



WORLD CHAMPIONSHIPS
FEMALE ENTRY FORM
BLACK BELTS ONLY

T.I. SPARRING (Semi Contact)

(please tick weight division)

LIGHTWEIGHT.. Under 52kg

MIDDLEWEIGHT.. Over 52kg & under 57kg

LIGHT HEAVYWEIGHT.. Over 57kg & under 62kg

HEAVYWEIGHT... Over 62kg

DESTRUCTION HAND

PALMHEEL STRIKE ELBOW STRIKE

SIDE FIST STRIKE

DESTRUCTION FOOT

SIDE KICK TURNING KICK

BACK KICK REVERSE TURNING KICK

NAME:.....	PHOTO HERE
COUNTRY.....	
DATE OF BIRTH.....	
LICENCE NO:.....	
EXPIRY DATE.....	

WTF SPARRING (Full contact)

(Please tick weight division)

LIGHTWEIGHT.. under 49kg

MIDDLEWEIGHT .. above 49kg & under 57kg

LIGHTHEAVYWEIGHT .. above 57kg & under 67kg

HEAVYWEIGHT.. Over 67kg

TRADITIONAL PATTERNS

Please tick if entering

MUSICAL PATTERNS

Please tick if entering

ONE FORM FOR EACH COMPETITOR. THIS FORM MUST COME FROM A REGISTERED SCHOOL INSTRUCTOR.