

**Under belt Forms (Traditional)**

|            |              |
|------------|--------------|
| 5 & under  | All belt     |
| 6 - 7yrs   | Beginner     |
|            | Intermediate |
|            | Advance      |
| 8 - 9yrs   | Beginner     |
|            | Intermediate |
|            | Advance      |
| 10 - 11yrs | Beginner     |
|            | Intermediate |
|            | Advance      |
| 12 - 13yrs | Beginner     |
|            | Intermediate |
|            | Advance      |
| 14 - 15yrs | Beginner     |
|            | Intermediate |
|            | Advance      |
| 16 - 17yrs | Beginner     |
|            | Intermediate |
|            | Advance      |
| 18 - 34yrs | Beginner     |
|            | Intermediate |
|            | Advance      |
| 35 & 44    | Beginner     |
|            | Intermediate |
|            | Advance      |
| 45 & UP    | Beginner     |
|            | Intermediate |
|            | Advance      |

**Under Belt Weapons (Traditional)**

|            |              |
|------------|--------------|
| 8 & under  | Beginner     |
|            | Intermediate |
|            | Advance      |
| 9 - 10yrs  | Beginner     |
|            | Intermediate |
|            | Advance      |
| 11 - 12yrs | Beginner     |
|            | Intermediate |
|            | Advance      |
| 13 - 14yrs | Beginner     |
|            | Intermediate |
|            | Advance      |
| 15 - 17yrs | Beginner     |
|            | Intermediate |
|            | Advance      |
| 18 - 34yrs | Beginner     |
|            | Intermediate |
|            | Advance      |

|            |              |
|------------|--------------|
| 35 - 44yrs | Beginner     |
|            | Intermediate |
|            | Advance      |
| 45 & up    | Beginner     |
|            | Intermediate |
|            | Advance      |

**Under Belt Form (Creative)**

|            |              |
|------------|--------------|
| 10 & Under | Beginner     |
|            | Intermediate |
|            | Advance      |
| 11 - 13yrs | Beginner     |
|            | Intermediate |
|            | Advance      |
| 14 - 17yrs | Beginner     |
|            | Intermediate |
|            | Advance      |
| 18 & up    | Beginner     |
|            | Intermediate |
|            | Advance      |

**Under Belt weapons (Creative)**

|            |              |
|------------|--------------|
| 10 & Under | Beginner     |
|            | Intermediate |
|            | Advance      |
| 11 - 13yrs | Beginner     |
|            | Intermediate |
|            | Advance      |
| 14 - 17yrs | Beginner     |
|            | Intermediate |
|            | Advance      |
| 18 & up    | Beginner     |
|            | Intermediate |
|            | Advance      |

**Under Belt Sparring**

|                     |              |
|---------------------|--------------|
| 4 & under           | All belt     |
| 5 - 6yrs<br>(Boys)  | Beginner     |
|                     | Intermediate |
|                     | Advance      |
| 5 - 6yrs<br>(Girls) | Beginner     |
|                     | Intermediate |
|                     | Advance      |
| 7 - 8yrs<br>(Boys)  | Beginner     |
|                     | Intermediate |
|                     | Advance      |
| 7 - 8yrs<br>(Girls) | Beginner     |
|                     | Intermediate |
|                     | Advance      |

|                       |              |
|-----------------------|--------------|
| 9 - 10yrs<br>(Boys)   | Beginner     |
|                       | Intermediate |
|                       | Advance      |
| 9 - 10yrs<br>(Girls)  | Beginner     |
|                       | Intermediate |
|                       | Advance      |
| 11 - 12yrs<br>(Boys)  | Beginner     |
|                       | Intermediate |
|                       | Advance      |
| 11 - 12yrs<br>(Girls) | Beginner     |
|                       | Intermediate |
|                       | Advance      |
| 13 - 14yrs<br>(Boys)  | Beginner     |
|                       | Intermediate |
|                       | Advance      |
| 13 - 14yrs<br>(Girls) | Beginner     |
|                       | Intermediate |
|                       | Advance      |
| 15 - 17yrs<br>(Boys)  | Beginner     |
|                       | Intermediate |
|                       | Advance      |
| 15 - 17yrs<br>(Girls) | Beginner     |
|                       | Intermediate |
|                       | Advance      |
| 18 - 34yrs<br>(Men)   | Beginner     |
|                       | Intermediate |
|                       | Advance      |
| 18 - 34yrs<br>(Women) | Beginner     |
|                       | Intermediate |
|                       | Advance      |
| 35 & 44<br>(Men)      | Beginner     |
|                       | Intermediate |
|                       | Advance      |
| 35 & 44<br>(Women)    | Beginner     |
|                       | Intermediate |
|                       | Advance      |
| 45 & UP<br>(Men)      | Beginner     |
|                       | Intermediate |
|                       | Advance      |
| 45 & UP<br>(Women)    | Beginner     |
|                       | Intermediate |
|                       | Advance      |

### Black Belt Forms

|            |
|------------|
| 8 & under  |
| 9 - 10yrs  |
| 11 - 12yrs |
| 13 - 14yrs |
| 15 - 17yrs |
| 18 & 34yrs |
| 35 - 44yrs |
| 45 & UP    |

|                  |
|------------------|
| 45 & up<br>Men   |
| 45 & up<br>Women |

### Black Belt Weapons

|            |
|------------|
| 8 & under  |
| 9 - 10yrs  |
| 11 - 12yrs |
| 13 - 14yrs |
| 15 - 17yrs |
| 18 & 34yrs |
| 35 - 44yrs |
| 45 & UP    |

### Black Belt Sparring

|                       |
|-----------------------|
| 8 & under<br>(Boys)   |
| 8 & under<br>(Girls)  |
| 9 - 10yrs<br>(Boys)   |
| 9 - 10yrs<br>(Girls)  |
| 11 - 12yrs<br>(Boys)  |
| 11 - 12yrs<br>(Girls) |
| 13 - 14yrs<br>(Boys)  |
| 13 - 14yrs<br>(Girls) |
| 15 - 17yrs<br>(Boys)  |
| 15 - 17yrs<br>(Girls) |
| 18 - 34rs<br>Men      |
| 18 - 34yrs<br>Women   |
| 35 & 44<br>Men        |
| 35 & 44<br>Women      |