

ARNOLD MARTIAL ARTS PADDED WEAPONS SPARRING DIVISIONS

DIVISIONS BY AGE AND EXPERIENCE

Junior divisions are comprised of competitors under 15 years old.

Adult divisions are comprised of competitors 15 years and older.

Senior divisions are comprised of competitors 35 years and older.

Divisions may be separated by gender categories for men and women.

DIVISIONS BY EXPERIENCE

Novice (10th-7th Kyu – often white –orange belt) (0 to 2 years of training)

Intermediate (6th-4th Kyu – often green-purple belt) (2 to 3 years of training)

Advanced (brown belt 3rd-1st Kyu) (3 years +)

Black belt (1st Dan and above)

Divisions may be combined or further subdivided at the discretion of the tournament director.

POINT SPARRING – SINGLE MIXED WEAPON

Point Sparring - Single Mixed Weapon competition: a 1-on-1 match, with mixed weapons. The competitors do not have to use the same weapon, although they may if they choose. Two competitors fight against each other in a 2-minute round or first to score seven points.

POINT SPARRING – DOUBLE MIXED WEAPON

Point Sparring – Double Mixed Weapon: a 1-on-1 match, with mixed weapons (any weapon including the shield). The competitors do not have to use the same weapon, although they may if they choose. If using a shield it must be no larger than 12” wide by 16” high and approximately 2” in thickness. Two competitors fight against each other in a 2-minute round or first to score seven points.

CONTINUOUS CONTACT – SINGLE MIXED WEAPON

Continuous - Single Mixed Weapon competition: a 1-on-1 match, with mixed weapons, in a 2-minute round. The competitors do not have to use the same weapon, although they may if they choose. The competitor with the most points after two-minutes wins the match.

CONTINUOUS CONTACT – DOUBLE MIXED WEAPON

Continuous – Double Mixed Weapon: a 1-on-1 match, with mixed weapons (any weapon including the shield). The competitors do not have to use the same weapon, although they may if they choose. If using a shield it must be no larger than 12” wide by 16” high and approximately 2” in thickness. Two competitors fight against each other in a 2-minute round. The competitor with the most points after two-minutes wins the match.

WEAPONS ALLOWED

Long Sword	Short Sword
Long Staff	Short Staff
Nunchuku	Eskirma Stick (length varies)

Competitors will furnish their own Padded weapons by Actionflex or Smak-Stik or equal. Suitability of weapons is subject to inspection by judges.

REQUIRED EQUIPMENT

Foam headgear with face protector

Groin protector

Chest protector (females)

Full fingered gloves (for Continuous contact)

Single Weapon – Point Sparring

Div.	Age	Weight Class	Div.	Age	Weight Class
PSS1	6 - 8 yrs	Male Lightweight	PSS2	6 – 8	Female lightweight
PSS3	6 - 8 yrs	Male Middleweight	PSS4	6 - 8	Female Middleweight
PSS5	6 - 8 yrs	Male Heavyweight	PSS6	6 - 8	Female Heavyweight
PSS7	9 - 11 yrs	Male Lightweight	PSS8	9 - 11	Female Lightweight
PSS9	9 - 11 yrs	Male Middleweight	PSS10	9 - 11	Female Middleweight
PSS11	9 - 11 yrs	Male Heavyweight	PSS12	9 - 11	Female Heavyweight
PSS13	12 - 14 yrs	Male Lightweight	PSS14	12 – 14	Female Lightweight
PSS15	12 - 14 yrs	Male Middleweight	PSS16	12 - 14	Female Middlew
PSS17	12 - 14 yrs	Male Heavyweight	PSS18	12 - 14	Female Heavyweight
PSS19	15 - 17 yrs	Male Lightweight	PSS20	15 - 17	Female Lightweight
PSS21	15 - 17 yrs	Male Middleweight	PSS22	15 - 17	Female Middleweight
PSS23	15 - 17 yrs	Male Heavyweight	PSS24	15 - 17	Female Heavyweight
PSS25	18 - 34 yrs	Male Lightweight	PSS26	18 - 34	Female Lightweight
PSS27	18 - 34 yrs	Male Middleweight	PSS28	18 - 34	Female Middlew
PSS29	18 - 34 yrs	Male Heavyweight	PSS30	18 - 34	Female Heavyweight
PSS31	35 +	Male Lightweight	PSS32	35 +	Female Lightweight
PSS33	35 +	Male Middleweight	PSS34	35 +	Female Middleweight
PSS35	35 +	Male Heavyweight	PSS36	35 +	Female Heavyweight
PSS37	Masters	Male Lightweight	PSS38	Master	Female Lightweight
PSS39	Masters	Male Middleweight	PSS40	Master	Female Middlew
PSS41	Masters	Male Heavyweight	PSS42	Master	Female Heavyweight

Double Weapon – Point Sparring

Div.	Age	Weight Class	Div.	Age	Weight Class
PDS1	6 - 8 yrs	Male Lightweight	PDS2	6 – 8	Female lightweight
PDS3	6 - 8 yrs	Male Middleweight	PDS4	6 - 8	Female Middleweight
PDS5	6 - 8 yrs	Male Heavyweight	PDS6	6 - 8	Female Heavyweight
PDS7	9 - 11 yrs	Male Lightweight	PDS8	9 - 11	Female Lightweight
PDS9	9 - 11 yrs	Male Middleweight	PDS10	9 - 11	Female Middleweight
PDS11	9 - 11 yrs	Male Heavyweight	PDS12	9 - 11	Female Heavyweight
PDS13	12 - 14 yrs	Male Lightweight	PDS14	12 – 14	Female Lightweight
PDS15	12 - 14 yrs	Male Middleweight	PDS16	12 - 14	Female Middlew
PDS17	12 - 14 yrs	Male Heavyweight	PDS18	12 - 14	Female Heavyweight
PDS19	15 - 17 yrs	Male Lightweight	PDS20	15 - 17	Female Lightweight
PDS21	15 - 17 yrs	Male Middleweight	PDS22	15 - 17	Female Middleweight
PDS23	15 - 17 yrs	Male Heavyweight	PDS24	15 - 17	Female Heavyweight
PDS25	18 - 34 yrs	Male Lightweight	PDS26	18 - 34	Female Lightweight
PDS27	18 - 34 yrs	Male Middleweight	PDS28	18 - 34	Female Middlew
PDS29	18 - 34 yrs	Male Heavyweight	PDS30	18 - 34	Female Heavyweight
PDS31	35 +	Male Lightweight	PDS32	35 +	Female Lightweight
PDS33	35 +	Male Middleweight	PDS34	35 +	Female Middleweight
PDS35	35 +	Male Heavyweight	PDS36	35 +	Female Heavyweight
PDS37	Masters	Male Lightweight	PDS38	Master	Female Lightweight
PDS39	Masters	Male Middleweight	PDS40	Master	Female Middlew
PDS41	Masters	Male Heavyweight	PDS42	Master	Female Heavyweight

Single Weapon – Continuous Sparring

Div.	Age	Weight Class	Div.	Age	Weight Class
CSS1	6 - 8 yrs	Male Lightweight	PSS2	6 - 8	Female lightweight
CSS3	6 - 8 yrs	Male Middleweight	PSS4	6 - 8	Female Middleweight
CSS5	6 - 8 yrs	Male Heavyweight	PSS6	6 - 8	Female Heavyweight
CSS7	9 - 11 yrs	Male Lightweight	PSS8	9 - 11	Female Lightweight
CSS9	9 - 11 yrs	Male Middleweight	PSS10	9 - 11	Female Middleweight
CSS11	9 - 11 yrs	Male Heavyweight	PSS12	9 - 11	Female Heavyweight
CSS13	12 - 14 yrs	Male Lightweight	PSS14	12 - 14	Female Lightweight
CSS15	12 - 14 yrs	Male Middleweight	PSS16	12 - 14	Female Middlew
CSS17	12 - 14 yrs	Male Heavyweight	PSS18	12 - 14	Female Heavyweight
CSS19	15 - 17 yrs	Male Lightweight	PSS20	15 - 17	Female Lightweight
CSS21	15 - 17 yrs	Male Middleweight	PSS22	15 - 17	Female Middleweight
CSS23	15 - 17 yrs	Male Heavyweight	PSS24	15 - 17	Female Heavyweight
CSS25	18 - 34 yrs	Male Lightweight	PSS26	18 - 34	Female Lightweight
CSS27	18 - 34 yrs	Male Middleweight	PSS28	18 - 34	Female Middlew
CSS29	18 - 34 yrs	Male Heavyweight	PSS30	18 - 34	Female Heavyweight
CSS31	35 +	Male Lightweight	PSS32	35 +	Female Lightweight
CSS33	35 +	Male Middleweight	PSS34	35 +	Female Middleweight
CSS35	35 +	Male Heavyweight	PSS36	35 +	Female Heavyweight
CSS37	Masters	Male Lightweight	PSS38	Master	Female Lightweight
CSS39	Masters	Male Middleweight	PSS40	Master	Female Middlew
CSS41	Masters	Male Heavyweight	PSS42	Master	Female Heavyweight

Double Weapon – Continuous Sparring

Div.	Age	Weight Class	Div.	Age	Weight Class
CDS1	6 - 8 yrs	Male Lightweight	CDS2	6 - 8	Female lightweight
CDS3	6 - 8 yrs	Male Middleweight	CDS4	6 - 8	Female Middleweight
CDS5	6 - 8 yrs	Male Heavyweight	CDS6	6 - 8	Female Heavyweight
CDS7	9 - 11 yrs	Male Lightweight	CDS8	9 - 11	Female Lightweight
CDS9	9 - 11 yrs	Male Middleweight	CDS10	9 - 11	Female Middleweight
CDS11	9 - 11 yrs	Male Heavyweight	CDS12	9 - 11	Female Heavyweight
CDS13	12 - 14 yrs	Male Lightweight	CDS14	12 - 14	Female Lightweight
CDS15	12 - 14 yrs	Male Middleweight	CDS16	12 - 14	Female Middlew
CDS17	12 - 14 yrs	Male Heavyweight	CDS18	12 - 14	Female Heavyweight
CDS19	15 - 17 yrs	Male Lightweight	CDS20	15 - 17	Female Lightweight
CDS21	15 - 17 yrs	Male Middleweight	CDS22	15 - 17	Female Middleweight
CDS23	15 - 17 yrs	Male Heavyweight	CDS24	15 - 17	Female Heavyweight
CDS25	18 - 34 yrs	Male Lightweight	CDS26	18 - 34	Female Lightweight
CDS27	18 - 34 yrs	Male Middleweight	CDS28	18 - 34	Female Middlew
CDS29	18 - 34 yrs	Male Heavyweight	CDS30	18 - 34	Female Heavyweight
CDS31	35 +	Male Lightweight	CDS32	35 +	Female Lightweight
CDS33	35 +	Male Middleweight	CDS34	35 +	Female Middleweight
CDS35	35 +	Male Heavyweight	CDS36	35 +	Female Heavyweight
CDS37	Masters	Male Lightweight	CDS38	Master	Female Lightweight
CDS39	Masters	Male Middleweight	CDS40	Master	Female Middlew
CDS41	Masters	Male Heavyweight	CDS42	Master	Female Heavyweight