

RDK Ultimate Int. / Gold Cup Circuit

OPEN KATAS

CREATIVE KATAS

DIV #	MALE / FEMALE		DIV #	MALE / FEMALE	
OK-01	6 & under	INT / ADV	CK-01	6 & under	INT / ADV
OK-02	7 to 9	BEGINNER	CK-02	7 to 9	BEGINNER
OK-03	7 to 9	INTERMEDIATE	CK-03	7 to 9	INTERMEDIATE
OK-04	7 to 9	ADVANCED	CK-04	7 to 9	ADVANCED
OK-05	7 to 9	BLACK	CK-05	7 to 9	BLACK
OK-06	10 to 11	BEGINNER	CK-06	10 to 11	BEGINNER
OK-07	10 to 11	INTERMEDIATE	CK-07	10 to 11	INTERMEDIATE
OK-08	10 to 11	ADVANCED	CK-08	10 to 11	ADVANCED
OK-09	10 to 11	BLACK	CK-09	10 to 11	BLACK
OK-10	12 to 14	BEGINNER	CK-10	12 to 14	BEGINNER
OK-11	12 to 14	INTERMEDIATE	CK-11	12 to 14	INTERMEDIATE
OK-12	12 to 14	ADVANCED	CK-12	12 to 14	ADVANCED
OK-13	12 to 14	BLACK	CK-13	12 to 14	BLACK
OK-14	15 to 17	BEGINNER	CK-14	15 to 17	BEGINNER
OK-15	15 to 17	INTERMEDIATE	CK-15	15 to 17	INTERMEDIATE
OK-16	15 to 17	ADVANCED	CK-16	15 to 17	ADVANCED
OK-17	15 to 17	BLACK	CK-17	15 to 17	BLACK
OK-18	18 to 34	BEGINNER	CK-18	18 to 34	BEGINNER
OK-19	18 to 34	INTERMEDIATE	CK-19	18 to 34	INTERMEDIATE
OK-20	18 to 34	ADVANCED	CK-20	18 to 34	ADVANCED
OK-21	18 to 34	BLACK	CK-21	18 to 34	BLACK
OK-22	35 to 44	BEGINNER	CK-22	35 to 44	BEGINNER
OK-23	35 to 44	INTERMEDIATE	CK-23	35 to 44	INTERMEDIATE
OK-24	35 to 44	ADVANCED	CK-24	35 to 44	ADVANCED
OK-25	35 to 44	BLACK	CK-25	35 to 44	BLACK
OK-26	45+	BEGINNER	CK-26	45+	BEGINNER
OK-27	45+	INTERMEDIATE	CK-27	45+	INTERMEDIATE
OK-28	45+	ADVANCED	CK-28	45+	ADVANCED
OK-29	45+	BLACK	CK-29	45+	BLACK

OPEN FORMS: DEFINED AS AN EVENT INVOLVING AN INDIVIDUAL PERFORMING A PRE-ARRANGED SERIES OF MOVEMENTS THAT HAS BEEN MODIFIED FROM TRADITIONAL FORMS. NO GYMNASTICS OR MUSIC IS ALLOWED

CREATIVE FORMS: DEFINED AS AN EVENT INVOLVING AN INDIVIDUAL PERFORMING A PRE-ARRANGED SERIES OF EMPTY-HANDED MOVEMENTS. ALL MOVEMENTS AND GYMNASTICS ARE ALLOWED. MUSIC MAY OR MAY NOT BE USED DURING THEIR PERFORMANCE.

