

WEIGHT CATEGORIES - GYOROOGI (SPARRING)

AGES 4 -14 ALL BELTS

Age	Belt	Male	Female
4 - 5, 6 - 7	All Belts	Under 40 lbs.	Under 40 lbs.
		40.1 - 52 lbs.	40.1 - 52 lbs.
		52.1 - 65 lbs.	52.1 - 65 lbs.
		65.1 - 78 lbs.	65.1 - 78 lbs.
		78.1 - 90 lbs.	78.1 - 90 lbs.
		Over 90 lbs.	Over 90 lbs.

Age	Belt	Male	Female
8 - 9	All Belts	Under 55 lbs.	Under 55 lbs.
		55.1 - 67 lbs.	55.1 - 67 lbs.
		67.1 - 80 lbs.	67.1 - 80 lbs.
		80.1 - 92 lbs.	80.1 - 92 lbs.
		92.1 - 105 lbs.	92.1 - 105 lbs.
		Over 105 lbs.	Over 105 lbs.

Age	Belt	Male	Female
10 -11	All Belts	Under 65 lbs.	Under 65 lbs.
		65.1 -78 lbs.	65.1 -78 lbs.
		78.1 - 90 lbs.	78.1 - 90 lbs.
		90.1 - 102 lbs.	90.1 - 102 lbs.
		102. 1 -115 lbs.	102. 1 -115 lbs.
		Over 115 lbs.	Over 115 lbs.

Age	Belt	Male	Female
12 - 14	All Belts	-72.75 lbs (-33kg)	-63.93 lbs. (-29kg)
		-81.57 lbs. (-37kg)	-72.75 lbs. (-33kg)
		-90.38 lbs. (-41kg)	-81.57 lbs. (-37kg)
		-99.20 lbs. (-45kg)	-90.38 lbs (-41kg)
		-108.02 lbs. (-49kg)	-97.0 lbs. (-44kg)
		-116.84 lbs. (-53kg)	-103.61 lbs. (-47kg)
		-125.66 lbs. (-57kg)	-112.4 lbs. (-51kg)
		-134.48 lbs. (-61kg)	-121.25 lbs. (-55kg)
		-143.30 lbs. (-65kg)	-130.07 lbs. (-59kg)
		+143.30 lbs. (+65kg)	+130.7 lbs. (+59kg)

(SPARRING CONTINUED)**AGES 15 - 17 ALL BELTS**

Age	Belt	Male	Female
15 - 17	All Belts	Under 99.2 lbs. (-45kg)	Under 92.6 lbs. (-42kg)
		99.3 - 105.8 lbs. (-48kg)	92.7 - 97.0 lbs. (-44kg)
		105.9 - 112.4 lbs. (-51kg)	97.1 - 101.4 lbs. (-46kg)
		112.5 - 121.3 lbs. (-55kg)	101.5 - 108.0 lbs. (-49kg)
		121.4 - 130 lbs. (-59kg)	108.1 - 114.6 lbs. (-52kg)
		130.1 - 138.9 lbs. (-63kg)	114.7 - 121.3 lbs. (-55kg)
		139.0 - 149.9 lbs. (-68kg)	121.4 - 130.0 lbs. (-59kg)
		150.0 - 160.9 lbs. (-73kg)	130.1 - 138.9 lbs. (-63kg)
		161.0 - 172.0 lbs. (-78kg)	139.0 - 149.9 lbs. (-68kg)
		172.1 lbs. and over (+78kg)	150.0 lbs. and over (+68kg)

AGES 18 - 32 COLOR BELTS (ADULTS)

Age	Belt	Male	Female
18 - 32	Color Belts	Under 127.9 lbs.	Under 112.4 lbs.
		128 - 147.7 lbs.	112.5 - 130.1 lbs.
		147.8 - 172.0 lbs.	130.2 - 147.7 lbs.
		Over 172.0 lbs.	Over 147.7 lbs.

AGES 18 - 32 BLACK BELTS (ADULTS)

Age	Belt	Dvisions	Male	Female
18 - 32	Black Belt	Fin	-119.0 lbs. (-54kg)	-101.4 lbs. (-46kg)
		Fly	-127.9 lbs. (-58kg)	-108.0 lbs. (-49kg)
		Bantam	-138.9 lbs. (-63kg)	-116.9 lbs. (-53kg)
		Feather	-149.9 lbs. (-68kg)	-125.7 lbs. (-57kg)
		Light	-163.1 lbs. (-74kg)	-136.7 lbs. (-62kg)
		Welter	-176.4 lbs. (-80kg)	-147.7 lbs. (-67kg)
		Middle	-191.8 lbs. (-87kg)	-160.9 lbs. (-73kg)
		Heavy	+191.8 lbs. (+87kg)	+160.9 lbs. (+73kg)

(SPARRING CONTINUED)

AGES 33 - 40 / 41 -50 / OVER 50 ALL BELTS (ULTRA DIVISIONS)

Age	Belt	Male	Female
33 - 40, 41- 50, Over 50	All Belts	Under 127.6 lbs.	Under 112. 2 lbs.
		127.7 - 147.4 lbs.	112.3 - 129.8 lbs.
		147.5 - 171.6 lbs.	129.9 - 147.4 lbs.
		Over 171.6 lbs.	Over 147.4 lbs.

WEIGHT CATEGORIES - POOMSAE (FORMS)

AGES 4 - 14 ALL BELTS

Age	Belt	Male	Female
4 - 5, 6 - 7	All Belts	Under 52 lbs.	Under 52 lbs.
		52.1 - 78 lbs.	52.1 - 78 lbs.
		Over 78 lbs.	Over 78 lbs.

Age	Belt	Male	Female
8 - 9	All Belts	Under 67 lbs.	Under 67 lbs.
		67.1 - 92 lbs.	67.1 - 92 lbs.
		Over 92 lbs.	Over 92 lbs.

Age	Belt	Male	Female
10 - 11	All Belts	Under 78 lbs.	Under 78 lbs.
		78.1 - 102 lbs.	78.1 - 102 lbs.
		Over 102 lbs.	Over 102 lbs.

Age	Belt	Male	Female
12 - 14	All Belts	Under 87 lbs.	Under 82 lbs.
		87.1 - 96 lbs.	82.1 - 91.2 lbs.
		96.1 - 105 lbs.	91.3 - 100.4 lbs.
		105.1 - 114 lbs.	100.5 - 109.6 lbs.
		114.1 - 123 lbs.	109.7 - 118.8 lbs.
		123.1 - 132 lbs.	118.9 - 128 lbs.
		Over 132 lbs.	Over 128 lbs.

(FORMS CONTINUED)

AGES 15 - 17 COLOR BELTS

Age	Belt	Male	Female
15 - 17	Color Belts	Under 117 lbs.	Under 112 lbs.
		117.1 -142 lbs.	112.1 - 138 lbs.
		Over 142 lbs.	Over 138 lbs.

AGES 15 - 17 BLACK BELTS

Age	Dan	Dvisions	Male	Female
15 - 17	1st Dan - 6th Dan	Light	Under 105.8 lbs.	Under 97 lbs.
		Light Middle	105.9 - 121.2 lbs.	97.1 - 108 lbs.
		Middle	121.3 - 138.9 lbs.	108.1 - 121.2 lbs.
		Light Heavy	139.0 - 160.9 lbs.	121.3 -138.9 lbs.
		Heavy	Over 160.9 lbs.	Over 138.9 lbs.

AGES 18 - 32 COLOR BELTS (ADULTS)

Age	Belt	Dvisions	Male	Female
18 - 32	Color Belts	Light	Under 147.4 lbs.	Under 129.8 lbs.
		Heavy	Over 147.4 lbs.	Over 129.8 lbs.

AGES 18 - 32 BLACK BELTS (ADULTS)

Age	Dan	Dvisions	Male	Female
18 -32	1st Dan - 6th Dan	Light	Under 127.6 lbs.	Under 103.3 lbs.
		Middle	127.7 - 147.4 lbs.	103.4 - 121.0 lbs.
		Light Heavy	147.5 - 171.6 lbs.	121.1 - 143.0 lbs.
		Heavy	Over 171.6 lbs.	Over 143.0 lbs.

AGES 33 - 40 / 41 - 50 / OVER 50 ALL BELTS (ULTRA DIVISIONS)

Age	Belt	Dvisions	Male	Female
33 - 40, 41- 50, Over 50	Color Belts, 1st Dan - 3rd Dan, 4th Dan & Higher	Light	Under 158.4 lbs.	Under 138.6 lbs.
		Heavy	Over 158.4 lbs.	Over 138.6 lbs.

WEIGHT CATEGORIES - BREAKING

ALL AGES AND BELTS

Age	Belt	Male	Female
4 - 5	All Belts	1 - 999 lbs.	1 - 999 lbs.
6 - 7	All Belts	Under 52 lbs.	Under 52 lbs.
		Over 52 lbs.	Over 52 lbs.
8 - 9	All Belts	Under 80 lbs.	Under 80 lbs.
		Over 80 lbs.	Over 80 lbs.
10 - 11	All Belts	Under 90 lbs.	Under 90 lbs.
		Over 90 lbs.	Over 90 lbs.
12 - 14	All Belts	Under 108 lbs.	Under 97 lbs.
		Over 108 lbs.	Over 97 lbs.
15 - 17	All Belts	Under 130 lbs.	Under 114.6 lbs.
		Over 130 lbs.	Over 114.6 lbs.
18 - 32	All Belts	Under 147.7 lbs.	Under 130.1 lbs.
		Over 147.7 lbs.	Over 130.1 lbs.
33 - 40, 41 - 50, Over 50	All Belts	Under 158.4 lbs.	Under 138.6 lbs.
		Over 158.4 lbs.	Over 138.6 lbs.