

## **SECTION & CATEGORIES**

### **Kick Light (Low Kick)**

**PROMO - CHILDREN**  
***Unified - until 10 years old***

| <b>Code</b> | <b>Height</b> |
|-------------|---------------|
| 101/A       | -115 cm       |
| 101/B       | -125 cm       |
| 101/C       | -135 cm       |
| 101/D       | -145 cm       |
| 101/E       | +145 cm       |

### ***LIGHT CONTACT CONTINUOUS***

**YOUTHS (until 15 years)**  
**Beginner / Intermediate ( from white to green belt )**

| <b>Code</b> | <b>Boys</b> | <b>Code</b> | <b>Girls</b> |
|-------------|-------------|-------------|--------------|
| 101         | - 135 cm    | 106         | - 135 cm     |
| 102         | - 145 cm    | 107         | - 145 cm     |
| 103         | - 155 cm    | 108         | - 155 cm     |
| 104         | - 165 cm    | 109         | + 155 cm     |
| 105         | + 165 cm    |             |              |

**YOUTHS (until 15 years)**  
**Advanced ( from blue to black belt )**

| <b>Code</b> | <b>Boys</b> | <b>Code</b> | <b>Girls</b> |
|-------------|-------------|-------------|--------------|
| 110         | - 135 cm    | 115         | - 135 cm     |
| 111         | - 145 cm    | 116         | - 145 cm     |
| 112         | - 155 cm    | 117         | - 155 cm     |
| 113         | - 165 cm    | 118         | + 155 cm     |
| 114         | + 165 cm    |             |              |

***For the youth categories, it is mandatory the use of the helmet with grid***

**ADULT (16 – 40 years)**  
**Beginner / Intermediate ( from white to green belt )**

| <b>Code</b> | <b>Boys</b> | <b>Code</b> | <b>Girls</b> |
|-------------|-------------|-------------|--------------|
| 119         | - 60 kg     | 126         | - 55 kg      |
| 120         | - 65 kg     | 127         | - 60 kg      |
| 121         | - 70 kg     | 128         | - 65 kg      |
| 122         | - 75 kg     | 129         | + 65 kg      |
| 123         | - 80 kg     |             |              |
| 124         | - 85 kg     |             |              |
| 125         | + 85 kg     |             |              |

**ADULT (16 – 40 years)**  
**Advanced ( from blue to black belt )**

| <b>Code</b> | <b>Boys</b>                  | <b>Code</b> | <b>Girls</b> |
|-------------|------------------------------|-------------|--------------|
| 130         | - 60 kg                      | 137         | - 55 kg      |
| 131         | - 65 kg                      | 138         | - 60 kg      |
| 132         | - 70 kg                      | 139         | - 65 kg      |
| 133         | - 75 kg                      | 140         | + 65 kg      |
| 134         | - 80 kg                      |             |              |
| 135         | - 85 kg                      |             |              |
| 136         | + 85 kg                      |             |              |
|             |                              |             |              |
| 136/1       | <b>Over 40</b> years -70 kg  |             |              |
| 136/2       | <b>Over 40</b> years +70 kg  |             |              |
| 136/3       | <b>Over 50</b> years - 70 kg |             |              |
| 136/4       | <b>Over 50</b> years +70 kg  |             |              |