

2023 ITF WARRIOR CUP

List of Speed Kicking Divisions

Division Number	Age Category	Sex	Belt Levels	Rank
K-1	6 years & under	Male & Female	All Belt Levels	All Ranks
K-2	7 & 8 Years	Male	White Belt to Green Belt	10th Kup to 6th Kup
K-3	7 & 8 Years	Male	Blue Stripe to Black Stripe	4th Kup, 3rd Kup, 2nd Kup & 1st Kup
K-4	7 & 8 Years	Female	White Belt to Green Belt	10th Kup to 6th Kup
K-5	7 & 8 Years	Female	Blue Stripe to Black Stripe	4th Kup, 3rd Kup, 2nd Kup & 1st Kup
K-6	9 to 11 Years	Male	White Belt to Green Belt	10th Kup to 6th Kup
K-7	9 to 11 Years	Male	Blue Stripe to Black Stripe	4th Kup, 3rd Kup, 2nd Kup & 1st Kup
K-8	9 to 11 Years	Male	Black Belts	All Degrees
K-9	9 to 11 Years	Female	White Belt to Green Belt	10th Kup to 6th Kup
K-10	9 to 11 Years	Female	Blue Stripe to Black Stripe	4th Kup, 3rd Kup, 2nd Kup & 1st Kup
K-11	9 to 11 Years	Female	Black Belts	All Degrees
K-12	12 to 14 Years	Male	White Belt to Green Belt	10th Kup to 6th Kup
K-13	12 to 14 Years	Male	Blue Stripe to Black Stripe	4th Kup, 3rd Kup, 2nd Kup & 1st Kup
K-14	12 to 14 Years	Male	Black Belts	All Degrees
K-15	12 to 14 Years	Female	White Belt to Green Belt	10th Kup to 6th Kup
K-16	12 to 14 Years	Female	Blue Stripe to Black Stripe	4th Kup, 3rd Kup, 2nd Kup & 1st Kup
K-17	12 to 14 Years	Female	Black Belts	All Degrees
K-18	15 to 17 Years	Male	White Belt to Green Belt	10th Kup to 6th Kup
K-19	15 to 17 Years	Male	Blue Stripe to Black Stripe	4th Kup, 3rd Kup, 2nd Kup & 1st Kup
K-20	15 to 17 Years	Male	Black Belts	All Degrees
K-21	15 to 17 Years	Female	White Belt to Green Belt	10th Kup to 6th Kup
K-22	15 to 17 Years	Female	Blue Stripe to Black Stripe	4th Kup, 3rd Kup, 2nd Kup & 1st Kup
K-23	15 to 17 Years	Female	Black Belts	All Degrees
K-24	18 to 35 Years	Male	White Belt to Green Belt	10th Kup to 6th Kup
K-25	18 to 35 Years	Male	Blue Stripe to Black Stripe	4th Kup, 3rd Kup, 2nd Kup & 1st Kup
K-26	18 to 35 Years	Male	Black Belts	All Degrees
K-27	18 to 35 Years	Female	White Belt to Green Belt	10th Kup to 6th Kup
K-28	18 to 35 Years	Female	Blue Stripe to Black Stripe	4th Kup, 3rd Kup, 2nd Kup & 1st Kup
K-29	18 to 35 Years	Female	Black Belts	All Degrees
K-30	36 Years & Up	Male	White Belt to Green Belt	10th Kup to 6th Kup
K-31	36 Years & Up	Male	Blue Stripe to Black Stripe	4th Kup, 3rd Kup, 2nd Kup & 1st Kup
K-32	36 Years & Up	Male	Black Belts	All Degrees
K-33	36 Years & Up	Female	White Belt to Green Belt	10th Kup to 6th Kup
K-34	36 Years & Up	Female	Blue Stripe to Black Stripe	4th Kup, 3rd Kup, 2nd Kup & 1st Kup
K-35	36 Years & Up	Female	Black Belts	All Degrees

HOW THIS EVENT WORKS

Each competitors will have one chance to perform as many kicks as possible in a 20 second period (1 round of kicking with each leg)

Each kick that touches the target will be counted (as long as the kicking leg touches the floor after each kick)

In the case of a tie, there will be an additional round provided (for the competitors in the tie only)

The winner is decided by the most number of kicks after all the other competitors have attempted

The competitor has a choice between the following kicks:

- Side Turning Kick (Yop Dollyo Chagi)
- Front Snap kick (Apcha Busigi)
- Side Piercing Kick (Yocha Jirugi)
- Reverse Hooking Kick (Goro Chagi)