

# DISCIPLINE

## RING

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

## TATAMI

- Free Boxing Light
- Point Fighting
- Light Contact Continuous
- Kick Light
- Kata Stili Giapponesi
- Forme Stili Cinesi
- Forme Stili Koreani
- Kata/Forme Creativi (*All Styles*)
- Forme Musicali (*All Styles*)
- Kata/Forme con Armi (*All Styles*)
- Forme Sincronizzate a Team (*All Styles*)
- Self Defence Individuale e Team (*All Styles*)