

Divisions for Forms, Weapons & Sparring

Forms & Sparring

Lynxes (Boys & Girls 5 – 7 Yrs Old)

White Belt - Yellow Stripe Yellow Belt - Green Stripe

Green Belt & Up

Cheetahs (Boys & Girls 8 – 9 Yrs Old)

White Belt - Green Stripe Green Belt - Brown Stripe Brown Belt - Black Stripe

Jaguars (Boys & Girls 10 - 11 Yrs Old)

White Belt - Green Stripe Green Belt - Brown Stripe Brown Belt - Black Stripe

Panthers (Boys & Girls 12 - 13 Yrs Old)

White Belt - Green Stripe Green Belt - Brown Stripe Brown Belt - Black Stripe

Junior Women (14 - 17 Yrs Old)

White Belt - Green Stripe Green Belt - Brown Stripe Brown Belt - Black Stripe Junior Men (14 - 17 Yrs Old) White Belt - Green Stripe Green Belt - Brown Stripe Brown Belt - Black Stripe Women (18 - 34 Yrs Old) White Belt - Green Stripe Green Belt - Brown Stripe Brown Belt - Black Stripe

Men (18 - 34 Yrs Old) White Belt - Green Stripe

Green Belt - Brown Stripe Brown Belt - Black Stripe

Senior Women (35 Yrs Old & Up)

White Belt - Green Stripe Green Belt - Brown Stripe Brown Belt - Black Stripe Senior Men (35 Yrs Old & Up)

White Belt - Green Stripe Green Belt - Brown Stripe Brown Belt - Black Stripe

Black Belt Weapons Forms

9 - 13 Yrs Old 14 - 17 Yrs Old 18+ Yrs Old

Weapons Forms

Lynxes (Boys & Girls 5 – 7 Yrs Old)

Green Belt - Brown Stripe Brown Belt - Black Stripe

Cheetahs (Boys & Girls 8 – 9 Yrs Old)

Green Belt - Brown Stripe Brown Belt - Black Stripe

Jaguars (Boys & Girls 10 - 11 Yrs Old)

Green Belt - Brown Stripe Brown Belt - Black Stripe

Panthers (Boys & Girls 12 - 13 Yrs Old)

Green Belt - Brown Stripe Brown Belt - Black Stripe

Junior Women (14 - 17 Yrs Old)

Green Belt - Brown Stripe Brown Belt - Black Stripe Junior Men (14 - 17 Yrs Old) Green Belt - Brown Stripe Brown Belt - Black Stripe Women (18 - 34 Yrs Old) Green Belt - Brown Stripe Brown Belt - Black Stripe Men (18 - 34 Yrs Old) Green Belt - Brown Stripe Brown Belt - Black Stripe

Senior Women (35 Yrs Old & Up)

Green Belt - Brown Stripe Brown Belt - Black Stripe Senior Men (35 Yrs Old & Up) Green Belt - Brown Stripe Brown Belt - Black Stripe

NAKA reserves the right to combine and/or split belt divisions should there be a small number or large number of participants.

Black Belt Forms & Sparring

Junior Black Belts (Boys & Girls, 9 - 11)

Panthers Black Belts (Boys & Girls, 12 - 13) Junior Women (14 - 17)

Junior Men (14 - 17)

1st & 2nd Dan Women (18 - 34)

1st & 2nd Dan Men (18 - 34)

1st & 2nd Dan Sr. Women (35 Yrs & Up)

1st & 2nd Dan Sr. Men (35 Yrs & Up)

3rd & 4th Dan Women (18 - 34 Yrs) 3rd & 4th Dan Men (18 - 34 Yrs)

3rd & 4th Dan Senior Women (35 Yrs & Up)

3rd & 4th Dan Senior Men (35 Yrs & Up)



Divisions, Rules & Guidelines for Breaking

Divisions by Rank

Color Belt Division (Blue Belt - Black Stripe, Age 18+)
Maximum 2 boards, 1 or 2 techniques

Black Belt Divisions

Unlimited Boards, Maximum 4 techniques

1st Dan Junior Black Belt (Ages 9 - 13)

1st & 2nd Dan Black Belts (Age 14+)

3rd & 4th Dan Black Belts (Age 18+)

Board Size & Quality

- Must be approximately 1" thick x 12" tall x 10" wide pine
- 9 11 Year Old Junior Black Belts may use: 1" x 12" x 8"
- 12 13 Year Old Black Belts may use:
 1" x 12" x 9
- Each Participant is required to provide his/her own boards
- The Center Ring Judge reserves the right to inspect the Participant's board(s)

Time Limit

A Participant has 2 minutes from the time the Participant's name is called until the completion of their break. Participants are not allowed to set up prior to presenting themselves to the judges. The timekeeper will let the Center Ring Judge know when the 2 minutes has elapsed. If the Participant goes over the time limit, the Center Ring Judge will instruct the Participant to halt and the Participant will be automatically disqualified.

Scoring:

- Each Participant has 2 attempts per board.
- A missed attempt will result in a 1 point deduction from the Participant's score.
- If the board does not break on the 2nd attempt, there will be a total of a 2 point deduction.
- If the Participant has only 1 break, the Center Ring Judge will declare a no-score.

Each Judge looks at different aspects of a Participant's break. A few of these are:

- Age of Competitor
- Rank of Competitor
- Type of Techniques

- Quality of Execution
- Set-Up & Introduction
- Level of Difficulty for Age & Rank