

Senior Form

This Division is reserved for competitors ages 35 and older.

This division is performed as an “Empty Hand” form.

Competitors in this division must exhibit an “Empty Hand” form that has been taught in their school and is part of their schools curriculum. The form does not have to be a classical form handed down over the years.

Competitors exhibiting forms that are too “free”, have gymnastics, or other non-martial arts techniques in them or are comprised of elements from more than one style, should enter the Open division. Otherwise the competitor risks disqualification.

Penalty

A competitor competing in an incorrect style division shall be disqualified.