



## Divisions for Forms, Weapons & Sparring

### Forms & Sparring

#### **Cubs (Boys & Girls 4 - 5 Yrs Old)**

White Belt - Yellow Stripe

Yellow Belt - Green Stripe

#### **Lynxes (Boys & Girls 6 - 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

### 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 for Breaking

### **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+)**

### **Color Belt Division (Blue Belt - Black Stripe, 18+)**

Maximum 2 boards, 1 or 2 techniques

## Divisions for Foam Weapons

### **Lynxes (Boys & Girls 5 – 7 Yrs Old)**

Green Belt thru Brown Stripe

Brown Belt thru Black

### **Cheetahs (Boys & Girls 8 – 9 Yrs Old)**

Green Belt thru Brown Stripe

Brown Belt thru Black

### **Jaguars (Boys & Girls 10 - 11 Yrs Old)**

Green Belt thru Brown Stripe

Brown Belt thru Black

### **Panthers (Boys & Girls 12 - 13 Yrs Old)**

Green Belt thru Brown Stripe

Brown Belt thru Black

### **Junior Men & Women (14 - 17 Yrs Old)**

Green Belt thru Brown Stripe

Brown Belt thru Black

### **Men & Women (18+ Yrs Old)**

Green Belt thru Brown Stripe

Black Belts

## Divisions for Open Forms

Open Forms Division will have 3 categories:

**5-9 year olds**

**10-16 year olds**

**17 and older.**

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