

SECTION & CATEGORIES

Kick Light (Low Kick)

PROMO - CHILDREN
Unified - until 10 years old

Code	Height
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)

Code	Boys	Code	Girls
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)

Code	Boys	Code	Girls
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)

Code	Boys	Code	Girls
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)

Code	Boys	Code	Girls
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	Over 40 -70 kg		
136/2	Over 40 +70 kg		