

## INTERNATIONAL WEIGHT DIVISIONS FOR SPARRING



### MALE DIVISIONS.

Black belt, Red belt & Blue belts continuous. Yellow belt and green belt point stop.

 BLACK	 RED	 BLUE	 GREEN	 YELLOW
<b>FLYWEIGHT</b> Up to & inc 58kg	<b>LIGHTWEIGHT</b> Up to & inc 64kg	<b>LIGHTWEIGHT</b> Up to & inc 64kg	<b>LIGHTWEIGHT</b> Up to & inc 64kg	<b>LIGHTWEIGHT</b> Up to & inc 64kg
<b>LIGHTWEIGHT</b> Over 58kg up to & inc 64kg	<b>WELTERWEIGHT</b> Over 64kg up to & inc 72kg	<b>WELTERWEIGHT</b> Over 64kg up to & inc 72kg	<b>WELTERWEIGHT</b> Over 64kg up to & inc 72kg	<b>WELTERWEIGHT</b> Over 64kg up to & inc 72kg
<b>WELTERWEIGHT</b> Over 64kg up to & inc 70kg	<b>MIDDLEWEIGHT</b> Over 72kg up to & inc 80kg	<b>MIDDLEWEIGHT</b> Over 72kg up to & inc 80kg	<b>MIDDLEWEIGHT</b> Over 72kg up to & inc 80kg	<b>MIDDLEWEIGHT</b> Over 72kg up to & inc 80kg
<b>MIDDLEWEIGHT</b> Over 70kg up to & inc 76kg	<b>HEAVYWEIGHT</b> Over 80kg	<b>HEAVYWEIGHT</b> Over 80kg	<b>HEAVYWEIGHT</b> Over 80kg	<b>HEAVYWEIGHT</b> Over 80kg
<b>LIGHT HEAVY</b> Over 76kg up to & inc 82kg				
<b>HEAVYWEIGHT</b> Over 82kg				



### FEMALE DIVISIONS

 BLACK	 RED	 BLUE	 GREEN	 YELLOW
<b>LIGHTWEIGHT</b> Up to & inc 55kg	<b>LIGHTWEIGHT</b> Up to & inc 55kg	<b>LIGHTWEIGHT</b> Up to & inc 55kg	<b>LIGHTWEIGHT</b> Up to & inc 55kg	<b>LIGHTWEIGHT</b> Up to & inc 55kg
<b>MIDDLEWEIGHT</b> Over 55kg up to & inc 61kg	<b>MIDDLEWEIGHT</b> Over 55kg up to & inc 61kg	<b>MIDDLEWEIGHT</b> Over 55kg up to & inc 61kg	<b>MIDDLEWEIGHT</b> Over 55kg up to & inc 61kg	<b>MIDDLEWEIGHT</b> Over 55kg up to & inc 61kg
<b>LIGHT HEAVY</b> Over 61kg up to & inc 67kg	<b>LIGHT HEAVY</b> Over 61kg up to & inc 67kg	<b>LIGHT HEAVY</b> Over 61kg up to & inc 67kg	<b>LIGHT HEAVY</b> Over 61kg up to & inc 67kg	<b>LIGHT HEAVY</b> Over 61kg up to & inc 67kg
<b>HEAVYWEIGHT</b> Over 67kg	<b>HEAVYWEIGHT</b> Over 67kg	<b>HEAVYWEIGHT</b> Over 67kg	<b>HEAVYWEIGHT</b> Over 67kg	<b>HEAVYWEIGHT</b> Over 67kg

# INTERNATIONAL WEIGHT DIVISIONS FOR SPARRING



**JUNIOR DIVISIONS: UP TO & INCLUDING 16 YEARS OLD.**

**BOYS & GIRLS SEPARATE.**

**ONLY BLACK BELT JUNIORS ARE CONTINUOUS**

 <b>BLACK</b>	 <b>RED</b>	 <b>BLUE</b>	 <b>GREEN</b>	 <b>YELLOW</b>
<b>PEE WEE</b> Up to & inc 137cm	<b>PEE WEE</b> Up to & inc 137cm	<b>PEE WEE</b> Up to & inc 137cm	<b>PEE WEE</b> Up to & inc 137cm	<b>PEE WEE</b> UP to & inc 137cm
<b>LIGHTWEIGHT</b> Over 137cm up to & inc 152cm	<b>LIGHTWEIGHT</b> Over 137cm up to & inc 152cm	<b>LIGHTWEIGHT</b> Over 137cm up to & inc 152cm	<b>LIGHTWEIGHT</b> Over 137cm up to & inc 152cm	<b>LIGHTWEIGHT</b> Over 137m up to & inc 152cm
<b>MIDDLEWEIGHT</b> Over 152cm up to & inc 168cm	<b>MIDDLEWEIGHT</b> Over 152cm up to & inc 168cm	<b>MIDDLEWEIGHT</b> Over 152cm up to & inc 168cm	<b>MIDDLEWEIGHT</b> Over 152cm up to & inc 168cm	<b>MIDDLEWEIGHT</b> Over 152cm up to & inc 168cm
<b>HEAVYWEIGHT</b> Over 168cm	<b>HEAVYWEIGHT</b> Over 168cm	<b>HEAVYWEIGHT</b> Over 168cm	<b>HEAVYWEIGHT</b> Over 168cm	<b>HEAVYWEIGHT</b> Over 168cm





**EXECUTIVE MALE & FEMALE  
BLACK BELTS ONLY  
POINT STOP.**

 <b>BLACK MALE</b>	 <b>BLACK FEMALE</b>
<b>LIGHTWEIGHT</b> Up to & inc 70kg	<b>LIGHTWEIGHT</b> Up to & inc 55kg
<b>MIDDLEWEIGHT</b> Over 70kg up to & inc 80kg	<b>MIDDLEWEIGHT</b> Over 55kg up to & inc 62kg
<b>HEAVYWEIGHT</b> Over 80kg	<b>HEAVYWEIGHT</b> Over 62kg



**WTF FULL CONTACT (OLYMPIC STYLE) SPARRING.**

**BLACK BELT & RED BELT ADULTS ONLY. (all in one division)**

  <b>MALE BLACK + RED BELT</b>	  <b>FEMALE BLACK + RED BELT</b>
<b>FIN:</b> Up to & inc 54kg	<b>LIGHT:</b> Up to & inc 49kg
<b>FLY</b> Over 54kg up to & inc 58kg	<b>WELTER</b> Over 49kg up to & inc 57kg
<b>BANTAM</b> Over 58kg up to & inc 62kg	<b>MIDDLE</b> Over 57kg up to & inc 67kg
<b>FEATHER</b> Over 62kg up to & inc 67kg	<b>HEAVY</b> Over 67kg
<b>LIGHT</b> Over 67kg up to & inc 72kg	
<b>WELTER</b> Over 72kg up to & inc 78kg	
<b>MIDDLE</b> Over 78kg up to & inc 84kg	
<b>HEAVY</b> Over 84kg	

**PATTERNS**

Four separate divisions. Male, Female, Boy, Girl.

Dan Grades will compete in one “all in” division in each group. Each competitor to perform a free choice pattern from any of the patterns listed below. The winner will be the competitor with the highest score.

 BLACK TI	 BLACK WTF	 RED	 BLUE	 GREEN	 YELLOW
Kwang Gae	Koryo	Toi Gye	Yul Gok	Do San	Chon Ji
Ge-Baek	Geum Gang	Hwa Rang	Joong Gun	Won Hyo	Dan Gun
Ko-Dang	Taebeck				
Choi Yong	Pyongwon				
Sam-Il	Sipjin				
Ul-Ji	Jitae				
Yong-Ge					
So San					
Po-Eun					
Choong Jang					
Eui-Am					
Yoo Sin					
Tong-Il					
Se-Jong					
Moon-Moo					
Juche					



**MUSICAL PATTERNS.**

Male division. Female division. Boys division. Girls division.

**BLACK BELTS ONLY**

Patterns must be no longer than 2 minutes in duration. **No weapons allowed.**





**INDIVIDUAL POWER (DESTRUCTION) BLACK BELTS ONLY.**

In two separate groups – male and female

Dan grades will compete in one “all in” division in each group.

Techniques: The number and type of techniques may vary, and can be chosen by the host depending on equipment and material available, but they should normally consist of six standard techniques.


Each competitor may enter only ONE hand and ONE foot technique

 BLACK MALE HAND	 BLACK MALE FOOT	 FEMALE HAND	 FEMALE FOOT
Fore fist Punch	Side Kick	Side Fist Strike	Turning Kick
Knife Hand Strike	Turning Kick	Elbow Strike	Side Kick
Back Fist Strike	Back Kick	Palm heel Strike	Back Kick
Reverse Knife hand Strike	Reverse Turning Kick		Reverse Turning Kick

**THE TI CUP – COLOURED BELT & BLACK BELT TAG TEAM SPARRING.**

This event can only be entered on the day. There will be divisions for male, female, Junior boys & Junior girls.

**TEAMS CAN ONLY BE ENTERED ON THE DAY.**

 BLACK	 +  RED/BLUE	 +  GREEN/YELL
<b>MENS:</b> 3-person team. NO weights	<b>MENS:</b> 3-person team. NO weights	<b>MENS:</b> 3-person team. NO weights
<b>WOMEN:</b> 3-person team. NO weights	<b>WOMEN:</b> 3-person team. NO weights	<b>WOMEN:</b> 3-person team. NO weights
<b>BOY:</b> 3-person team. ALL under 152cm	<b>BOY:</b> 3-person team. ALL under 152cm	<b>BOY:</b> 3-person team. ALL under 152cm
<b>BOY:</b> 3 person team Over 152cm	<b>BOY:</b> 3 person team Over 152cm	<b>BOY:</b> 3 person team Over 152cm
<b>GIRL:</b> 3 person team ALL under 152cm	<b>GIRL:</b> 3 person team ALL under 152cm	<b>GIRL:</b> 3 person team ALL under 152cm
<b>GIRL:</b> 3 person team Over 152cm	<b>GIRL:</b> 3 person team Over 152cm	<b>GIRL:</b> 3 person team Over 152cm

**INTERNATIONAL BLACK BELT TEAM SPARRING. MALE & FEMALE. (NATIONAL TEAMS ONLY).**



**MALE.**

Men's teams will consist of 5 members, one at each weight (minus the bottom weight). Fighters can fight up a weight division.

Weights required. Light. Welter. Middle. Light Heavy & Heavy.



**FEMALE.**

Ladies teams will consist of 3 members, one at each weight (minus the bottom weight). Fighters can fight up a weight division.

Weights required. Middle. Light Heavy & Heavy.