

RDK Ultimate Int. / Gold Cup Circuit

MALE			UNDERBELT SPARRING			FEMALE		
DIV #	AGE	RANK	DIV #	AGE	RANK	DIV #	AGE	RANK
F - 01	5 & under	BEG / INT / ADV	FF - 01	5 & under	BEG / INT / ADV	FF - 01	5 & under	BEG / INT / ADV
F - 02	6 to 7	BEGINNER	FF - 02	6 to 7	BEGINNER	FF - 02	6 to 7	BEGINNER
F - 03	6 to 7	INTERMEDIATE	FF - 03	6 to 7	INTERMEDIATE	FF - 03	6 to 7	INTERMEDIATE
F - 04	6 to 7	ADV / BLACK	FF - 04	6 to 7	ADV / BLACK	FF - 04	6 to 7	ADV / BLACK
F - 05	8 to 9	BEGINNER	FF - 05	8 to 9	BEGINNER	FF - 05	8 to 9	BEGINNER
F - 06	8 to 9	INTERMEDIATE	FF - 06	8 to 9	INTERMEDIATE	FF - 06	8 to 9	INTERMEDIATE
F - 07	8 to 9	ADVANCED	FF - 07	8 to 9	ADVANCED	FF - 07	8 to 9	ADVANCED
F - 08	8 to 9	BLACK	FF - 08	8 to 9	BLACK	FF - 08	8 to 9	BLACK
F - 09	10 to 11	BEGINNER	FF - 09	10 to 11	BEGINNER	FF - 09	10 to 11	BEGINNER
F - 10	10 to 11	INTERMEDIATE	FF - 10	10 to 11	INTERMEDIATE	FF - 10	10 to 11	INTERMEDIATE
F - 11	10 to 11	ADVANCED	FF - 11	10 to 11	ADVANCED	FF - 11	10 to 11	ADVANCED
F - 12	10 to 11	BLACK	FF - 12	10 to 11	BLACK	FF - 12	10 to 11	BLACK
F - 13	12 to 13	BEGINNER	FF - 13	12 to 13	BEGINNER	FF - 13	12 to 13	BEGINNER
F - 14	12 to 13	INTERMEDIATE	FF - 14	12 to 13	INTERMEDIATE	FF - 14	12 to 13	INTERMEDIATE
F - 15	12 to 13	ADVANCED	FF - 15	12 to 13	ADVANCED	FF - 15	12 to 13	ADVANCED
F - 16	12 to 13	BLACK	FF - 16	12 to 13	BLACK	FF - 16	12 to 13	BLACK
F - 17	14 to 15	BEGINNER	FF - 17	14 to 15	BEGINNER	FF - 17	14 to 15	BEGINNER
F - 18	14 to 15	INTERMEDIATE	FF - 18	14 to 15	INTERMEDIATE	FF - 18	14 to 15	INTERMEDIATE
F - 19	14 to 15	ADVANCED	FF - 19	14 to 15	ADVANCED	FF - 19	14 to 15	ADVANCED
F - 20	14 to 15	BLACK	FF - 20	14 to 15	BLACK	FF - 20	14 to 15	BLACK
F - 21	16 to 17	BEGINNER	FF - 21	16 to 17	BEGINNER	FF - 21	16 to 17	BEGINNER
F - 22	16 to 17	INTERMEDIATE	FF - 22	16 to 17	INTERMEDIATE	FF - 22	16 to 17	INTERMEDIATE
F - 23	16 to 17	ADVANCED	FF - 23	16 to 17	ADVANCED	FF - 23	16 to 17	ADVANCED
F - 24	16 to 17	BLACK	FF - 24	16 to 17	BLACK	FF - 24	16 to 17	BLACK

POINT VALUE: Any hand technique is (1) point. Kicking techniques to the body/head are (2) points. Groin shots are (1) point.

FIRST TIME (SPARRING)		FIRST TIME (SPARRING)		FEMALE
DIV #		DIV #		
FTM - 01	5 & UNDER	FTF - 01	5 & UNDER	ALL RANKS
FTM - 02	6 - 7	FTF - 02	6 - 7	ALL RANKS
FTM - 03	8 - 9	FTF - 03	8 - 9	ALL RANKS
FTM - 04	10 - 11	FTF - 04	10 - 11	ALL RANKS
FTM - 05	12 - 13	FTF - 05	12 - 13	ALL RANKS
FTM - 06	14 - 15	FTF - 06	14 - 15	ALL RANKS
FTM - 07	16 - 17	FTF - 07	16 - 17	ALL RANKS
FTM - 08	18+	FTF - 08	18+	ALL RANKS