



2011 GREAT LAKES KUNG FU CHAMPIONSHIP DIVISIONS

HAND FORMS

KIDS – Age 7 & under

- \_\_ 1. Begin. Boys – Traditional
- \_\_ 2. Begin. Girls – Traditional
- \_\_ 3. Interm. Boys – Traditional
- \_\_ 4. Interm. Girls – Traditional
- \_\_ 5. Adv. Boys – Traditional
- \_\_ 6. Adv. Girls – Traditional

JUNIORS- Ages 8 – 12

- \_\_ 7. Begin. Boys – Traditional
- \_\_ 8. Begin. Girls – Traditional
- \_\_ 9. Interm. Boys – Traditional
- \_\_ 10 Interm. Girls – Traditional
- \_\_ 11 Adv. Boys – Traditional
- \_\_ 12 Adv. Girls – Traditional

TEENS – Ages 13 – 15

- \_\_ 13 Begin. Boys – Traditional
- \_\_ 14 Begin. Girls – Traditional
- \_\_ 15 Interm. Boys – Traditional
- \_\_ 16 Interm. Girls – Traditional
- \_\_ 17 Adv. Boys – Traditional
- \_\_ 18 Adv. Girls – Traditional

ADULTS – Ages 16 & over

- \_\_ 19 Begin. Men - Traditional
- \_\_ 20 Begin. Women- Traditional
- \_\_ 21 Int. Men - Traditional
- \_\_ 22 Int . Women – Traditional
- \_\_ 23 Adv Men North. Long Fist
- \_\_ 24 Adv Women North. Long
- \_\_ 25 Adv Men North. Open
- \_\_ 26 Adv. Women- North. Open
- \_\_ 27 Adv men -South. Long Fist
- \_\_ 28 Adv women -South. Long
- \_\_ 29 Adv men -South. Short
- \_\_ 30 Adv women -South. Short

ADULTS – Ages 35 & over

- \_\_ 31 Begin. Men
- \_\_ 32 Begin. Women
- \_\_ 33 Adv. Men
- \_\_ 34 Adv. Women

WEAPONS FORMS

KIDS – Ages 7 & under

- \_\_ 35 Begin. Boys - Traditional
- \_\_ 36 Begin. Girls – Traditional
- \_\_ 37 Interm. Boys – Traditional
- \_\_ 38 Interm. Girls – Traditional
- \_\_ 39 Adv. Boys – Trad. Short
- \_\_ 40 Adv. Girls – Trad. Short
- \_\_ 41 Adv. Boys – Trad. Long
- \_\_ 42 Adv. Girls – Trad. Long

JUNIORS- Ages 8 – 12

- \_\_ 43 Begin. Boys – Traditional
- \_\_ 44 Begin. Girls – Traditional
- \_\_ 45 Interm. Boys – Traditional
- \_\_ 46 Interm. Girls – Traditional
- \_\_ 47 Adv. Boys – Trad. Short
- \_\_ 48 Adv. Girls – Trad. Short
- \_\_ 49 Adv. Boys – Trad. Long
- \_\_ 50 Adv. Girls – Trad. Long
- \_\_ 51 Adv. Boys – Trad. Open
- \_\_ 52 Adv. Girls – Trad. Open

TEENS – Ages 13- 15

- \_\_ 53 Begin. Boys – Traditional
- \_\_ 54 Begin Girls – Traditional
- \_\_ 55 Interm. Boys – Traditional
- \_\_ 56 Interm. Girls – Traditional
- \_\_ 57 Adv. Boys – Trad. Short
- \_\_ 58 Adv. Girls – Trad. Short
- \_\_ 59 Adv. Boys - Trad. Long
- \_\_ 60 Adv. Girls – Trad. Long
- \_\_ 61 Adv. Boys – Trad. Open
- \_\_ 62 Adv. Girls – Trad. Open

ADULTS– Ages 16 & over

- \_\_ 63 Begin. Men – Traditional
- \_\_ 64 Begin. Women –Traditional
- \_\_ 65 Int. Men – Traditional
- \_\_ 66 Int. Women – Traditional
- \_\_ 67 Adv. Men – Trad. Short
- \_\_ 68 Adv. Women – Trad. Short
- \_\_ 69 Adv. Men – Trad. Long
- \_\_ 70 Adv. Women – Trad. Long

- \_\_ 71 Adv. Men – Trad. Open
- \_\_ 72 Adv. Women – Trad. Open

ADULTS – Ages 35 & over

- \_\_ 73 Begin. Men
- \_\_ 74 Begin. Women
- \_\_ 75 Adv. Men
- \_\_ 76 Adv. Women

TAI CHI  
HAND FORMS

- \_\_ 77 Begin. – Chen Style
- \_\_ 78 Begin. – Yang, Wu, Sun
- \_\_ 79 Interm. – Chen Style
- \_\_ 80 Interm. – Yang, Wu, Sun
- \_\_ 81 Adv. – Chen Style
- \_\_ 82 Adv. – Yang Style
- \_\_ 83 Adv. – Wu Style
- \_\_ 84 Adv. – Sun Style

TAI CHI 24 FORM

- \_\_ 85 Beginner
- \_\_ 86 Advanced

TAI CHI WEAPON FORMS

- \_\_ 87 Beginner
- \_\_ 88 Intermediate
- \_\_ 89 Advanced

OTHER INTERNAL FORMS

Hsingi

- \_\_ 90 Begin. Hand M / W
- \_\_ 91 Begin. Weapon M / W
- \_\_ 92 Adv. Hand M / W
- \_\_ 93 Adv. Weapon M / W

Bagua

- \_\_ 94 Begin. Hand M / W
- \_\_ 95 Begin. Weapon M / W
- \_\_ 96 Adv. Hand M / W
- \_\_ 97 Adv. Weapon M / W

**PLEASE SEE REVERSE SIDE**  
**FOR ADDITIONAL**  
**DIVISIONS**

**SPECIAL DIVISION  
2 PERSON FORMS**

- \_\_98 Beginner – Hand
- \_\_99 Advanced – Hand
- \_\_100 Beginner – Weapon
- \_\_101 Advanced – Weapon

**GROUP FORMS**

- \_\_102 Traditional
- \_\_103 Tai Chi / Other Internal

**PUSH HANDS**

**Fixed Step**

- \_\_104 Men < 160
- \_\_105 Men 160 – 180
- \_\_106 Men >180
- \_\_107 Women <130
- \_\_108 Women 130 – 150
- \_\_109 Women >150

**Restricted Step**

- \_\_110 Men <160
- \_\_111 Men 160 – 180
- \_\_112 Men >180
- \_\_113 Women <130
- \_\_114 Women 130 – 150
- \_\_115 Women >150

**Moving Step**

- \_\_116 Men <160
- \_\_117 Men 160 – 180
- \_\_118 Men >180
- \_\_119 Women <130
- \_\_120 Women 130 – 150
- \_\_121 Women >150

**YOUTH SPARRING**

**KIDS – Ages 7 & under**

- \_\_122 Beginner Boys
- \_\_123 Beginner Girls
- \_\_124 Interm. Boys
- \_\_125 Interm. Girls
- \_\_126 Advanced Boys
- \_\_127 Advanced Girls

**JUNIORS – Ages 8- 12**

- \_\_128 Beginner Boys
- \_\_129 Beginner Girls
- \_\_130 Interm. Boys
- \_\_131 Interm. Girls
- \_\_132 Advanced Boys
- \_\_133 Advanced Girls

**TEENS – Ages 13 – 15**

- \_\_134 Beginner Boys
- \_\_135 Beginner Girls
- \_\_136 Interm. Boys
- \_\_137 Interm. Girls
- \_\_138 Advanced Boys
- \_\_139 Advanced Girls

**TEENS – Ages 16 – 17**

- \_\_140 Beginner Boys
- \_\_141 Beginner Girls
- \_\_142 Interm. Boys
- \_\_143 Interm. Girls
- \_\_144 Advanced Boys
- \_\_145 Advanced Girls

**ADULT SPARRING**

**Ages 18 & over**

**Beginner**

- \_\_146 Men <160 LT WEIGHT
- \_\_147 Men 160 – 180 MD WT
- \_\_148 Men > 180 HVY WT
- \_\_149 Women <130
- \_\_150 Women 130 – 150
- \_\_151 Women >150

**Intermediate**

- \_\_152 Men <160 LT WEIGHT
- \_\_153 Men 160 – 180 MD WT
- \_\_154 Men > 180 HVY WT
- \_\_155 Women <130
- \_\_156 Women 130 – 150
- \_\_157 Women > 150

**Advanced**

- \_\_158 Men < 160 LT WEIGHT
- \_\_159 Men 160 -180 MD WT
- \_\_160 Men > 180 HVY WT
- \_\_161 Women < 130
- \_\_162 Women 130 -150
- \_\_163 Women >150

**CHI SAO**

- \_\_164 Men < 160
- \_\_165 Men 160 – 185
- \_\_166 Men > 185
- \_\_167 Women <135
- \_\_168 Women 135 & over

**SHUAI-CHIAO**

**MEN**

- \_\_169 0 – 135 lb
- \_\_170 136 – 150 lb
- \_\_171 151 – 165 lb
- \_\_172 166 – 180 lb
- \_\_173 181 - 195 lb
- \_\_174 196 – 215 lb
- \_\_175 216 & up

**WOMEN**

- \_\_176 0 – 124 lb
- \_\_177 125 – 149 lb
- \_\_178 150 & up

**YOUTH**

- \_\_179 0 – 69 lb
- \_\_180 70 – 89 lb
- \_\_181 90 – 115 lb
- \_\_182 116 – 130 lb

**SAN SHOU / FULL CONTACT  
BEG / OPEN**

**MEN**

- \_\_183 0 – 135 lb
- \_\_184 136 – 150 lb
- \_\_185 151 – 165 lb
- \_\_186 166 – 180 lb
- \_\_187 181 – 195 lb
- \_\_188 196 – 215 lb
- \_\_189 216 & up

**WOMEN**

- \_\_190 0 – 124 lb
- \_\_191 125 – 149 lb
- \_\_192 150 & up

**TEEN – Ages 15 – 17**

- \_\_193 0 – 160 lb
- \_\_194 161 – 185 lb
- \_\_195 185 & up

**PLEASE READ ALL GUIDELINES BEFORE COMPLETING THE REGISTRATION FORM**  
**WE RESERVE THE RIGHT TO COMBINE DIVISIONS WITH FEWER THAN 3 COMPETITORS**

**Competitors** must register for divisions at the same experience level and age group. For example, if you enter Advanced hand forms, you cannot enter weapons at a lower level. If you enter Juniors for one event, you cannot also enter Teens.

**Where 3 divisions:** Beginner < 2 years, Intermediate 2-4 years, Advanced >4 years

**Where 2 divisions:** Beginner <3 years, Advanced 3 or more years

**Traditional Northern** includes all Long Fist forms (Cha Quan, Hua Quan, Northern Shaolin Styles, Northern Eagle Claw, Mizong, etc.) **Northern Open** includes Drunken, Monkey, Ditang, and other acrobatic styles.

**Northern Other** includes Bajji, Piqua, Northern Praying Mantis, Fanzi, Chuo Jiao etc.

**Southern Long Hand** includes Hung Gar, Jow Gar, Choi Li Fut, Lau Gar, etc. **Southern Short Hand** includes Five Ancestors, White Eyebrow, Dragon Style, Wing Chun, Southern Praying Mantis, etc.

**Long Weapons:** Staff and Spear only. **Short Weapons:** Straight Sword and Saber only. **Open Weapons:** double weapons, flexible weapons, and all others except sword, saber staff or spear. **Traditional Weapons** must be able to sustain their own weight when placed on end. **Wushu Weapons** are not permitted in Traditional Weapons divisions.

**Adults age 35 & over** divisions are optional. Competitors 35 and over may register for others divisions.

**Group forms:** 4 to 8 people performing the same routine. Open to all ages and all skill levels.

**Tai Chi 24** performed to completion (max. 3 minutes). It may not be performed in any other Tai Chi division.

**Tai Chi weapons** are not permitted in **Other Internal Weapons** divisions.

**Push Hands** competitors are limited to a single weight class.

**Sparring:** Youth competitors will be paired by size. Kids and Juniors: three 30- second rounds. Teens: three 45 second rounds. Adults: three 1- minute rounds. Mandatory protective equipment must be supplied by the competitor: foam head gear, mouth guard, groin cup, foam gloves with not exposed fingers and foam foot gear that covers the entire foot. Shin guards are optional.

**San Shou** competitors **must** register prior to weigh-in (weigh-in 6-8pm Friday, 4/8 & 8-9:30am Sat., 4/9). **San Shou** competitors under 18 must be accompanied by a parent; if accompanied by a legal guardian, a notarized release form must be presented at registration. NO EXCEPTIONS. See [www.shaolininstitute.com](http://www.shaolininstitute.com) for medical requirements and waivers, rules, weight categories and skill levels. Weight classes and skill levels will be confirmed at weigh-in and mandatory on-site medical screening. Required equipment: foam head gear, foam shin & instep guards that cover top of foot, 14 oz. boxing gloves, mouth guard, groin cup (for men), and chest protectors. Gear will be provided at tournament, however, we recommend that you bring your own.

**Shuai-chiao** competitors must register prior to weigh-in (weigh-in 6-8pm Friday, 4/8 & 8-9:30am Sat., 4/9). See rules at [www.shaolininstitute.com](http://www.shaolininstitute.com). Weight classes will be determined at weigh-in. Competitors **must** bring their own USSA sanctioned shuai-chiao style jacket. Jackets will be available for purchase at the tournament.