

## **DISCIPLINES**

- Kick Boxing K1
- Kick Boxing Full Contact
- Thai Boxe
- Semi Contact Point Fighting
- Light Contact Continuous
- Kick Light
- Sport Karate (Kumite)
- Kata Japanese Style
- Forms Chinese Style
- Forms Korean Style
- Creative Forms
- Musical Forms (All Styles)
- Forms with Weapons
- Synchronized Forms in Team
- Self Defence Demo