

N O R E F U N D S

KATA DIVISIONS

Division	JKO/TKD	MALE	Kempo/Kajukenbo/Hawaiian	Chinese	MALE & FEMALE
K-01	6 & Under	ALL Ranks	K-35	6 & Under	ALL Ranks
K-02	7 to 9	Novice	K-36	7 to 9	Novice
K-03		Intermediate	K-37		Intermediate
K-04		Advanced	K-38		Advanced
K-05		Black	K-39		Black
K-06	10 to 11	Novice	K-40	10 to 11	Novice
K-07		Intermediate	K-41		Intermediate
K-08		Advanced	K-42		Advanced
K-09		Black	K-43		Black
K-10	12 to 14	Novice	K-44	12 to 14	Novice
K-11		Intermediate	K-45		Intermediate
K-12		Advanced	K-46		Advanced
K-13		Black	K-47		Black
K-14	15 to 17	Novice	K-48	15 to 17	Novice
K-15		Intermediate	K-49		Intermediate
K-16		Advanced	K-50		Advanced
K-17		Black	K-51		Black
Division	JKO/TKD	FEMALE	Kempo/Kajukenbo/Hawaiian	Weapons/Open/Creative	Male & Female
K-18	6 & Under	ALL Ranks	K-52	6 & Under	ALL Ranks
K-19	7 to 9	Novice	K-53	7 to 9	Novice
K-20		Intermediate	K-54		Intermediate
K-21		Advanced	K-55		Advanced
K-22		Black	K-56		Black
K-23	10 to 11	Novice	K-57	10 to 11	Novice
K-24		Intermediate	K-58		Intermediate
K-25		Advanced	K-59		Advanced
K-26		Black	K-60		Black
K-27	12 to 14	Novice	K-61	12 to 14	Novice
K-28		Intermediate	K-62		Intermediate
K-29		Advanced	K-63		Advanced
K-30		Black	K-64		Black
K-31	15 to 17	Novice	K-65	15 to 17	Novice
K-32		Intermediate	K-66		Intermediate
K-33		Advanced	K-67		Advanced
K-34		Black	K-68		Black

ADULT UNDERBELTS -- MALE & FEMALE

PHYSICALLY CHALLENGED ALL

K-110	17 & Under	Novice/Int
K-111	17 & Under	Adv/Black
K-112	18 & Over	Novice/Int
K-113	18 & Over	Adv/Black

JKO / TKD	Kenpo/Kajukenbo/Hawaiian	CHINESE	WEAPONS / OPEN / CREATIVE		
K-120	18 to 34	Novice	K-129	18 to 34	Novice
K-121		Intermediate	K-130		Intermediate
K-122		Advanced	K-131		Advanced
K-123	35 to 44	Novice	K-132	35 to 44	Novice
K-124		Intermediate	K-133		Intermediate
K-125		Advanced	K-134		Advanced
K-126	45 & Over	Novice	K-135	45 & Over	Novice
K-127		Intermediate	K-136		Intermediate
K-128		Advanced	K-137		Advanced
K-138	18 to 34	Novice	K-144	18 to 34	Novice
K-139		Intermediate	K-145		Intermediate
K-140		Advanced	K-146		Advanced
K-141	35 & Over	Novice	K-147	35 & Over	Novice
K-142		Intermediate	K-148		Intermediate
K-143		Advanced	K-149		Advanced

FIRST TIME KATA - Male & Female
Full Size Trophy to all Competitors

FTK-01	6 & Under	All
FTK-02	7 to 8	All
FTK-03	9 to 11	All
FTK-04	12 to 14	All
FTK-05	15 to 17	All
FTK-06	18 & Over	All

SELF DEFENSE - Male & Female

SD-01	9 & Under	All
SD-02	10 to 11	All
SD-03	12 to 14	All
SD-04	15 to 17	All
SD-05	18 to 44	All
SD-20	45+ Masters	Black

2010 Gold Cup Circuit Events

Jan 23	Gold Cup Kick Off
Mar 13	Lone Wolf
May 29	Ultimate Internationals
Jul 17	The SF Nationals
Sep 11	Kajukenbo Legends
Oct 16	GCC Challenge 2010
Nov 27	GCC Banquet

Visit our website for updates
www.goldcupcircuit.com

Register Early and Save Money

ADULT	BLACK BELTS	Music / Open / Creative / Soft Weapons
K-150	18 to 34	JKO - Male
K-151		JKO - Female
K-152		Ken/Kaju - Male
K-153		Ken/Kaju - Female
K-154		Chinese - Male
K-155		Chinese - Female
K-156	35 - 44	JKO - Male
K-157		JKO - Female
K-158		Ken/Kaju - Male
K-159		Ken/Kaju - Female
K-160		Chinese - Male
K-161		Chinese - Female
K-162	45 & Over	JKO - Male
K-163		JKO - Female
K-164		Ken/Kaju - Male
K-165		Ken/Kaju - Female
K-166		Chinese - Male
K-167		Chinese - Female
Hard Traditional Weapons		
K-168	18 to 34	Weapons Male
K-169		Weapons Female
K-170	35 to 44	Weapons Male
K-171		Weapons Female
K-172	45 & Over	Weapons Male
K-173		Weapons Female

Ranks
Novice = White - Yellow - Orange - Gold
Intermediate = Blue - Purple - Green
Advanced = Brown - Red
Expert = Black
Colored or striped belts will be moved up one Rank

FORMS - KATA GRANDS Male & Female

MALE	FEMALE	
GK-01	6 & Under	ALL
GK-02	7 to 9	Nov and Int
GK-03	7 to 9	Adv and BB
GK-04	10 to 11	Nov and Int
GK-05	10 to 11	Adv and BB
GK-06	12 to 14	Nov and Int
GK-07	12 to 14	Adv and BB
GK-08	15 to 17	Nov and Int
GK-09	15 to 17	Adv and BB
GK-10	18 to 34	Under Belts
GK-11	35 & Over	Under Belts
GK-12	18 to 44	Black Belts
GK-13	45 & Over	BB Masters

CASH Awards require 4 or more Competitors

KUMITE DIVISIONS

17 and Under divisions may be split into short and tall at the promoter's discretion (6 or more players in the division)

Division	Age	Gender	Rank	Division	Age	Gender	Rank
F-01	5 & Under	Male	Nov-Adv	FF-01	5&Und	Female	Nov-Adv
F-02	6 & 7	Male	Novice	FF-02	6 & 7		Novice
F-03			Int	FF-03			Int
F-04			Adv	FF-04			Adv
F-05	8 & 9	Male	Novice	FF-05	8 & 9	Female	Novice
F-06			Int	FF-06			Int
F-07			Adv	FF-07			Adv
F-08	9 & Under	Male	Black	FF-08	9&Udr	Female	Black
F-09	10 to 11	Male	Novice	FF-09	10to11	Female	Novice
F-10			Int	FF-10			Int
F-11			Adv	FF-11			Adv
F-12			Black	FF-12			Black
F-13	12 to 13	Male	Novice	FF-13	12to13	Female	Novice
F-14			Int	FF-14			Int
F-15			Adv	FF-15			Adv
F-16			Black	FF-16			Black
F-17	14 to 15	Male	Novice	FF-17	14to15	Female	Novice
F-18			Int	FF-18			Int
F-19			Adv	FF-19			Adv
F-20			Black	FF-20			Black
F-21	16 to 17	Male	Novice	FF-21	16to17	Female	Novice
F-22			Int	FF-22			Int
F-23			Adv	FF-23			Adv
F-24			Black	FF-24			Black

ADULT SPARRING DIVISIONS 18 + UNDER BELTS

MALE	FEMALE		
F-25	18 - 29	151.8&Undr	Novice
F-26		Light	Int
F-27		Adv	Adv
F-28	18 - 29	151.9 - 173.1	Novice
F-29		Middle	Int
F-30		Adv	Adv
F-31	18 - 29	174+	Novice
F-32		Heavy	Int
F-33		Adv	Adv
F-34	30 - 39	All	Nov-Int
F-35		ALL	Adv.
F-36	40 +	ALL	Nov-Int
F-37		ALL	Adv.

Multiple Divison Competitors - Compete in your valid Age Group and the 18 - 29 Age Group ONLY. You may not compete in more than 2 Age Groups.

ADULT SPARRING DIVISIONS 18 + BLACK BELTS

MALE	FEMALE		
BB-01	18 to 29	Light	151.8 & Under
BB-02	18 to 29	Middle	151.9 to 173.8
BB-03	18 to 29	Heavy	173.9 to 200.1
BB-04	18 to 29	S.Heavy	200.2 +
BB-05	30 to 39	Light	151.8 & Under
BB-06	30 to 39	Middle	151.9 to 173.8
BB-07	30 to 39	Heavy	173.9 to 200.1
BB-08	30 to 39	S.Heavy	200.2 +
BB-09	40 to 49	Light/Middl	173.8 & Under
BB-10	40 to 49	Heavy	173.9 & Over
BB-20	50+	All	All

Note: competitors will be paired up by size and rank when possible

FIRST TIME SPARRING

Divison	Male	Divison	Female
FTM-01	5 & Under	FTF-01	5 & Under
FTM-02	6 to 7	FTF-02	6 to 7
FTM-03	8 to 9	FTF-03	8 to 9
FTM-04	10 to 11	FTF-04	10 to 11
FTM-05	12 to 13	FTF-05	12 to 13
FTM-06	14 to 17	FTF-06	14 to 17
FTM-07	18+	FTF-07	18+

First time division may be combined but, all players will be awarded a trophy.

Gloves, headgear, foot guard, groin and mouth guard (Optional equipment: Shin guard, faceshield and chest protector)

SPARRING - KUMITE GRANDS

MALE	FEMALE			
GK-14	7 & Under	GK-25	7&Undr	
GK-15	8 to 9	GK-26	8 to 9	
GK-16	10 to 11	GK-27	10 to 11	
GK-17	12 to 13	GK-28	12 to 13	
GK-18	14 to 15	GK-29	14 to 15	
GK-19	16 to 17	GK-30	16 to 17	
GK-20	18 to 29	Underbelts	GK-31	18+ Underbelt
GK-21	30 & Over	Underbelts	GK-32	18+ Blackbelt
GK-22	18 to 29	BlackBelt		
GK-23	30 to 39	BlackBelt		
GK-24	40 & Over	Black Belt		

Compete in the same age group and belt group for the entire year

To avoid issues always wear the appropriate color belt for the division as listed

Schedule of Events

Doors Open at 7:30 AM
KATAS : 9:00AM
KUMITE: 12 NOON
FIRST TIME KATA: 10:00 AM
FIRST TIME SPARRING : 10:30 AM

GRAND CHAMPIONS
IMMEDIATELY FOLLOWING
EACH GROUP DIVISION

COMPETITORS MUST BE PRESENT AT GRAND LINE UP OR RUN THE RISK OF DISQUALIFICATION

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