

# BAHAMAS ICMAC DIVISION SHEET 2010

## TRADITIONAL HAND FORMS

### Kids - ages 8 & under

- 1 Beginner boys & girls
- 2 Int. boys & girls
- 3 Advanced boys
- 4 Advanced girls

### Juniors – ages 9-12

- 5 Beginner boys & girls
- 6 Int. boys & girls
- 7 Advanced boys
- 8 Advanced girls

### Teens – ages 13-17

- 9 Beginner boys & girls
- 10 Int. boys & girls
- 11 Advanced boys
- 12 Advanced girls

### Adults – ages 18 & over

- 13 Beg. men & women
- 14 Int. men & women
- 15 Adv. men - Traditional Northern
- 16 Adv. women - Traditional Northern
- 17 Adv. men –Northern Open
- 18 Adv. women –Northern Open
- 19 Adv. men – Southern
- 20 Adv. women – Southern

### Adults – ages 35 & over

- 21 Beginner men & women
- 22 Advanced men & women

## TRADITIONAL WEAPONS FORMS

### Kids – ages 8 & under

- 23 Beg. boys & girls
- 24 Int. boys & girls
- 25 Advanced boys - Long
- 26 Advanced girls - Long
- 27 Advanced boys - Short
- 28 Advanced girls - Short

### Juniors – ages 9-12

- 29 Beg. boys & girls
- 30 Int. boys & girls
- 31 Advanced boys - Long
- 32 Advanced girls - Long
- 33 Advanced boys - Short
- 34 Advanced girls - Short
- 35 Advanced boys - Open
- 36 Advanced girls - Open

### Teens – ages 13-17

- 37 Beg. boys & girls
- 38 Int. boys & girls
- 39 Advanced boys - Long
- 40 Advanced girls - Long
- 41 Advanced boys - Short
- 42 Advanced girls - Short
- 43 Advanced boys - Open
- 44 Advanced girls - Open

## TRADITIONAL WEAPONS FORMS

### Adults – ages 18 & over

- 45 Beg. men & women - Traditional
- 46 Int. men & women - Traditional
- 47 Advanced men - Long
- 48 Advanced women - Long
- 49 Advanced men - Short
- 50 Advanced women - Short
- 51 Advanced men - Open
- 52 Advanced women - Open

### Adults – ages 35 & over

- 53 Beginner men & women
- 54 Advanced men & women

## WUSHU HAND FORMS

### Youth - under 18

- 55 Beginner boys & girls
- 56 Int. boys & girls
- 57 Advanced boys
- 58 Advanced girls

### Adults - ages 18 & over

- 59 Beg. men & women
- 60 Int. men & women
- 61 Advanced men
- 62 Advanced women

## WUSHU WEAPONS FORMS

### Youth - under age 18

- 63 Advanced boys - Long
- 64 Advanced girls - Long
- 65 Advanced boys - Short
- 66 Advanced girls - Short
- 67 Advanced boys - Open
- 68 Advanced girls - Open

### Adults - ages 18 & over

- 69 Advanced men - Long
- 70 Advanced women - Long
- 71 Advanced men - Short
- 72 Advanced women - Short
- 73 Advanced men - Open
- 74 Advanced women - Open

## TALJI & OTHER INTERNAL

### Yang Style

- 75 Beginner men & women
- 76 Advanced men
- 77 Advanced women

### Chen Style

- 78 Beginner men & women
- 79 Advanced men
- 80 Advanced women

### Wu Style

- 81 Beginner men & women
- 82 Advanced men
- 83 Advanced women

### Other Style

- 84 Beginner men & women
- 85 Advanced men
- 86 Advanced women

## Taiji Straight Sword

- 87 Beginner men & women
- 88 Advanced men
- 89 Advanced women

### Xing Yi

- 90 Advanced men
- 91 Advanced women

### Bagua

- 92 Advanced men
- 93 Advanced women

## Other Internal Weapons

- 94 Advanced men
- 95 Advanced women

## PUSH HANDS

### Fixed Step

- 96 Men < 160
- 97 Men 160-180
- 98 Men 181-200
- 99 Men > 200
- 100 Women < 130
- 101 Women 130-150
- 102 Women > 150

### Restricted Step

- 103 Men < 160
- 104 Men 160-180
- 105 Men 181-200
- 106 Men > 200
- 107 Women < 130
- 108 Women 130-150
- 109 Women > 150

### X-treme

- 110 Men < 160
- 111 Men 160-180
- 112 Men 181-200
- 113 Men > 200
- 114 Women < 130
- 115 Women 130-150
- 116 Women > 150

## CONTINUOUS SPARRING

### Kids – ages 8 & under

- 117 Beginner boys & girls
- 118 Intermediate boys & girls
- 119 Advanced boys & girls

### Juniors – ages 9-12

- 120 Beginner boys & girls
- 121 Intermediate boys & girls
- 122 Advanced boys & girls

### Teens – ages 13-17

- 123 Beginner boys & girls
- 124 Intermediate boys & girls
- 125 Advanced boys & girls

## CONTINUOUS SPARRING

### Adults 18 & over

#### Beginner

- 126 Men < 160
- 127 Men 160-180
- 128 Men 181-200
- 129 Men > 200
- 130 Women < 130
- 131 Women 130-150
- 132 Women > 150

#### Intermediate

- 133 Men < 160
- 134 Men 160-180
- 135 Men 181-200
- 136 Men > 200
- 137 Women < 130
- 138 Women 130-150
- 139 Women > 150

#### Advanced

- 140 Men < 160
- 141 Men 160-180
- 142 Men 181-200
- 143 Men > 200
- 144 Women < 130
- 145 Women 130-150
- 146 Women > 150

## SANDA (KICKBOXING)

### Beginner (3 fights or less)

- 147 Men <132
- 148 Men 133-143
- 149 Men 144-154
- 150 Men 155-168
- 151 Men 169-183
- 152 Men 184-198
- 153 Men 199-216
- 154 Men > 216
- 155 Women < 124
- 156 Women 125-143
- 157 Women > 143

### Advanced (> 3 fights)

- 158 Men <132
- 159 Men 133-143
- 160 Men 144-154
- 161 Men 155-168
- 162 Men 169-183
- 163 Men 184-198
- 164 Men 199-216
- 165 Men > 216
- 166 Women < 124
- 167 Women 125-143
- 168 Women > 143

