

DISCIPLINES

RING

- Kick Boxing Low Kick
- K1 Style
- Full Contact
- Thai Boxe
- Kyokushinkai
- Sanshou
- Free Boxe

TATAMI

- Light Boxe
- Point Fighting
- Light Contact Continuous
- Kick Light
- 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

