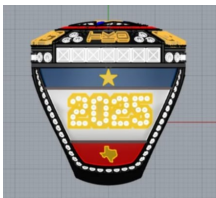
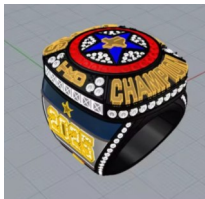


## \$\$\$ Cash, Prizes and Black Belt Grand Championship "Giant" Rings Up For Grabs!!!



### Saturday NIGHT FINALS and Ceremony – 6:30 pm BEST OF TEXAS BLACK BELT GRANDS!

- All TKO and TNT "Qualifiers" attending the Night Finals will be recognized and given an AWARD on stage at 6:30 pm
- Junior Open Forms—Grand Champion (GIANT RING)
- Junior Traditional Forms—Grand Champion (GIANT RING)
- Adult Open Forms—Grand Champion (GIANT RING and \$200)
- Adult Traditional—Grand Champion (GIANT RING and \$200)
- Adult Women Sparring Grand Champion (GIANT RING and \$200)
- Adult Men Sparring Grand Champion (GIANT RING and \$300)
- Adult Executive Men Sparring Grand Champion (GIANT RING and \$300)
- State Champion Awards presentation on stage

WIN THE....

# CHAMPIONSHIP RING!

Over 500 Custom TNT & TKO

**"CHAMPIONSHIP RINGS" FOR ALL DIVISIONS!!!**

# November 22-23, 2025

## Saturday and Sunday Schedules

### TKO/TNT State Finals

You are cordially invited to the **27th Annual TKO/TNT STATE FINALS!** Located in Dallas inside Hilton Anatole Hotel Grand Ballroom! This 3 day event promises to bring top Competition from throughout our great state. We hope you can come and enjoy a weekend of fun and exciting martial arts competition. BOOK ROOM at the Hilton Anatole (Copy and Paste link) <https://book.passkey.com/event/51072840/owner/863/landing>

### SATURDAY—ALL GRAPPLING and SPORT MMA

DOORS OPEN—8 am

WEIGH IN: 8:30 am—There will be a weigh in area for grappling, sport mma divisions. If you do not make weight, you will lose your seeding,

COMPETITION BEGINS: 9:30 am

### SATURDAY TKO DIVISIONS

DOORS OPEN: 8:00 am

SATURDAY:: 9:00 am—D-1 (Demonstration Division)

9:30 am—All Weapons, Creative Forms, Traditional Kata, All Demo, Self Defense, Demo Team. Handicapable, Team Kata, Traditional forms, and Breaking. This includes all adult Black Belt Katas, Adult Black Belt Weapons, and Adult Black Belt Point Sparring divisions. **IMPORTANT- There is no restart at State! Complete uniforms are required for traditional forms**

12 Noon—Tag Sparring and Open Weight

6:30 pm—Awards Ceremony and Night Finals (All Black Belt Grands will be on Stage)

**Saturday Night Finals - Doors open at 6:00 pm and starts at 6:30 pm** - This year's night finals and ceremony is open to everyone! For our ceremony we will be recognizing and awarding on stage:

-All TKO/TNT State Qualifiers for 2025 will walk the stage and be awarded with an award on stage

-2025 Competitor of the Year "Top Gun"

-Special recognitions awards

-State Championship Ring to all 1st place winners (pictures taken).

For our night finals, we will have Black Belt overall Grand Championship for:

- Junior Open Forms—Grand Champion (GIANT RING)
- Junior Traditional Forms—Grand Champion (GIANT RING)
- Adult Open Forms—Grand Champion (GIANT RING and \$200)
- Adult Traditional—Grand Champion (GIANT RING and \$200)
- Adult Women Sparring Grand Champion (GIANT RING and \$200)
- Adult Men Sparring Grand Champion (GIANT RING and \$300)
- Adult Executive Men Sparring Grand Champion (GIANT RING and \$300)

**"TOP GUN" Open Rank Point Sparring Divisions!!! (Title Belts Awarded)**

SUNDAY: 8:30 am—Stick Combat

9:30 am—All Under Belt Point Sparring, Junior Black Belt Point Sparring and Continuous Sparring

Seeding and Bracketing - Brackets will be split and start with a run-off "division" composed of all competitors except the #1 Top Ranked seed from each of the North and South. Standard seeding rules apply, i.e., highest rated against lowest rated, second highest vs second lowest, etc. The winner of the run-off will then compete in the "Division Grand Final" with those two first seeds to determine 1st, 2nd and 3rd place. The winner of the run-off will compete against the lower ranked of the top rank seed from the North and the South. TNT Grappling and Sport MMA will have "ONE" #1 seed in the Grand



# TKO Divisions

**Start time 8:30 am Stick and Demo**  
**9:30 am Tournament begins! No limit in division entered!**  
**D-1 DEMO—Everyone is a Winner! Trophy Awarded**  
**H-1 HANDICAPABLE FORMS**  
**H-2 HANDICAPABLE WEAPONS**  
**D-T TEAM DEMO—open team forms (2+ Members)**

**Team Kata— Synchronize Form (2-3 members)**  
 TK-1 Team Kata (2-3 members) \* Junior Beginner \* M/F  
 TK-2 Team Kata (2-3 members) \* Junior Intermediate \* M/F  
 TK-3 Team Kata (2-3 members) \* Junior Adv / Black \* M/F  
 TK-4 Team Kata (2-3 members) \* Adult All Ranks \* M/F  
**SELF DEFENSE - Single or Multi Attacker**

SD-1 Self Defense \* <= 17 \* Beg / Intr \* M/F  
 SD-2 Self Defense \* <= 17 \* Advanced \* M/F  
 SD-3 Self Defense \* <= 17 \* Black \* M/F  
 SD-4 Self Defense \* 18+ \* Underbelt \* M/F  
 SD-5 Self Defense \* 18+ \* Black \* M/F

## TRADITIONAL WEAPONS - ( HARD/SOFT )

TW-01 Trad Weap Beg 11 under M F  
 TW-02 Trad Weap Int 11 under M F  
 TW-03 Trad Weap Adv 11 under M F  
 TW-04 Trad Weap Blk 11 under M F  
 TW-05 Trad Weap Beg 12 to 13 M F  
 TW-06 Trad Weap Int 12 to 13 M F  
 TW-07 Trad Weap Adv 12 to 13 M F  
 TW-08 Trad Weap Blk 12 to 13 M F  
 TW-09 Trad Weap Beg 14 to 15 M F  
 TW-10 Trad Weap Int 14 to 15 M F  
 TW-11 Trad Weap Adv 14 to 15 M F  
 TW-12 Trad Weap Blk 14 to 15 M F  
 TW-13 Trad Weap Beg 16 to 17 M F  
 TW-14 Trad Weap Int 16 to 17 M F  
 TW-15 Trad Weap Adv 16 to 17 M F  
 TW-16 Trad Weap Blk 16 to 17 M F  
 TW-17 Trad Weap Beg Int Adv 18 Plus M F

## KUNG FU / CHINESE FORMS (SOFT )

KC-01 Kung Fu Chinese beg Int 11 under M F  
 KC-02 Kung Fu Chinese Adv Blk 11 under M F  
 KC-03 Kung Fu Chinese beg Int 12 to 13 M F  
 KC-04 Kung Fu Chinese Adv Blk 12 to 13 M F  
 KC-05 Kung Fu Chinese beg Int 14 to 15 M F  
 KC-06 Kung Fu Chinese Adv Blk 14 to 15 M F  
 KC-07 Kung Fu Chinese beg Int 16 to 17 M F  
 KC-08 Kung Fu Chinese Adv Blk 16 to 17 M F  
 KC-09 Kung Fu Chinese beg Int Adv 18 Plus M F

## KEMPO FORMS

KP-01 Forms Kenpo beg Int 11 under M F  
 KP-02 Forms Kenpo Adv Blk 11 under M F  
 KP-03 Forms Kenpo beg Int 12 to 13 M F  
 KP-04 Forms Kenpo Adv Blk 12 to 13 M F  
 KP-05 Forms Kenpo beg Int 14 to 15 M F  
 KP-06 Forms Kenpo Adv Blk 14 to 15 M F  
 KP-07 Forms Kenpo beg Int 16 to 17 M F  
 KP-08 Forms Kenpo Adv Blk 16 to 17 M F  
 KP-09 Forms Kenpo beg Int Adv 18 Plus M F

## WEAPONS - CREATIVE /EXTREME ( HARD/SOFT )

**With or Without Music**  
 WC-01 Creative Weap Beg 7 under M F  
 WC-02 Creative Weap Int 7 under M F  
 WC-03 Creative Weap Adv 7 under M F  
 WC-04 Creative Weap Blk 7 under M F  
 WC-05 Creative Weap Beg 8 to 9 M F  
 WC-06 Creative Weap Adv 8 to 9 M F  
 WC-07 Creative Weap Int 8 to 9 M F  
 WC-08 Creative Weap Blk 8 to 9 M F  
 WC-09 Creative Weap Beg 10 to 11 M F  
 WC-10 Creative Weap Int 10 to 11 M F  
 WC-11 Creative Weap Adv 10 to 11 M F  
 WC-12 Creative Weap Blk 10 to 11 M F  
 WC-13 Creative Weap Beg 12 to 13 M F  
 WC-14 Creative Weap Int 12 to 13 M F  
 WC-15 Creative Weap Adv 12 to 13 M F  
 WC-16 Creative Weap Blk 12 to 13 M F  
 WC-17 Creative Weap Beg 14 to 15 M F  
 WC-18 Creative Weap Int 14 to 15 M F  
 WC-19 Creative Weap Adv 14 to 15 M F  
 WC-20 Creative Weap Blk 14 to 15 M F  
 WC-21 Creative Weap Beg 16 to 17 M F  
 WC-22 Creative Weap Int 16 to 17 M F  
 WC-23 Creative Weap Adv 16 to 17 M F  
 WC-24 Creative Weap Blk 16 to 17 M F  
 WC-25 Creative Weap Beg Int Adv 18 Plus M F  
 WC-26 Creative Weap Beg Int Adv 35 Plus M F

## CREATIVE FORMS—With or Without Music

CF-01 Forms Creative All ranks 5 & under M F  
 CF-02 Forms Creative Beg 6 to 7 M F  
 CF-03 Forms Creative Int 6 to 7 M F  
 CF-04 Forms Creative Adv 6 to 7 M F  
 CF-05 Forms Creative Black 7 under M F  
 CF-06 Forms Creative Beg 8 to 9 M F  
 CF-07 Forms Creative Int 8 to 9 M F  
 CF-08 Forms Creative Adv 8 to 9 M F  
 CF-09 Forms Creative Blk 8 to 9 M F  
 CF-10 Forms Creative Beg 10 to 11 M F  
 CF-11 Forms Creative Int 10 to 11 M F  
 CF-12 Forms Creative Adv 10 to 11 M F  
 CF-13 Forms Creative Blk 10 to 11 M F  
 CF-14 Forms Creative Beg 12 to 13 M F  
 CF-15 Forms Creative Int 12 to 13 M F  
 CF-16 Forms Creative Adv 12 to 13 M F  
 CF-17 Forms Creative Blk 12 to 13 M F  
 CF-18 Forms Creative Beg 14 to 15 M F  
 CF-19 Forms Creative Int 14 to 15 M F  
 CF-20 Forms Creative Adv 14 to 15 M F  
 CF-21 Forms Creative Blk 14 to 15 M F  
 CF-22 Forms Creative Beg 16 to 17 M F  
 CF-23 Forms Creative Int 16 to 17 M F  
 CF-24 Forms Creative Adv 16 to 17 M F  
 CF-25 Forms Creative Blk 16 to 17 M F  
 CF-26 Forms Creat beg Int Adv 18 Plus M F  
 CF-27 Forms Creat beg Int Adv 35 Plus M F

## FORMS ( Traditional Forms only)

**If more than 12 we will divide to Boys and Girls**

UF-1 TR Forms - Traditional \* <= 5 \* All Ranks \* M/F  
 UF-2 TR Forms - Traditional \* 6-7 \* Beginner \* M/F  
 UF-3 TR Forms - Traditional \* 6-7 \* Intermediate \* M/F  
 UF-4 TR Forms - Traditional \* 6-7 \* Adv / Black \* M/F  
 UF-5 TR Forms - Traditional \* 8-9 \* Beginner \* M/F  
 UF-6 TR Forms - Traditional \* 8-9 \* Intermediate \* M/F  
 UF-7 TR Forms - Traditional \* 8-9 \* Adv / Black \* M/F  
 UF-8 TR Forms - Traditional \* 10-11 \* Beginner \* M/F  
 UF-9 TR Forms - Traditional \* 10-11 \* Interm. \* M/F  
 UF-10 TR Forms - Traditional \* 10-11 \* Advanced \* M/F  
 UF-11J TR Forms - Trad. Japanese \* 10-11 \* Black \* M/F  
 UF-11K TR Forms - Trad. Korean \* 10-11 \* Black \* M/F  
 UF-12 TR Forms - Traditional \* 12-13 \* Beginner \* M/F  
 UF-13 TR Forms - Trad. \* 12-13 \* Intermediate \* M/F  
 UF-14 TR Forms - Traditional \* 12-13 \* Advanced \* M/F  
 UF-15J TR Forms - Trad. Japanese \* 12-13 \* Black \* M/F  
 UF-15K TR Forms - Trad. Korean \* 12-13 \* Black \* M/F  
 UF-16 TR Forms - Traditional \* 14-15 \* Beginner \* M/F  
 UF-17 TR Forms - Trad. \* 14-15 \* Intermediate \* M/F  
 UF-18 TR Forms - Traditional \* 14-15 \* Advanced \* M/F  
 UF-19J TR Forms - Trad. Japanese \* 14-15 \* Black \* M/F  
 UF-19K TR Forms - Trad. Korean \* 14-15 \* Black \* M/F  
 UF-20 TR Forms - Traditional \* 16-17 \* Beginner \* M/F  
 UF-21 TR Forms - Trad. \* 16-17 \* Intermediate \* M/F  
 UF-22 TR Forms - Traditional \* 16-17 \* Advanced \* M/F  
 UF-23J TR Forms - Trad. Japanese \* 16-17 \* Black \* M/F  
 UF-23K TR Forms - Trad. Japanese \* 16-17 \* Black \* M/F  
 UF-24 TR Forms - Traditional \* 18+ \* Beginner \* M/F  
 UF-25 TR Forms - Trad. \* 18+ \* Intermediate \* M/F  
 UF-26 TR Forms - Traditional \* 18+ \* Advanced \* M/F  
 UF-27 TR Forms - Traditional \* 35+ \* Beginner \* M/F  
 UF-28 TR Forms - Traditional \* 35+ \* Intr / Adv \* M/F

## YOUTH SPARRING

US-1 PT Sparring - Point \* <= 5 \* All Ranks \* Male  
 US-2 PT Sparring - Point \* <= 5 \* All Ranks \* Female  
 US-3 PT Sparring - Point \* 6-7 \* Beginner \* Male  
 US-4 PT Sparring - Point \* 6-7 \* Intermediate \* Male  
 US-5 PT Sparring - Point \* 6-7 \* Adv / Black \* Male  
 US-6 PT Sparring - Point \* 6-7 \* Female \* Beginner  
 US-7 PT Sparring - Point \* 6-7 \* Female \* Intermediate  
 US-8 PT Sparring - Point \* 6-7 \* Female \* Adv / Black  
 US-9 PT Sparring - Point \* 8-9 \* Male \* Beginner  
 US-10 PT Sparring - Point \* 8-9 \* Male \* Intermediate  
 US-11 PT Sparring - Point \* 8-9 \* Male \* Advanced  
 US-12 PT Sparring - Point \* 8-9 \* Male \* Black  
 US-13 PT Sparring - Point \* 8-9 \* Female \* Beginner  
 US-14 PT Sparring - Point \* 8-9 \* Female \* Intermediate  
 US-15 PT Sparring - Point \* 8-9 \* Female \* Advanced  
 US-16 PT Sparring - Point \* 8-9 \* Female \* Black  
 US-17 PT Sparring - Point \* 10-11 \* Male \* Beginner  
 US-18 PT Sparring - Point \* 10-11 \* Male \* Intermediate  
 US-19 PT Sparring - Point \* 10-11 \* Male \* Advanced  
 US-20 PT Sparring - Point \* 10-11 \* Male \* Black  
 US-21 PT Sparring - Point \* 10-11 \* Female \* Beginner  
 US-22 PT Sparring - Point \* 10-11 \* Female \* Intermediate  
 US-23 PT Sparring - Point \* 10-11 \* Female \* Advanced  
 US-24 PT Sparring - Point \* 10-11 \* Female \* Black

US-25 PT Sparring - Point \* 12-13 \* Male \* Beginner  
 US-26 PT Sparring - Point \* 12-13 \* Male \* Intermediate  
 US-27 PT Sparring - Point \* 12-13 \* Male \* Advanced  
 US-28 PT Sparring - Point \* 12-13 \* Male \* Black  
 US-29 PT Sparring - Point \* 12-13 \* Female \* Beginner  
 US-30 PT Sparring - Point \* 12-13 \* Female \* Intermediate  
 US-31 PT Sparring - Point \* 12-13 \* Female \* Advanced  
 US-32 PT Sparring - Point \* 12-13 \* Female \* Black  
 US-33 PT Sparring - Point \* 14-15 \* Male \* Beginner  
 US-34 PT Sparring - Point \* 14-15 \* Male \* Intermediate  
 US-35 PT Sparring - Point \* 14-15 \* Male \* Advanced  
 US-36 PT Sparring - Point \* 14-15 \* Male \* Black  
 US-37 PT Sparring - Point \* 14-15 \* Female \* Beginner  
 US-38 PT Sparring - Point \* 14-15 \* Female \* Interm  
 US-39 PT Sparring - Point \* 14-15 \* Female \* Advanced  
 US-40 PT Sparring - Point \* 14-15 \* Female \* Black  
 US-41 PT Sparring - Point \* 16-17 \* Male \* Beginner  
 US-42 PT Sparring - Point \* 16-17 \* Male \* Intermediate  
 US-43 PT Sparring - Point \* 16-17 \* Male \* Advanced  
 US-44 PT Sparring - Point \* 16-17 \* Male \* Black  
 US-45 PT Sparring - Point \* 16-17 \* Female \* Beginner  
 US-46 PT Sparring - Point \* 16-17 \* Female \* Interm  
 US-47 PT Sparring - Point \* 16-17 \* Female \* Advanced  
 US-48 PT Sparring - Point \* 16-17 \* Female \* Black

## ADULT SPARRING ( NON BLACK )

US-49 PT Sparring - Point \* 18+ \* Male \* Beginner  
 US-50 PT Sparring - Point \* 18+ \* Male \* Intermediate  
 US-51 PT Sparring - Point \* 18+ \* Male \* Advanced  
 US-52 PT Sparring - Point \* 18+ \* Female \* Beginner  
 US-53 PT Sparring - Point \* 18+ \* Female \* Intr / Adv  
 US-54 PT Sparring - Point \* 35+ \* Male \* Beginner  
 US-55 PT Sparring - Point \* 35+ \* Male \* Intr / Adv  
 US-56 PT Sparring - Point \* 35+ \* Female \* Beginner  
 US-57 PT Sparring - Point \* 35+ \* Female \* Intr / Adv

## ADULT BLACK BELT Creative ( HARD/SOFT )

BC-01 Creative Forms Blk 18 Plus M  
 BC-02 Creative Forms Blk 18 Plus F  
 BC-03 Creative Forms Blk 35 Plus M  
 BC-04 Creative Forms Blk 35 Plus F

## ADULT BLACK BELT WEAPONS ( HARD/SOFT )

BCW-01 Weap Creative Blk 18 Plus M  
 BCW-02 Weap Creative Blk 18 Plus F  
 BCW-03 Weap Creative Blk 35 Plus M  
 BCW-04 Weap Creative Blk 35 Plus F

## ADULT BLACK BELT TRADITIONAL WEAPONS

**( HARD/SOFT )With or Without Music**

BTW-01 Weap Trad Blk 18 Plus M  
 BTW-02 Weap Trad Blk 18 Plus F  
 BTW-03 Weap Trad Blk 35 Plus M  
 BTW-04 Weap Trad Blk 35 Plus F

## BLACK BELT CREATIVE FORM ( HARD/SOFT )

BC-1 CR Black Belt Creative Forms \* 18+ \* Male  
 BC-2 CR Black Belt Creative Forms \* 18+ \* Female  
 BC-3 CR Black Belt Creative Forms \* 35+ \* Male  
 BC-4 CR Black Belt Creative Forms \* 35+ \* Female

## BLACK BELT TRADITIONAL FORMS

BT-01J Trad Japanese Blk 18 Plus M  
 BT-01K Trad Korean Blk 18 Plus M  
 BT-02J Trad Japanese Blk 18 Plus F  
 BT-02K Trad Korean Blk 18 Plus F  
 BT-02KP Trad Kenpo Blk 18 Plus M F  
 BT-02KC Trad Kung Fu Chinese Blk 18+ M F  
 BT-03J Trad Japanese Blk 35 Plus M  
 BT-03K Trad Korean Blk 35 Plus M  
 BT-04J Trad Japanese Blk 35 Plus F  
 BT-04K Trad Korean Blk 35 Plus F  
 BT-05J Trad Japanese Blk 45 Plus M F  
 BT-05K Trad Korean Blk 45 Plus M F

## BLACK BELT POINT SPARRING

BS-01 Sparring Blk Light (164 -) 18 Plus M  
 BS-02 Sparring Blk Middle (165 184) 18 Plus M  
 BS-03 Sparring Blk Heavy (185 204) 18 Plus M  
 BS-04 Sparring Blk Sup. Heavy (205 +) 18 Plus M  
 BS-05 Sparring Blk Feather (144 -) 18 Plus F  
 BS-06 Sparring Blk Light (145 +) 18 Plus F  
 BS-07 Sparring Blk Light (175 -) 35 PLUS M  
 BS-08 Sparring Blk Heavy (176 plus) 35 PLUS M  
 BS-09 Sparring Blk feather (144 -) 35 Plus F  
 BS-10 Sparring Blk Light (145 -) 35 Plus F  
 BS-11 Sparring Blk all weights 50 Plus M  
 BS-12 Sparring Blk all weights 60 Plus M



**Head Gear**

**Hand Gear**

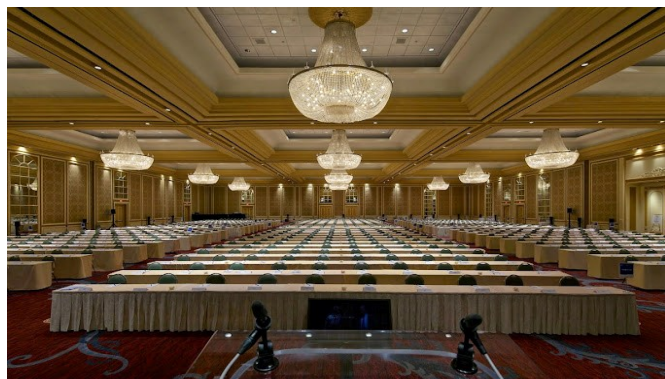
**Foot Gear**

**Elbow Pad**

**Mouth Guard**

# TKO/TNT 2025 STATE FINALS TOURNAMENT INFORMATION

**BOOK YOUR ROOM! Only \$139.00 Mention TKO/TNT State for Discount**  
 This years STATE FINALS is a 3 day event and will be hosted inside the Hilton luxurious Ballroom  
**BOOK ROOM at the Hilton Anatole (Copy and Paste link below)**  
<https://book.passkey.com/event/51072840/owner/863/landing>



## Tables for Night Finals on sale now!

ATTENTION ALL SCHOOL OWNERS, TEAMS, PARENTS RESERVE YOUR VIP TABLES FOR THE SATURDAY NIGHT TIME FINALS AND CLOSING CEREMONIES NOW! The 2025 TKO STATE FINALS  
 Inbox us your table number to reserve your table.

Cost: \$150 before November 7... After Nov 7th it will be \$200 Table Seats 10 People (Round Table)

### TOURNAMENT FEE INFORMATION

Register Early \$ Save Money \$	Early Registration Postmarked by 11/7/2025	Registration After 11/08/2025	TOTAL
Entry Fee – 1 Event (including all TKO events, Stick Combat, and Breaking	\$70	\$80	=
Additional Events	\$70 x _____	\$90 x _____	=
Breaking supply—Concrete or Boards \$3.00 each. *Must buy from tournament. Please order early	____ Boards X \$5.00 = _____ ____ Concrete X \$5.00 = _____		=
Spectator Pass - 3 Day pass	\$30 x _____	\$40 x _____	=
VIP Spectator Pass—3 Day Pass (Allows you to be in the competitors area at Ringside )	\$50 x _____	\$75 x _____	=
Night Finals and Ceremony—Table for 10 ( Saturday Evening )	~~~~~\$150 x _____	\$200	
<b>TOTAL REGISTRATION FEE =</b>			=



# 2025 TKO State Breaking Competition



All divisions will be awarded **1st-3rd place**.

## Code FIRST TIME BREAKERS (Demo)

FTB—This is for any competitor that has not done breaking and would like to try it. Learn how to break in competition or help a seasoned competitor get warm up for the tournament.. (Only \$20 to enter)

## Code BREAKING DIVISIONS

PB 00 7 & Under Power Wood Elbow  
PB 01 7 & Under Power Wood Foot  
PB 02 7 & under Power Wood Hand  
PB 03 8-12 Power Wood Hand  
PB 04 8-12 Power Wood Foot  
PB 05 8-12 Power Wood Elbow  
PB 06 13-17 Power Wood Hand  
PB 07 13-17 Power Wood Foot  
PB 08 13-17 Power Wood Elbow

## Code BLACK BELT Boys -17

PB 09 Power Wood Hand  
PB 10 Power Wood Foot  
PB 11 Power Wood Elbow

## Code BLACK BELT Girls - 17

PB 12 Power Wood Hand  
PB 13 Power Wood Foot  
PB 14 Power Wood Elbow

## Code ADULT MEN 18 +

PB 15 Power Wood Hand  
PB 16 Power Wood Foot  
PB 17 Power Wood Elbow  
PC 01 Power Concrete Hand  
PC 02 Power Concrete Foot  
PC 03 Power Concrete Elbow

## Code ADULT WOMEN 18 +

PB 19 Power Wood Hand  
PB 20 Power Wood Foot  
PB 21 Power Wood Elbow  
PC 04 Power Concrete Hand  
PC 05 Power Concrete Foot  
PC 06 Power Concrete Elbow

## Code BLACK BELT Men 18 +

PB 22 Power Wood Hand  
PB 23 Power Wood Foot  
PB 24 Power Wood Elbow  
PC 07 Power Concrete Hand  
PC 08 Power Concrete Foot  
PC 09 Power Concrete Elbow

## Code BLACK BELT Women 18 +

PB 25 Power Wood Hand  
PB 26 Power Wood Foot  
PB 27 Power Wood Elbow  
PC 10 Power Concrete Hand  
PC 11 Power Concrete Foot  
PC 12 Power Concrete Elbow

## Code CREATIVE OPEN

CO 01 17 Under Belts (m/f)  
CO 02 17 Under Black Belts (m/f)  
CO 03 18+ Under Belts (m/f)  
CO 04 18+ BLACK BELT (m/f)

All Power Breaking Divisions Must Order Boards and Concrete Before Nov 1st. Creative Open Divisions Must Bring All Breaking Materials, Including Tarp. Tarps, broom, dust pan are required for clean up. For Questions or for more Information, Contact Wayne Nguyen 281-781-5181

Register online at [www.TKOLeague.com](http://www.TKOLeague.com) or use the “TKO Tournament Registration Form” and mail in your registration before the November Deadline.

REGISTRATION INFORMATION	Register Early	Registration After
Breaking Division Per Event	\$70	\$90
Concrete or Boards \$5.00 each. *Must buy from tournament. Please order early.	___ Boards X \$5.00 = ___	___ Concrete X \$5.00 = ___

# TKO Continuous Sparring (Muay Thai Style)

## Division Code

### Skill Levels:

Kids Ages 4 - 11 (male & female)

Juniors Ages 12 - 17 (male & female)

Adults, Masters, & Seniors (male & female)

### Weight Classes for "KIDS" (Male).

#### "4 -11 years old"

CS-1 - 50 lbs & under  
CS-2 - 50.1 to 60 lbs  
CS-3 - 60.1 to 70 lbs  
CS-4 - 70.1 to 80 lbs  
CS-5 - 80.1 to 90 lbs  
CS-6 - 90.1 to 100 lbs  
CS-7 - 100.1 to 110 lbs  
CS-8 - 110.1 to 120 lbs  
CS-9 - 120.1 to 130 lbs  
CS-10 - 130.1 to 140 lbs  
CS-11 - 140.1 to 150 lbs  
CS-12 - 150.1 to 160 lbs  
CS-13 - 160.1 to 170 lbs  
CS-14 - 170.1 to 180 lbs  
CS-15 - 180.1 lbs & over

### Weight Classes for "KIDS" (Female).

#### "4 -11 years old"

CSF-1 - 50 lbs & under  
CSF-2 - 50.1 to 60 lbs  
CSF-3 - 60.1 to 70 lbs  
CSF-4 - 70.1 to 80 lbs  
CSF-5 - 80.1 to 90 lbs  
CSF-6 - 90.1 to 100 lbs  
CSF-7 - 100.1 to 110 lbs

CSF-8 - 110.1 to 120 lbs  
CSF-9 - 120.1 to 130 lbs  
CSF-10 - 130.1 to 140 lbs  
CSF-11 - 140.1 to 150 lbs  
CSF-12 - 150.1 to 160 lbs  
CSF-13 - 160.1 to 170 lbs  
CSF-14 - 170.1 to 180 lbs  
CSF-15 - 180.1 lbs & over

### Weight Classes for "TEENS" (Male)

#### "12 and 17 years old"

CST1 - 87 lbs. & under  
CST2 - 88.1 - 102 lbs.  
CST3 - 102.1 - 116 lbs.  
CST4 - 116.1 - 127 lbs.  
CST5 - 127.1 - 141 lbs.  
CST6 - 141.1 - 154 lbs.  
CST7 - 154.1 - 167 lbs.  
CST8 - 167.1 - 181 lbs.  
CST9 - 181.1 - 194 lbs.  
CST10 - 194.1 - 208 lbs.  
CST11 - 208.1 lbs. & Over

### Weight Classes for "TEENS" (Female)

#### "12 and 17 years old"

CSTF1 - 87 lbs. & under  
CSTF2 - 88.1 - 102 lbs.  
CSTF3 - 102.1 - 116 lbs.  
CSTF4 - 116.1 - 127 lbs.  
CSTF5 - 127.1 - 141 lbs.  
CSTF6 - 141.1 - 154 lbs.  
CSTF7 - 154.1 - 167 lbs.  
CSTF8 - 167.1 - 181 lbs.  
CSTF9 - 181.1 - 194 lbs.  
CSTF10 - 194.1 - 208 lbs.  
CSTF11 - 208.1 lbs. & Over

### WOMEN Weight Classes for "Adults".

#### "18+ years"

CSW1 - Women's Lightweight: (135 lb. & Under)  
CSW2 - Women's Middleweight: (135.1 - 150 lb.)  
CSW3 - Women's Light Heavyweight: (150.1 lb. & Up)

### WOMEN Weight Classes for "Masters"

#### "35+ years"

CSWM1 - Women's Welterweight: (135 lb. and under)  
CSWM2 - Women's Middleweight: (136 - 145 lb.)  
CSWM3 - Women's Light Heavyweight: (145.1 lb. & Up)

### MEN Weight Classes for "Adults".

#### "18 + years"

CSM1 - Men's Lightweight: (175 lb. and under)  
CSM2 - Men's Middleweight: (175.1 - 190 lb.)  
CSM3 - Men's Heavyweight: (190.1 lb. & Above)

### MEN Weight Classes for "Masters".

#### "35+ years"

CSMM1 - Men's Lightweight: (175 lb. and under)  
CSMM2 - Men's Middleweight: (175.1 - 190 lb.)  
CSMM3 - Men's Heavyweight: (191 lb. & Above)



## TKO Continuous Sparring (Stand Up only) Rules (Complete Rules go to [www.TKOLeague.com](http://www.TKOLeague.com))

### Definition:

Light Contact Fighting in a Continuous Manner. Under no circumstances should light contact continuous fighting simulate full contact kickboxing. Utilizing well-controlled techniques, ring craftsmanship and combination skills, competitors should attempt to "outscore" rather than "overpower" their opponent.

Competitors will fight continuously until the referee's command to "STOP/BREAK". Techniques should not "strike through" or "push through" the target. Striking with excessive contact, or uncontrolled striking of any kind will lead to disqualification. Emphasis must be placed on both punching and kicking techniques. Punching or "boxing" only to body or leg (Above the knee), for an extended period of time without throwing kicks will downgrade the judge's evaluation of your performance.

Each match is carried out with running time. The referee and judges will evaluate the relative effectiveness of each fighter based on the number, quality and variety of scoring strikes, defense and conditioning. Rules violations (whether penalized by the referee or not) will downgrade the judges evaluation of the offending fighter. The three officials will determine the winner of each match by majority decision.

### Equipment Needed:

- Adult divisions: mouth-guard, Head Gear, 10oz gloves or larger, groin protection, shin/instep guards.
- Teen & Junior divisions: mouth-guard, Head Gear, 10oz gloves or larger, groin protection, shin/instep guards.
- Shorts or pants and school tshirt/rash guard or Martial Arts Uniform must be worn.

**Weigh-in time:** All competitors must weigh at scheduled time. If a competitor missed the weigh-in time, weigh-in will take place at the time when the competitor is called to compete.

### Time and Rounds

- Two (2) - Two (1) minute rounds with a 30 second break. If both Fighter wins each round, a 3<sup>rd</sup> round of 30 second is needed. Head judge will only judge 3<sup>rd</sup> round to insure no ties.

**PLEASE NOTE** – Due to point tabulations and rankings for the State Finals, all divisions are set, and a competitor cannot be moved to another division. Only splitting a division is allowed when a competitor is out of their age of at least two (2) years. If there is no one in your division, you will win by default, and an exhibition match will be offered.

# TNT GRAPPLING

## GI - I.B.J.J.F. (INTERNATIONAL BRAZILIAN JIU JITSU FEDERATION)

### RULES AND DIVISIONS

The typical tournament is divided up into matches between the same belt ranks and weight classes within the belt ranks. The progressive ranks in BJJ are white, yellow, orange, green, blue (after 16), purple, brown and finally black belt.

#### Skill Levels:

##### Kids Ages 4 - 11 (male & female)

Novice 0 - 1 year Experience 1+ year of experience (Blue and Above)

##### Juniors Ages 12 - 17 (male & female)

Novice 0 - 1 year Experience 1+ year of experience (Blue and Above)

##### Adults, Masters, & Seniors (male & female)

Novice 0 - 1 year experience. Experience 1+ year experience and up (Blue and Above) Advance 3 years and up



The match begins with competitors standing up on padded mats wearing gis. Competitors attempt to perform a takedown throws, foot sweeps, tackles, or alternatively, pulling the opponent to "guard". Once on the ground, they grapple but are allowed to stand up at any time.

1. We reserve the right to either subdivide or combine divisions, weight classes, or age classes the day of the event depending on the turnout.
2. Each Competitor will be allowed to register in ONE DIVISION ONLY.
3. All competitors must weigh-in with the GI ON. There is NO weight allowance at weigh-ins.
4. Each competitor must submit an on-line registration form, sign the electronic waiver, and pay the entry fee.
5. No advantages will be given. If the match is tied at the end of regulation the referee will decide the winner based on who showed the most aggressiveness during the match.
6. All competitors must wear a Gi with a standard collar size and thickness.
7. All competitors must wear a CLEAN and a SOLID colored Brazilian Jiu-Jitsu Gi (Kimono), either ALL WHITE, ALL BLUE, or ALL BLACK in color. Women may also wear ALL PINK. No mixing of colors. Example; white pants and blue top or blue pants and white top, etc... will NOT be allowed. Competitors will compete with regulation GIs only. A regulation GI is four fingers cuff clearance and sleeves are to be no shorter than 4" from wrist between wrist and sleeve of GI.
8. All male competitors are not allowed to wear clothing underneath the GI such as T-Shirts, Rash Guard, Sweatpants, etc. Also, wrestling shoes are NOT allowed. All competitors must wear underwear.
9. We will do our best to pair up Kids according to weight and age no more than 2 years apart. For example ages groups may be (6 & 7) (8 & 9) (10 & 11) (12 & 13) (14 & 15). We will do our best to not mix girl and boy competitors, but it may be necessary. Kids need to be registered according to Brazilian Jiu-Jitsu Belt rankings (White, Grey, Yellow, Orange, Green). Karate or Tae Kwon Do belt rankings may be the same color, but are not equivalent to the skill level as jiu-jitsu. Consult your Jiu-Jitsu instructor before registering your child to avoid your child being entered into the wrong division.
10. We reserve the right to refuse service.

#### GI - BRAZILIAN JIU JITSU

##### Weight Classes for "KIDS" (Male & Female).

##### Age Category "4 - 11 years old"

##### "Novice" or "Experience"

(If there are 2 or more **GIRLS** in a division, we will create a separate division for the girls).

##### **GN (Novice) GE (Experience)**

GN1 / GE1 - 50 lbs & under  
GN2 / GE2 - 50.1 to 60 lbs  
GN3 / GE3 - 60.1 to 70 lbs  
GN4 / GE4 - 70.1 to 80 lbs  
GN5 / GE5 - 80.1 to 90 lbs  
GN6 / GE6 - 90.1 to 100 lbs  
GN7 / GE7 - 100.1 to 110 lbs  
GN8 / GE8 - 110.1 to 120 lbs  
GN9 / GE9 - 120.1 to 130 lbs  
GN10 / GE10 - 130.1 to 140 lbs  
GN11 / GE11 - 140.1 to 150 lbs  
GN12 / GE12 - 150.1 to 160 lbs  
GN13 / GE13 - 160.1 to 170 lbs  
GN14 / GE14 - 170.1 to 180 lbs  
GN15 / GE15 - 180.1 lbs & over

##### Weight Classes for "TEENS" (Male & Female).

##### "12 and 17 years old" "Novice" or "Experience"

(If there are 2 or more **GIRLS** in a division, we will create a separate division for the girls).

##### **GTN (Novice) GTE (Experience)**

GTN1 / GTE1 - 88 lbs. & under  
GTN2 / GTE2 - 88.1 - 102 lbs.

GTN3 / GTE3 - 102.1 - 116 lbs.  
GTN4 / GTE4 - 116.1 - 127 lbs.  
GTN5 / GTE5 - 127.1 - 141 lbs.  
GTN6 / GTE6 - 141.1 - 154 lbs.  
GTN7 / GTE7 - 154.1 - 167 lbs.  
GTN8 / GTE8 - 167.1 - 181 lbs.  
GTN9 / GTE9 - 181.1 - 194 lbs.  
GTN10 / GTE10 - 194.1 - 208 lbs.  
GTN11 / GTE11 - 208.1 lbs. & Over

##### **WOMEN Weight Classes for "Adults".**

##### "18+ years" "Novice", "Experience", "Advance"

##### **GWN (Novice), GWE (Experience), GWA (Advance)**

GWN1 / GWE1 / GWA1 - 120 lbs. & under  
GWN2 / GWE2 / GWA2 - 120.1 - 135 lbs.  
GWN3 / GWE3 / GWA3 - 135.1 - 150 lbs.  
GWN4 / GWE4 / GWA4 - 150.1 - 170 lbs.  
GWN5 / GWE5 / GWA5 - 170.1 & up

##### **WOMEN Weight Classes for "Masters"**

##### "35+ years" "Novice", "Experience", "Advance"

##### **GWMN (Novice), GWME (Experience),**

##### **GWMA (Advance)**

GWMN1 / GWME1 / GWMA1 - 120 lbs. & under  
GWMN2 / GWME2 / GWMA2 - 120.1 - 135 lbs.  
GWMN3 / GWME3 / GWMA3 - 135.1 - 150 lbs.  
GWMN4 / GWME4 / GWMA4 - 150.1 - 170 lbs.  
GWMN5 / GWME5 / GWMA5 - 170.1 & up

##### **MEN Weight Classes for "Masters".**

##### "35+ years" "Novice", "Experience", "Advance"

##### **GMMN (Novice), GMME (Experience),**

##### **GMMA (Advance)**

GMMN1 / GMME1 / GMMA1 - 160 lbs. & under  
GMMN2 / GMME2 / GMMA2 - 160.1 - 180 lbs.  
GMMN3 / GMME3 / GMMA3 - 180.1 - 200 lbs.  
GMMN4 / GMME4 / GMMA4 - 200.1 lbs. & Over

##### **MEN Weight Classes for "Adults".**

##### "18+ years" "Novice", "Experience", "Advance"

##### **GMN (Novice), GME (Experience),**

##### **GMA (Advance)**

GMN1 / GME1 / GMA1 - 130 lbs. & under  
GMN2 / GME2 / GMA2 - 130.1 - 150 lbs.  
GMN3 / GME3 / GMA3 - 150.1 - 170 lbs.  
GMN4 / GME4 / GMA4 - 170.1 - 185 lbs.  
GMN5 / GME5 / GMA5 - 185.1 - 200 lbs.  
GMN6 / GME6 / GMA6 - 200.1 - 220 lbs.  
GMN7 / GME7 / GMA7 - 220.1 lbs. & Over





# SPORT MMA DIVISIONS AND INFORMATION

(For complete rules go to [www.TNTGrapppling.com](http://www.TNTGrapppling.com) to download complete rules)

**DESCRIPTION:** Think of it as the equivalent of light contact version of MMA. A division were competitors can compete against each other utilizing most of the regular techniques associated with MMA including strikes, shoots, grappling and submissions. Only semi or light contact is allowed at all times at both stand up and ground positions.

Basically two competitors start from stand up position as is the case in semi & light contact, utilize their striking (stand up skills) to close the gap and create opportunity for a shoot or take down. Once on the ground the grappling comes into play together with semi/light contact striking. There are strict rules pertaining to Legal and illegal techniques in strikes, grappling/Jiu-jitsu and submissions. The ultimate will always be to obtain a submission over your opponent.

## EXPLAINING THE BEST OF THREE SUBMISSION RULE

If fighter "A" obtains a submission over fighter "B", it is recorded on the score sheet and the fight gets restarted from center stand up position. Fighter "B" must now obtain a submission over fighter "A" in order to level the field. Herein begins the chess game of SPORT MMA. Regardless of how good the rest of the fight is from fighter "B", even if he is the superior technical competitor, gains more points for striking or outclasses fighter "A" for the duration of the bout, fighter "A" will win the match should fighter "B" not obtain a submission over fighter "A". Two submissions over any fighter ends the bout immediately!

The final outcome of the fight is decided by (1) if there is a leader by submission (2) if there is no leader by submission the bout is decided by show of hand according to whom the Official see to be the superior fighter.



### Sport MMA Division Code

#### Skill Levels:

Kids Ages 4 - 11 (male & female)

Juniors Ages 12 - 17 (male & female)

Adults, Masters, & Seniors (male & female)

#### Weight Classes for "KIDS" (Male).

##### "4-11 years old"

SM-1 - 50 lbs & under  
SM-2 - 50.1 to 60 lbs  
SM-3 - 60.1 to 70 lbs  
SM-4 - 70.1 to 80 lbs  
SM-5 - 80.1 to 90 lbs  
SM-6 - 90.1 to 100 lbs  
SM-7 - 100.1 to 110 lbs  
SM-8 - 110.1 to 120 lbs  
SM-9 - 120.1 to 130 lbs  
SM-10 - 130.1 to 140 lbs  
SM-11 - 140.1 to 150 lbs  
SM-12 - 150.1 to 160 lbs  
SM-13 - 160.1 to 170 lbs  
SM-14 - 170.1 to 180 lbs  
SM-15 - 180.1 lbs & over

#### Weight Classes for "KIDS" (Female).

##### "4-11 years old"

SMF-1 - 50 lbs & under  
SMF-2 - 50.1 to 60 lbs



SMF-3 - 60.1 to 70 lbs  
SMF-4 - 70.1 to 80 lbs  
SMF-5 - 80.1 to 90 lbs  
SMF-6 - 90.1 to 100 lbs  
SMF-7 - 100.1 to 110 lbs  
SMF-8 - 110.1 to 120 lbs  
SMF-9 - 120.1 to 130 lbs  
SMF-10 - 130.1 to 140 lbs  
SMF-11 - 140.1 to 150 lbs  
SMF-12 - 150.1 to 160 lbs  
SMF-13 - 160.1 to 170 lbs  
SMF-14 - 170.1 to 180 lbs  
SMF-15 - 180.1 lbs & over

#### Weight Classes for "TEENS" (Male)

##### "12 and 17 years old"

SMT1 - 88 lbs. & under  
SMT2 - 88.1 - 102 lbs.  
SMT3 - 102.1 - 116 lbs.  
SMT4 - 116.1 - 127 lbs.  
SMT5 - 127.1 - 141 lbs.  
SMT6 - 141.1 - 154 lbs.  
SMT7 - 154.1 - 167 lbs.  
SMT8 - 167.1 - 181 lbs.  
SMT9 - 181.1 - 194 lbs.  
SMT10 - 194.1 - 208 lbs.  
SMT11 - 208.1 lbs. & Over

#### Weight Classes for "TEENS" (Female)

##### "12 and 17 years old"

SMTF1 - 88 lbs. & under  
SMTF2 - 88.1 - 102 lbs.  
SMTF3 - 102.1 - 116 lbs.  
SMTF4 - 116.1 - 127 lbs.  
SMTF5 - 127.1 - 141 lbs.  
SMTF6 - 141.1 - 154 lbs.  
SMTF7 - 154.1 - 167 lbs.  
SMTF8 - 167.1 - 181 lbs.  
SMTF9 - 181.1 - 194 lbs.  
SMTF10 - 194.1 - 208 lbs.  
SMTF11 - 208.1 lbs & Over

#### WOMEN Weight Classes for "Adults".

##### "18+ years"

SMW1 - Women's Lightweight: (135 lbs. & Under)

SMW2 - Women's Middleweight: (135.1 - 150 lbs.)

SMW3 - Women's Light Heavyweight: (150.1 lbs. & Above)

#### WOMEN Weight Classes for "Masters"

##### "35+ years"

SMWM1 - Women's Lightweight: (135 lbs. and under)

SMWM2 - Women's Middleweight: (135.1 - 150 lbs.)

SMWM3 - Women's Light Heavyweight: (150.1 lbs. & Above)

#### MEN Weight Classes for "Adults".

##### "18+ years"

SMM1 - Men's Lightweight: (175 lbs. and under)

SMM2 - Men's Middleweight: (175.1 - 190 lbs.)

SMM3 - Men's Heavyweight: (190.1 lbs. & Above)

#### MEN Weight Classes for "Masters".

##### "35+ years"

SMMM1 - Men's Lightweight: (175 lbs. and under)

SMMM2 - Men's Middleweight: (175.1 - 190 lbs.)

SMMM3 - Men's Heavyweight: (190.1 lbs. & Above)

#### SAFETY EQUIPMENT ALLOWED:

- Combined foot & shin protectors only.
- Gloves must be MMA approved open finger gloves
- Mouth guard and groin protector are mandatory.





# TKO STICK COMBAT INVITATIONAL

## ESKRIMA – KALI – ARNIS TOURNAMENT

All Sport Karate, Eskrimadors and Filipino Martial Arts enthusiasts around the Texas area, you are formally invited to an open event that brings all practitioners of Filipino Martial Arts under one roof. It doesn't matter what style or system you practice, you are invited to join us for one day of stick combat competition. This is a TKO Qualifier and all winners 1st-3rd place will be invited to the TKO STATE FINALS in November!



### SINGLE STICK COMBAT RULES

Must use one hand to strike

#### Required Gear

We will provide gear unless they have their own. Other similar eskrima sticks must be checked by the official for approval. Action Flex eskrima sticks, headgear and gloves from Century. (NO Wood Eskrimas allowed). Actionflex eskrima stick will be the official gear. Sizes are 28 inches for teens/adults and 24 for the kids 11 & under.

#### Legal Targets

The entire body with the exception of the groin, stab to the eyes, and any neck area ~~not covered~~ by the headgear.

#### Points

- \*10 points or 2 minute rounds
- \*Max of 3 points at any one time.
- \*1 point for strike to legal target area
- \*2 points for a strike to the head.
- \*A combination strike technique (body & head strike consecutive), the higher scoring strike will be counted.
- \*Add one point for any successful jumping technique
- \*1 point for strike to the hand only if the opponents is disarmed as well as dropped weapon penalty. So a total of 2 points awarded. (No point for strike to the hand and not disarmed)

#### Dropped Weapons

1 point awarded to competitor if opponent drops the weapon. Procedure: confirm drop, award point for drop, then call for points if necessary. "Drop penalty" is in effect from bow in to bow out. A scoring strike is worth 0 points if the weapon is dropped during their strike.

#### Contact:

Strikes must be effective and under control. They need to be solid hits, no blind strikes. NO Ground Fighting but with the exception of One knee/hands on ground is allowed.

#### Warnings and Penalties

Excessive/illegal Techniques include takedowns, kicking, or punching, throwing or grabbing, or stabbing with handle. Checking with live hand (weapon less hand) is legal. For safety concerns, competitors may go to one knee during technique, but not both (no splits). (This is so that someone can get back up quickly. Live hand should not touch the floor.

(Head Gear, Hand Gear and Stick provide)  
"SC" for Stick Combat.

Disqualification if weight not met

#### SINGLE STICK COMBAT POINT SPARRING

SC-1	9 under	Super Fly	50-	(m/f)
SC-2	9 under	Fly	60-	(m/f)
SC-3	9 under	Light	70-	(m/f)
SC-4	9 under	Middle	80-	(m/f)
SC-5	9 under	Heavy	80+	(m/f)
SC-6	10-17	Super Fly	95-	(m)
SC-7	10-17	Fly	110-	(m)
SC-8	10-17	Light	125-	(m)
SC-9	10-17	Middle	140-	(m)
SC-10	10-17	Heavy	165-	(m)
SC-11	10-17	Super Hvy	165+	(m)
SC-12	10-17	Super Fly	95-	(f)
SC-13	10-17	Fly	110-	(f)
SC-14	10-17	Feather	125-	(f)
SC-15	10-17	Light	140-	(f)
SC-16	10-17	Middle	165-	(f)
SC-18	18+	Light	185-	(m)
SC-19	18+	Heavy	185+	(m)
SC-20	18+	All Weights		(f)
SC-21	35+	All Weights		(m)