

SATURDAY 10.14

2023 FONSECA CUP DIVISION LIST

AAU RULES

Age 5 Male Kata
 Age 6 Male Kata
 Age 7 Male Beginner Kata
 Age 7 Male Novice Kata
 Age 7 Male Intermediate Kata
 Age 8 Male Beginner Kata
 Age 8 Male Novice Kata
 Age 8 Male Intermediate Kata
 Age 8 Male Advanced Kata
 Age 9 Male Beginner Kata
 Age 9 Male Novice Kata
 Age 9 Male Intermediate Kata
 Age 9 Male Advanced Kata
 Age 10 Male Beginner Kata
 Age 10 Male Novice Kata
 Age 10 Male Intermediate Kata
 Age 10 Male Advanced Kata
 Age 11 Male Beginner Kata
 Age 11 Male Novice Kata
 Age 11 Male Intermediate Kata
 Age 11 Male Advanced Kata
 Age 12-13 Male Beginner Kata
 Age 12-13 Male Novice Kata
 Age 12-13 Male Intermediate Kata
 Age 12-13 Male Advanced Kata
 Age 14-15 Male Beginner Kata
 Age 14-15 Male Novice Kata
 Age 14-15 Male Intermediate Kata
 Age 14-15 Male Advanced Kata
 Age 16-17 Male Beginner Kata
 Age 16-17 Male Novice Kata
 Age 16-17 Male Intermediate Kata
 Age 16-17 Male Advanced Kata

Age 5 Male Kumite
 Age 6 Male Kumite
 Age 7 Male Beginner Kumite
 Age 7 Male Novice Kumite
 Age 7 Male Intermediate Kumite
 Age 8 Male Beginner Kumite
 Age 8 Male Novice Kumite
 Age 8 Male Intermediate Kumite
 Age 8 Male Advanced Kumite
 Age 9 Male Beginner Kumite
 Age 9 Male Novice Kumite
 Age 9 Male Intermediate Kumite
 Age 9 Male Advanced Kumite
 Age 10 Male Beginner Kumite
 Age 10 Male Novice Kumite
 Age 10 Male Intermediate Kumite
 Age 10 Male Advanced Kumite
 Age 11 Male Beginner Kumite
 Age 11 Male Novice Kumite
 Age 11 Male Intermediate Kumite
 Age 11 Male Advanced Kumite
 Age 12-13 Male Beginner Kumite
 Age 12-13 Male Novice Kumite
 Age 12-13 Male Intermediate Kumite
 Age 12-13 Male Advanced Kumite
 Age 14-15 Male Beginner Kumite
 Age 14-15 Male Novice Kumite
 Age 14-15 Male Intermediate Kumite
 Age 14-15 Male Advanced Kumite
 Age 16-17 Male Beginner Kumite
 Age 16-17 Male Novice Kumite
 Age 16-17 Male Intermediate Kumite
 Age 16-17 Male Advanced Kumite

● ● ● = Beginner

● ● ● = Novice

● = Intermediate

● = Advanced

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AAU RULES

Age 18-34 Male Beginner Kata
 Age 18-34 Male Novice Kata
 Age 18-34 Male Intermediate Kata
 Age 18-34 Male Advanced Kata
 Age 35-44 Male Beginner Kata
 Age 35-44 Male Novice Kata
 Age 35-44 Male Intermediate Kata
 Age 35-44 Male Advanced Kata
 Age 45+ Male Beginner Kata
 Age 45+ Male Novice Kata
 Age 45+ Male Intermediate Kata
 Age 45+ Male Advanced Kata
 Age 5 Female Kata
 Age 6 Female Kata
 Age 7 Female Beginner Kata
 Age 7 Female Novice Kata
 Age 7 Female Intermediate Kata
 Age 8-9 Female Beginner Kata
 Age 8-9 Female Novice Kata
 Age 8-9 Female Intermediate Kata
 Age 8-9 Female Advanced Kata
 Age 10-11 Female Beginner Kata
 Age 10-11 Female Novice Kata
 Age 10-11 Female Intermediate Kata
 Age 10-11 Female Advanced Kata
 Age 12-13 Female Beginner Kata
 Age 12-13 Female Novice Kata
 Age 12-13 Female Intermediate Kata
 Age 12-13 Female Advanced Kata
 Age 14-15 Female Beginner Kata
 Age 14-15 Female Novice Kata
 Age 14-15 Female Intermediate Kata
 Age 14-15 Female Advanced Kata

Age 18-34 Male Beginner Kumite
 Age 18-34 Male Novice Kumite
 Age 18-34 Male Intermediate Kumite
 Age 18-34 Male Advanced Kumite
 Age 35-44 Male Beginner Kumite
 Age 35-44 Male Novice Kumite
 Age 35-44 Male Intermediate Kumite
 Age 35-44 Male Advanced Kumite
 Age 45+ Male Beginner Kumite
 Age 45+ Male Novice Kumite
 Age 45+ Male Intermediate Kumite
 Age 45+ Male Advanced Kumite
 Age 5 Female Kumite
 Age 6 Female Kumite
 Age 7 Female Beginner Kumite
 Age 7 Female Novice Kumite
 Age 7 Female Intermediate Kumite
 Age 8-9 Female Beginner Kumite
 Age 8-9 Female Novice Kumite
 Age 8-9 Female Intermediate Kumite
 Age 8-9 Female Advanced Kumite
 Age 10-11 Female Beginner Kumite
 Age 10-11 Female Novice Kumite
 Age 10-11 Female Intermediate Kumite
 Age 10-11 Female Advanced Kumite
 Age 12-13 Female Beginner Kumite
 Age 12-13 Female Novice Kumite
 Age 12-13 Female Intermediate Kumite
 Age 12-13 Female Advanced Kumite
 Age 14-15 Female Beginner Kumite
 Age 14-15 Female Novice Kumite
 Age 14-15 Female Intermediate Kumite
 Age 14-15 Female Advanced Kumite

● ● ● = Beginner

● ● ● = Novice

● = Intermediate

● = Advanced

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2023 FONSECA CUP DIVISION LIST

Age 16-17 Female Beginner Kata
Age 16-17 Female Novice Kata
Age 16-17 Female Intermediate Kata
Age 16-17 Female Advanced Kata
Age 18-34 Female Beginner Kata
Age 18-34 Female Novice Kata
Age 18-34 Female Intermediate Kata
Age 18-34 Female Advanced Kata
Age 35-44 Female Beginner Kata
Age 35-44 Female Novice Kata
Age 35-44 Female Intermediate Kata
Age 35-44 Female Advanced Kata
Age 45+ Female Beginner Kata
Age 45+ Female Novice Kata
Age 45+ Female Intermediate Kata
Age 45+ Female Advanced Kata

Age 16-17 Female Beginner Kumite
Age 16-17 Female Novice Kumite
Age 16-17 Female Intermediate Kumite
Age 16-17 Female Advanced Kumite
Age 18-34 Female Beginner Kumite
Age 18-34 Female Novice Kumite
Age 18-34 Female Intermediate Kumite
Age 18-34 Female Advanced Kumite
Age 35-44 Female Beginner Kumite
Age 35-44 Female Novice Kumite
Age 35-44 Female Intermediate Kumite
Age 35-44 Female Advanced Kumite
Age 45+ Female Beginner Kumite
Age 45+ Female Novice Kumite
Age 45+ Female Intermediate Kumite
Age 45+ Female Advanced Kumite

TEAM KATA DIVISIONS

Ages 12 and under Beg-Nov Team Kata
Ages 12 and under Int-Adv Team Kata
Ages 13+ Beg-Nov Team Kata
Ages 13+ Int-Adv Team Kata

TEAM KUMITE DIVISIONS

Age 8-10 Rotational Kumite Male
Age 11-12 Rotational Kumite Male
Age 13-14 Rotational Kumite Male
Age 15-17 Rotational Kumite Male
Age 18+ Rotational Kumite Male
Age 8-10 Rotational Kumite Female
Age 11-12 Rotational Kumite Female
Age 13-14 Rotational Kumite Female
Age 15-17 Rotational Kumite Female
Age 18+ Rotational Kumite Female

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2023 FONSECA CUP DIVISION LIST

Little Dragons Kihon (white-yellow)
Little Dragons Kihon (orange-green)
Little Dragons Kihon (blue-purple)
Little Dragons Kihon (brown-black)
KIAI (Para Karate)
KickOut PD Kihon & Kata (Parkinson's)

Little Dragons Kumite (white-yellow)
Little Dragons Kumite (orange-green)
Little Dragons Kumite (blue-purple)
Little Dragons Kumite (brown-black)

WKF BROWN/BLACK BELT KATA

Age 10-11 Male Kata
Age 10-11 Female Kata
Age 12-13 Male Kata
Age 12-13 Female Kata
Age 14-15 Male Kata
Age 14-15 Female Kata
Age 16-17 Male Kata
Age 16-17 Female Kata
Age 18-34 Male Kata
Age 18-34 Female Kata

WKF BROWN/BLACK BELT KUMITE

Age 10-11 Male Kumite
Age 10-11 Female Kumite
Age 12-13 Male Kumite
Age 12-13 Female Kumite
Age 14-15 Male Kumite
Age 14-15 Female Kumite
Age 16-17 Male Kumite
Age 16-17 Female Kumite
Age 18-34 Male Kumite
Age 18-34 Female Kumite

**WKF Kumite Divisions will be split into light and heavyweight divisions based on group average once all registrants enter*

WKF RULES

● ● ● = Beginner

● ● ● = Novice

● = Intermediate

● = Advanced