



2023 SPARTAN CUP CHAMPIONSHIP

RING BREAKDOWN:

Ring 1: 9:00am (4–8-year-old Color Belts)

Traditional Forms	TF Under 6 Beginner TF Under 6 Int/Adv TF 7-8 Beginner TF 7 -8 Intermediate TF 7-8 Advance
Creative & Xtreme Forms	CM Under 6 Years Old CM 7-8 Years Old
Weapons	W - Under 8 Years Old
Point Sparring	PS - Under 6 Beginner PS - Under 6 Int/Adv PS – 7-8 Beginner PS – 7 -8 Intermediate PS – 7-8 Advance
Olympic Sparring	O - Under 6 Beginner O - Under 6 Int/Adv O – 7-8 Beginner O – 7 -8 Intermediate O – 7-8 Advance

2 GRAND CHAMPION GC 5-8 Forms
Traditional Patterns ALL 1st – Compete
Musical/Creative/Wpns ALL 1st - Compete



2023 SPARTAN CUP CHAMPIONSHIP

Ring 2: 9:00am (9–11-year-old Color Belts)

Traditional Forms	TF 9-11 Beg TF 9-11 Intermediate TF 9-11 Advance
Creative & Xtreme Forms	CM 9-11 Beg-Int. CM 9-11 Adv
Weapons	W 9-11 Years Old
Point Sparring	PS 9-11 Beginner PS 9-11 Intermediate PS 9-11 Advance
Olympic Sparring	O 9-11 Beginner O 9-11 Intermediate O 9-11 Advance

2 GRAND CHAMPION GC 9-11 Forms
Traditional Patterns ALL 1st – Compete
Musical/Creative/Wpns ALL 1st - Compete



2023 SPARTAN CUP CHAMPIONSHIP

Ring 3: 9:00am (12–14-year-old Color Belts)

Traditional Forms TF 12-14 Beginner
 TF 12-14 Intermediate
 TF 12-14 Advance

Creative & Xtreme Forms CM 12-14 Beg-Int.
 CM 12-14 Advance

Weapons W 12-14 Years Old

Point Sparring PS 12-14 Beginner
 PS 12-14 Intermediate
 PS 12-14 Advance

Olympic Sparring O 12-14 Beginner
 O 12-14 Intermediate
 O 12-14 Advance

2 GRAND CHAMPION GC 12-17 Forms

Traditional Patterns ALL 1st – Compete

Musical/Creative/Wpns ALL 1st - Compete



2023 SPARTAN CUP CHAMPIONSHIP

Ring 4: 9:00am (15–17-year-old Color Belts)

Traditional Forms TF 15-17 Beginner
 TF 15-17 Intermediate
 TF 15-17 Advance

Creative & Xtreme Forms CM 15-17 Beg-Int.
 CM 15-17 Advance

Weapons W 15-17 Years Old

Point Sparring PS 15-17 Beginner
 PS 15-17 Intermediate
 PS 15-17 Advance

Olympic Sparring O 15-17 Beginner
 O 15-17 Intermediate
 O 15-17 Advance

GRAND CHAMPION GC 12-17 Forms (ALL 1st place move to ring 3 for GC)

Traditional Patterns ALL 1st – Compete

Musical/Creative/Wpns ALL 1st - Compete



2023 SPARTAN CUP CHAMPIONSHIP

Ring 5: 9:00am (Under 8-year-old Black belts)

Traditional Forms	TF Under 8 Black Belt
Creative & Xtreme Forms	CM Under 8 Black Belt
Weapons	W Under 8 Black Belt
Point Sparring	PS Under8 Black Belt
Olympic Sparring	O Under 8 Black Belt
GRAND CHAMPION	GC Under 11 Forms (ALL 1st place Black Belt)

Ring 5: 9:00am (9–11-year-old Black belts)

Traditional Forms	TF 9-11 Black Belt
Creative & Xtreme Forms	CM 9-11 Black Belt
Weapons	W 9-11 Black Belt
Point Sparring	PS 9-11 Black Belt
Olympic Sparring	O 9-11 Black Belt
1 GRAND CHAMPION	GC Under 11 Forms (ALL 1st place Black Belt)



2023 SPARTAN CUP CHAMPIONSHIP

Ring 1: 1:30pm (18–32-year-old Color Belts)

Traditional Forms TF 18-32 Beginner
 TF 18-32 Intermediate
 TF 18-32 Advance

Creative & Xtreme Forms CM 18-32 Years Old

Weapons W 18-32 Years Old

Point Sparring PS 18-32 Beginner
 PS 18-32 Intermediate
 PS 18-32 Advance

Olympic Sparring O 18-32 Beginner
 O 18-32 Intermediate
 O 18-32 Advance

2 GRAND CHAMPION GC 18-42 Forms + 33–42-year-old will move from ring 2 to ring 1

Traditional Patterns ALL 1st – Compete

Musical/Creative/Wpns ALL 1st - Compete



2023 SPARTAN CUP CHAMPIONSHIP

Ring 2: 1:30pm (33–42-year-old Color Belts)

Traditional Forms	TF 33-42 Beginner TF 33-42 Intermediate TF 33-42 Advance
Creative & Xtreme Forms	CM 33+ Years Old
Weapons	W 33+Years Old
Point Sparring	PS 33-42 Beginner/Intermediate PS 33-42 Advance
Olympic Sparring	O 33-42 Beginner/Intermediate O 33-42 Advance

GRAND CHAMPION GC 18-42 Forms (All 1st place move to ring 1)
Traditional Patterns ALL 1st – Compete
Musical/Creative/Wpns ALL 1st - Compete



2023 SPARTAN CUP CHAMPIONSHIP

Ring 3: 1:30pm (43+ year-old – Color Belts)

Traditional Forms	TF 43+ Beginner/Intermediate TF 43+ Advance
Point Sparring	PS 43+ Beginner/Intermediate PS 43+ Advance
Olympic Sparring	O 43+ Beginner/Intermediate O 43+ Advance
1 GRAND CHAMPION	GC 43+ Forms (ALL 1 st – Compete)



2023 SPARTAN CUP CHAMPIONSHIP

Ring 4: 1:30pm (18–43+ year-old Black belts)

Traditional Forms	TF 18-32 TF 33-42 TF 43+
Creative & Xtreme Forms	CM 18+ Years Old
Weapons	W 18+ Years Old
Point Sparring	PS 18-32 PS 33-42 PS 43+
Olympic Sparring	O 18-32 O 33-42 O 43+
1 GRAND CHAMPION	GC 18-43+ Forms (ALL 1 st - Compete)



2023 SPARTAN CUP CHAMPIONSHIP

Ring 5: 1:30pm (12–14-year-old Black belts)

Traditional Forms	TF 12-14 Black Belt
Creative & Xtreme Forms	CM 12-14 Black Belt
Weapons	W 12-14 Black Belt
Point Sparring	PS 12-14 Black Belt
Olympic Sparring	O 12-14 Black Belt
GRAND CHAMPION	GC 12-17 Forms (ALL 1 st place - Compete)

Ring 5: 1:30pm (15–17-year-old Black belts)

Traditional Forms	TF 15-17 Black Belt
Creative & Xtreme Forms	CM 15-17 Black Belt
Weapons	W 15-17 Black Belt
Point Sparring	PS 15-17 Black Belt
Olympic Sparring	O 15-17 Black Belt
1 GRAND CHAMPION	GC 12-17 Forms (ALL 1 st place - Compete)



2023 SPARTAN CUP CHAMPIONSHIP

Open Ring: 1:30pm (TEAM SPARRING) – TBD

Team Sparring	TS 6-14
	TS 15-17
	TS 18+

ALL teams will receive a Cup (1st, 2nd and 3rd Place). All individual members will receive placement medals.

Note: All rings and times will be updated once we know number of competitors per category. We will update this information soon.