186 18 - 34 yrs (Women) (Mid Wt) (121 lbs & over)  
 BBS - 187 35 & Over (Women) (Lt Wt) (120 lbs & under)  
 BBS - 188 35 & Over (Women) (Mid Wt) (121 lbs & over)  
 BBS - 189 15 - 17 yrs (Male)  
 BBS - 190 15 - 17 yrs (Female)  
 BBS - 191 12 - 14 yrs (Male)  
 BBS - 192 12 - 14 yrs (Female)  
 BBS - 193 10 - 11 yrs (Male)  
 BBS - 194 10 - 11 yrs (Female)  
 BBS - 195 8 - 9 yrs (Male)  
 BBS - 196 8 - 9 yrs (Female)  
 BBS - 197 7 yrs & under (Male)  
 BBS - 198 7 yrs & under (Female)

UNDER BELT SPARRING

UBS - 199 Brown/Red Belt 18 - 34 yrs (Male)  
 UBS - 200 Brown/Red Belt 18 - 34 yrs (Female)  
 UBS - 201 Brown/Red Belt 35 - 44 yrs (Male)  
 UBS - 202 Brown/Red Belt 35 - 44 yrs (Female)  
 UBS - 203 Brown/Red Belt 45 & over (Male)  
 UBS - 204 Brown/Red Belt 45 & over (Female)  
 UBS - 205 Brown/Red Belt 15 - 17 yrs (Male)  
 UBS - 206 Brown/Red Belt 15 - 17 yrs (Female)  
 UBS - 207 Brown/Red Belt 12 - 14 yrs (Male)  
 UBS - 208 Brown/Red Belt 12 - 14 yrs (Female)  
 UBS - 209 Brown/Red Belt 10 - 11 yrs (Male)  
 UBS - 210 Brown/Red Belt 10 - 11 yrs (Female)  
 UBS - 211 Brown/Red Belt 8 - 9 yrs (Male)  
 UBS - 212 Brown/Red Belt 8 - 9 yrs (Female)  
 UBS - 213 Brown/Red Belt 7 yrs & under (Male)  
 UBS - 214 Brown/Red Belt 7 yrs & under (Female)  
 UBS - 215 Intermediate 18 - 34 yrs (Male)  
 UBS - 216 Intermediate 18 - 34 yrs (Female)  
 UBS - 217 Intermediate 35 - 44 (Male)  
 UBS - 218 Intermediate 35 - 44 (Female)  
 UBS - 219 Intermediate 45 & over (Male)  
 UBS - 220 Intermediate 45 & over (Female)  
 UBS - 221 Intermediate 15 - 17 yrs (Male)  
 UBS - 222 Intermediate 15 - 17 yrs (Female)  
 UBS - 223 Intermediate 12 - 14 yrs (Male)  
 UBS - 224 Intermediate 12 - 14 yrs (Female)  
 UBS - 225 Intermediate 10 - 11 yrs (Male)  
 UBS - 226 Intermediate 10 - 11 yrs (Female)  
 UBS - 227 Intermediate 8 - 9 yrs (Male)  
 UBS - 228 Intermediate 8 - 9 yrs (Female)  
 UBS - 229 Intermediate 7 yrs & under (Male)  
 UBS - 230 Intermediate 7 yrs & under (Female)  
 UBS - 231 Beginners 18 - 34 yrs (Male)  
 UBS - 232 Beginners 18 - 34 yrs (Female)  
 UBS - 233 Beginners 35 - 44 yrs (Male)  
 UBS - 234 Beginners 35 - 44 yrs (Female)  
 UBS - 235 Beginners 45 & over (Male)  
 UBS - 236 Beginners 45 & over (Female)  
 UBS - 237 Beginners 15 - 17 yrs (Male)  
 UBS - 238 Beginners 15 - 17 yrs (Female)  
 UBS - 239 Beginners 12 - 14 yrs (Male)  
 UBS - 240 Beginners 12 - 14 yrs (Female)  
 UBS - 241 Beginners 10 - 11 yrs (Male)  
 UBS - 242 Beginners 10 - 11 yrs (Female)  
 UBS - 243 Beginners 8 - 9 yrs (Male)  
 UBS - 244 Beginners 8 - 9 yrs (Female)  
 UBS - 245 Beginners 7 yrs & under (Male)  
 UBS - 246 Beginners 7 yrs & under (Female)