



2025 LAKE WHITNEY ALL SPIRIT INVITATIONAL CHAMPIONSHIP

AWARD : 1st , 2nd & 3rd Place Medal For All Divisions

REQUIRED EQUIPMENT

1. Uniform must be worn with sleeves no shorter than elbow length.
2. Head gear, mouth guard, and sparring equipment for the hands & feet will be mandatory for all competitors. (Foam style sparring equipment must completely cover toes and hands).
3. Protective cups (men & boys). 4. Chest Guard Optional.

Forms & Sparring Divisions

The divisions will be determined by age, belt, height & weight.
Divisions may be combined if there are less than 3 competitors.

Men 17 – 34 yrs

Black belt
Advance
Intermediate
Beginner

Woman 17 – 34 yrs

Advance
Intermediate
Beginner

Sr. Men 35 yrs & up

Advance
Intermediate
Beginner

Sr. Woman 35 yrs & up

Advance
Beginner

Boys 14 – 16 yrs.

Black
Advance
Intermediate,
Beginner

Girls 14 – 16 yrs.

Advance
Intermediate
Beginner

Jr. Boys 11 - 13 yrs.

Black belt
Advance
Intermediate
Beginner

Jr. Girls 11 - 13 yrs.

Advance
Intermediate
Beginner

Young Jr. Boys 9 - 10 yrs.

Black
Advance
Intermediate
Beginner

Young Jr. Girls 9 - 10 yrs.

Advance
Intermediate
Beginner

Pee Wee Boys & Girls 7 - 8 yrs.

Advance
Intermediate
Beginner

Tots Boys & Girls 6 yrs & under.

Advance
Intermediate
Beginner