



**T
O
U
R
N
E
M
E
N
T
S**

LITTLE DRAGON DEMO

A demonstration of any skills or abilities as a child of five or under.

PHYSICALLY CHALLENGED

A demonstration of any skills or abilities as someone with a physical disability.

FORMS

Any traditional form done without musical accompaniment. 3 minutes allotted.

MUSICAL FORMS

Any traditional or creative form done with musical accompaniment. 3 minutes allotted.

TEAM MUSICAL FORMS

A performance set to music with a team of 3 to 25 people. 4 minutes allotted.

WEAPON FORMS

Any traditional or creative weapons form done without music. 3 minutes allotted.

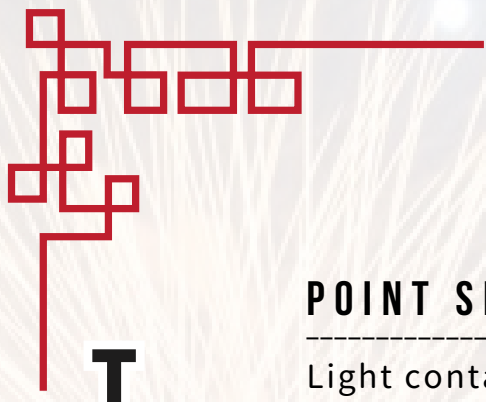
SELF-DEFENSE

An exhibition of self-defense skills featuring one individual against any number of attackers.

STICK & KNIFE FIGHTING

Filipino stick and knife fighting with padded weapons. Equipment will be provided.





T O U R N E M E N T S

POINT SPARRING

Light contact point sparring. Dipped foam gear required, including mouthguard and cup.

TEAM POINT SPARRING

Three black belt men from different weight divisions, light (160 lb-), medium (161 - 184 lb), and heavy (185 lb+), point spar as a team.

CONTINUOUS SPARRING

Light contact continuous sparring. Dipped foam gear required, including mouthguard and cup.

JUMPING FRONT KICK

Compete to see who can do the highest jumping front kick.

JUMPING SIDE KICK

Compete to see who can do the longest jumping side kick.

