

INTERNATIONAL BLACK BELT TEAM SPARRING. MALE & FEMALE. (NATIONAL TEAMS ONLY).



MALE.

Men's teams will consist of 5 members, one at each weight (minus the bottom weight). Fighters can fight up a weight division.

Weights required. Light. Welter. Middle. Light Heavy & Heavy.



FEMALE.

Ladies teams will consist of 3 members, one at each weight (minus the bottom weight). Fighters can fight up a weight division.

Weights required. Middle. Light Heavy & Heavy.