

CHECK www.kungfuchampionship.com FOR RULES AND UPDATES

Athletes must register for their divisions at the same age & experience level. For example, if you enter Advanced hand forms, you cannot enter weapons at a lower level. If you enter Juniors for one event, you cannot also enter Teens. **Age on Jan. 1, 2010, determines age category for all 2010 events.** **Adults ages 35 & over** divisions are optional; competitors 35 & over may register for other divisions.

Where 4 divisions: Novice, < 1 year of training, Beg. 1 to < 2 years, Int. 2-4 years, Adv. > 4 years

Where 3 divisions: Beginner < 2 years, Intermediate 2-4 years, Advanced > 4 years

Where 2 divisions: Beginner < 3 years, Advanced 3 or more years

Time limits: Advanced competitors see www.kungfuchampionship.com for minimum/maximum times.

Chinese Kenpo includes Kempo, Kajukenbo, Wun Hop Kuen Do, Lima Lama, and other styles. Kenpo weapons performed in Traditional weapons divisions.

Traditional Northern includes Long Fist forms (such as Cha Quan, Hua Quan, Northern Shaolin Styles, Northern Eagle Claw, Mizong). **Northern Open** includes Drunken, Monkey, Ditang, and other acrobatic styles. **Northern Other** includes Baji, Piqua, Northern Praying Mantis, Fanzi, Chuo Jiao.

Southern Long Hand includes Hung Gar, Jow Gar, Choi Li Fut, Lau Gar, etc. **Southern Short Hand** includes Five Ancestors, White Eyebrow, Dragon Style, Wing Chun, Southern Praying Mantis, etc.

Long Weapons: Staff and Spear. **Short Weapons:** Straight Sword and Saber. **Open Weapons:** double weapons, flexible weapons, and all others except sword, saber, staff, or spear. **Traditional Weapons** must be able to sustain their own weight when placed on end. **Wushu Weapons** are not permitted in Traditional Weapons divisions.

Group forms: 4 to 8 people performing the same routine; open to all ages and skill levels. **Team forms:** 3 competitors, each performing a different form—one empty hand, one long weapon, and one short weapon are required. **Musical & creative:** Min. 45 sec.; max. 2 minutes. Bring your own CD.

Taiji 24 performed to completion (max. 5 minutes); may not be performed in other Taiji divisions. **Taiji weapons** are not permitted in **Other Internal Weapons** divisions.

Push Hands competitors are limited to a single weight class.

Sparring: Youth competitors will be paired by size. Kids & juniors: 3 30-second rounds. Teens: 3 45-second rounds. Adults: 3 1-minute rounds. Mandatory protective equipment must be supplied by athlete: foam head gear, mouth guard, groin cup, chest protector, foam gloves with no exposed fingers, foam foot gear that covers the entire foot.

We reserve the right to combine divisions with fewer than 3 competitors