

DISCIPLINE

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 Stili Giapponesi
- Forme Stili Cinesi
- Forme Stili Koreani
- Kata/Forme Creativi
- Forme Musicali (All Styles)
- Kata/Forme con Armi
- Forme Sincronizzate a Team
- Self Defence Individuale (All Styles)