

2024 PHILADELPHIA PRO/AM

CHILDREN & YOUTH UNDERBELT DIVISIONS

AGE GROUP	FORMS	✓	WEAPONS	✓	BOYS SPARRING	✓	GIRLS SPARRING	✓
* 6 & UNDER	*6 & UNDER	▪	*6 & UNDER	▪	*6 & UNDER	▪	*6 & UNDER	▪
7-8	BEGINNER	▪	BEGINNER	▪	BEGINNER	▪	BEGINNER	▪
	INTERMEDIATE	▪	INTERMEDIATE	▪	INTERMEDIATE	▪	INTERMEDIATE	▪
	ADVANCED	▪	ADVANCED	▪	ADVANCED	▪	ADVANCED	▪
9-10	BEGINNER	▪	BEGINNER	▪	BEGINNER	▪	BEGINNER	▪
	INTERMEDIATE	▪	INTERMEDIATE	▪	INTERMEDIATE	▪	INTERMEDIATE	▪
	ADVANCED	▪	ADVANCED	▪	ADVANCED	▪	ADVANCED	▪
11-12	BEGINNER	▪	BEGINNER	▪	BEGINNER	▪	BEGINNER	▪
	INTERMEDIATE	▪	INTERMEDIATE	▪	INTERMEDIATE	▪	INTERMEDIATE	▪
	ADVANCED	▪	ADVANCED	▪	ADVANCED	▪	ADVANCED	▪
13-14	BEGINNER	▪	BEGINNER	▪	BEGINNER	▪	BEGINNER	▪
	INTERMEDIATE	▪	INTERMEDIATE	▪	INTERMEDIATE	▪	INTERMEDIATE	▪
	ADVANCED	▪	ADVANCED	▪	ADVANCED	▪	ADVANCED	▪
15-17	BEGINNER	▪	BEGINNER	▪	BEGINNER	▪	BEGINNER	▪
	INTERMEDIATE	▪	INTERMEDIATE	▪	INTERMEDIATE	▪	INTERMEDIATE	▪
	ADVANCED	▪	ADVANCED	▪	ADVANCED	▪	ADVANCED	▪

CHILDREN AND YOUTH BLACK BELT DIVISIONS

FORMS	✓	WEAPONS	✓	BOYS SPARRING	✓	GIRLS SPARRING	✓
7-8 YRS	▪	7-8 YRS	▪	7-8 YRS	▪	7-8 YRS	▪
9-10 YRS	▪	9-10 YRS	▪	9-10 YRS	▪	9-10 YRS	▪
11-12 YRS	▪	11-12 YRS	▪	11-12 YRS	▪	11-12 YRS	▪
13-14 YRS	▪	13-14 YRS	▪	13-14 YRS	▪	13-14 YRS	▪
15-17 YRS	▪	15-17 YRS	▪	15-17 YRS	▪	15-17 YRS	▪



2024 PHILADELPHIA PRO/AM

ADULT UNDERBELT DIVISIONS

AGE GROUP	FORMS	✓	WEAPONS	✓	SPARRING	✓
18-29	BEG/INT MEN	▪	BEG/INT MEN/WOMEN	▪	BEG MEN	▪
	ADVANCED MEN	▪	ADVANCED MEN/WOMEN	▪	ADVANCED MEN	▪
	BEG/INT WOMEN	▪			BEG WOMEN	▪
	ADV WOMEN	▪			ADVANCED WOMEN	▪
30-39	BEG/INT MEN	▪	BEG/INT MEN/WOMEN	▪	BEG/INT MEN	▪
	BEG/INT WOMEN	▪	ADVANCED MEN/WOMEN	▪	ADV MEN	▪
	ADV MEN	▪			BEG/INT WOMEN	▪
	ADV WOMEN	▪			ADV WOMEN	▪
40-49	BEG/INT MEN	▪	☐		BEG/INT MEN	▪
*40+	BEG/INT WOMEN	▪	*BEG/INT MEN/WOMEN	▪	ADV MEN	▪
	ADV MEN	▪	*ADVANCED MEN/WOMEN	▪	BEG WOMEN	▪
	ADV WOMEN	▪			ADV WOMEN	▪



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Femalefightersmatter2



ADULT BLACK BELT DIVISIONS

AGE GROUP	WEAPONS	✓	FORMS	✓	SPARRING	✓	SPARRING	✓	CONTINUOUS SPARRING MEN	✓	CONTINUOUS SPARRING WOMEN	✓
18+	HARD STYLE TRADITIONAL MEN	▪	HARD STYLE TRADITIONAL MEN	▪	MEN LIGHT 154 LBS. & UNDER	▪	↓ ↓ ↓ ↓ ↓ ↓		SUPER LT. WT. UNDER 135 LBS.	▪	LIGHT WT. UNDER 120 LBS.	▪
	HARD STYLE TRADITIONAL WOMEN	▪	HARD STYLE TRADITIONAL WOMEN	▪	MEN MEDIUM 155-184 LBS.	▪			LIGHT WT. UNDER 151.8 LBS.	▪	MEDIUM WT. UNDER 135 LBS.	▪
	CREATIVE MEN	▪	CREATIVE MEN	▪	MEN HEAVY 185 LBS. & OVER	▪			MID WEIGHT UNDER 173.8 LBS	▪	HEAVY WT. OVER 136 LBS.	▪
	CREATIVE WOMEN	▪	CREATIVE WOMEN	▪	WOMEN LIGHT 129 LBS. & UNDER	▪			LT. HEAVY WT. OVER 200.2 LBS.	▪		
	SOFT STYLE MEN	▪	SOFT STYLE MEN	▪	WOMEN MEDIUM 130 LBS. & OVER	▪						
	SOFT STYLE WOMEN	▪	SOFT STYLE WOMEN	▪								
30+	MEN	▪	MEN	▪	MEN LIGHT 189 LBS. & UNDER	▪	WOMEN Light 129 lbs & under	▪				
	WOMEN	▪	WOMEN	▪	MEN HEAVY 190 LBS. & OVER	▪	WOMEN Heavy 130 lbs & over	▪				
40+	MEN	▪	MEN	▪	MEN LIGHT 189 LBS. & UNDER	▪	WOMEN ALL WEIGHTS	▪				
	WOMEN	▪	WOMEN	▪	MEN HEAVY 190 LBS & OVER	▪						
50+	MEN	▪	MEN	▪	MEN LIGHT 189 LBS. & UNDER	▪	WOMEN ALL WEIGHTS	▪				
	WOMEN	▪	WOMEN	▪	MEN HEAVY 190 LBS. & OVER	▪						
60+	☐		☐		MEN ALL WEIGHTS	▪						



WEAPONS SPARRING DIVISIONS at the 2024 PHILADELPHIA PRO/AM

Divisions -

7 & under	8 to 12	13 to 17	18 & over under black	Black belt
Beg	Beg	Beg	Beg	18to39
Adv.	Adv.	Adv.	Adv	40 & over

RULES

Time Limit - 2 minutes, total points , Overtime - 1 minute, total points

Point Area - Head-3 points, Body - 2 points, Limbs - 1 point

Target Area - You can hit everything except face, throat, & groin.

Illegal Area - Face, Throat, & Groin.

Warnings - Excessive force, unsportsmanlike conduct, running out of the ring, hitting with anything other than the sword blade, & hitting illegal areas.

1. Fist warning - verbal
2. Second warning - 1 point to your opponent
3. Third warning - disqualified

Disqualification - Unsportsmanlike conduct, 3 warnings, & drawing blood to the face.

Requirements - mouth piece, groin cup, headgear

Equipment - Action flex sword (6 - 10)



* Coordinator and Arbitrator Sifu Bill Holman

Contact: 267 344 6884 or email: Southernshaolinacademy1@gmail.com



2024 LIGHT CONTACT CONTINUOUS SPARRING DIVISIONS

Girls -10yrs	Boys -10yrs	Girls 11-12	Boys 11-12	Girls 13-14	Boys 13-14	Girls 15-17	Boys 15-17	Men 18+	Women 18+	Veteran Men	Veteran Women
-25kg -55lbs	-25kg -55lbs	-35kg -77 lbs	-35kg -77lbs	-45kg -77lbs	-45kg -77lbs	-50kg -88lbs	-55kg -121lbs	-60kg -132lbs	-50kg -88lbs	35yrs -75kg -165lbs	35yrs -65kg -143lbs
-30kg -66lbs	-30kg -66lbs	-40kg -66lbs	-40kg -66lbs	-50kg -88lbs	-50kg -88lbs	-55kg -121lbs	-60kg -132lbs	-65kg -143lbs	-55kg -121lbs	35yrs -85kg -187lbs	35yrs +65kg +143lbs
-35kg -77lbs	-35kg -77lbs	-45kg -77lbs	-45kg -77lbs	-55kg -121lbs	-55kg -121lbs	-60kg -132lbs	-65kg -143lbs	-70kg -154 lbs	-60kg -132lbs	35yrs +85kg +187lbs	
-40kg -88lbs	-40kg -88lbs	-50kg -88lbs	-50kg -88lbs	-60kg -132lbs	-60kg -132lbs	-65kg -143lbs	-70kg -154 lbs	-75kg -165lbs	-65kg -143lbs	42yrs -75kg -165lbs	42yrs -65kg -143lbs
-45kg -99lbs)	-45kg -99lbs	-55kg -121lbs	-55kg -121lbs	+60kg +132lbs	-65kg -143lbs	+65kg +143lbs	-75kg -165lbs	-80kg -176lbs	-70kg -154 lbs	42yrs -85kg	42yrs +65kg +143lbs
+45kg +99lbs	+45kg +99lbs	+55kg +121lbs	+55kg +121lbs		+65kg +143lbs		-80kg -176lbs	-85kg -187lbs	+70kg +154 lbs	42yrs +85kg +187lbs	
							+80kg +176lbs	-90kg -198lbs		48yrs -75kg -165lbs	48 yrs -65 kg -143lbs
								+90kg +198lbs		48yrs -85kg -187lbs	48 yrs +65kg +143lbs
										48yrs +85kg +187lbs	

WKC RULES & REGULATIONS

Age as of January 1st the year of the Championship

Juniors must compete in their appropriate age category.

Veteran adults can compete in their age category as well as lower age categories.

All competitors must compete in the same weight division for entire tournament, moving up a weight division is not allowed.

Overview: Light Contact or continuous sparring is designed to be a skilled event where the goal is to outscore your opponent by throwing and landing controlled techniques. It is not a full contact fighting match. Judges score the fight based on who they feel outscored their opponent. Influencing their decision is ring generalship, defense, fitness level, sportsmanship and technique.

IMPORTANT NOTE: Some divisions may be combined depending on the number of competitors registered in each division. Reasonable efforts will be made to get every registered competitor a match or matches in as close to their weight class as possible.

