

ARNOLD BEST OF THE BEST *SUNDAY* GRAND CHAMPIONSHIPS!

When black belts become legends!

**** Black Belt champions 12 years old and older from selected events from each discipline in Saturday's competitions, or other specially selected champions, will be invited to return for Sunday's Arnold Best of the Best Grand Championships.*

Door Open: 9am

Coaches & Referee Meeting: 9:30-10:30am -

Competition Begins: 10:30 am

*** All discipline leaders must attend*

A. FORM (Single) - TKD/TSD vs KARATE vs KUNG FU/WUSHU/TAI CHI – Black Belt (Use All Rings)

- Open Forms - Music allowed (Male & Female combined)

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|------------------|-----------------|---|
| 1. Junior | 12-17 | Black belt |
| 2. Adult | 18-39 | Black Belt |
| 3. Ultra | 40 & older | 1 st – 4 th Degree Black Belt |
| 4. Masters | 40-55 yrs. | 5th Degree Black Belt & Higher |
| 5. Ultra Masters | 56 yrs. & older | 5th Degree Black Belt & Higher |

B. TEAM FORM (Pair 2+) - TKD/TSD vs KARATE vs KUNG FU/WUSHU/TAI CHI – Black Belt

1. The Best from each discipline Competes in combined division
Music allowed (Male & Female combined)

C. WEAPON FORM (Single) TKD/TSD vs KARATE vs KUNG FU/WUSHU/TAI CHI – Black Belt

The Best from each discipline Competes in combined division
Music allowed (Male & Female combined)

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|-----------|-------|------------------|
| 1. Junior | 12-17 | One Best of Best |
| 2. Adult | 18-39 | One Best of Best |
| 3. Ultra | 40 | One Best of Best |

D. TEAM WEAPON FORM (Pair 2+) - TKD/TSD vs KARATE vs KUNG FU/WUSHU/TAI CHI – Black Belt

1. The Best from each discipline Competes in combined division
Music allowed (Male & Female combined)

E. BREAKING - TKD/TSD vs KARATE vs KUNG FU/WUSHU/TAI CHI – Highest Rank Winner

The Best of the Best Creative Board Breaking (Maximum 10 boards - in 3 min)

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|-----------|------------|------------------|
| 1. Junior | 12-17 | One Best of Best |
| 2. Adult | 18-39 | One Best of Best |
| 3. Ultra | 40 & older | One Best of Best |

F. TEAM DEMO – Mix techniques-basics, forms, weapon, self-defense, breaking - 10 min max.

1. Top 2 Showdown from Saturday compete for the Best of Best – Music required

G. PARA MARTIAL ARTS SHOWCASE

H. MUAY THAI – Exhibition Match - Optional

I. JUDO - Exhibition Match – Optional

- Events schedules are subject to change -