

RULES

Competition Rules:
USANKF (www.teamusa.org/USA-Karate/Events/Rules-of-Competition)

Note: **Some Modifications May Apply**

LEVELS

Beginner: Less Than One Year Of Training.

Novice: 1-2 Years Of Training.

Intermediate: 2-4 Years Of Training.

Advanced: 4 + Years Of Training.

Brown Belts Must Compete In Intermediate Or Higher Divisions Only.