

RDK Ultimate Int. / Gold Cup Circuit

SELF DEFENSE

DIV #		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 +	BLACK