

DISCIPLINE

RING

- Free Boxing
- Kick Boxing Low Kick
- K1 Style
- Full Contact
- Muai Thai
- Kyokushinkai
- Sanshou
- GBF Boxing (*English Boxe*)
- GBF Light Boxing (*English Boxe Youth*)

TATAMI

- Free Boxing Light
- Point Fighting
- Light Contact Continuous
- Kick Light
- Kata/Form Japanese Style
- Taolu/Form Chinese Style
- Poomsae/Form Korean Style
- Creative Kata/Form (*All Styles*)
- Musical Form (*All Styles*)
- Weapons Kata/Form (*All Styles*)
- Sincro Kata/Form Team (*All Styles*)
- Self Defence Individual & Team (*All Styles*)