



# Master Ray Gayle VII Degree

Professional Unification of Martial Arts (P.U.M.A.)

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Dear Instructor,

## **P.U.M.A. KICKBOXING CHAMPIONSHIPS 2010**

Details for the P.U.M.A Kickboxing Championships to be held on Sunday 16<sup>th</sup> May 2010 at Oasis Leisure Centre, North Star Avenue, Swindon. SN2 1EP

The schedule will be as follows:

10.00 am	Doors open
10.30 am	Junior weigh-in & high kick
10.30 am	All Bo Staff events
10:30 am	Musical patterns
11.00 am	Junior high kick followed by sparring
11:30 pm	Adult coloured belt weigh-in followed by sparring
01:00 pm	Black Belt weigh-in

### **Competition Entry Detail:**

Adult/Junior: One event £13, each event thereafter £5.  
Spectators: £5

**Entries Should be made on a normal PUMA competition entry form.**

### **Closing Date for Entries**

Entries must be made to instructors by **no later than Wednesday 5<sup>th</sup> May 2010.**

### **Sparring**

All competitors will do continuous sparring

If there are not sufficient numbers to fill the cadet and veteran divisions, competitors will compete in the normal adult categories

Cadets are aged 16 to 18 years old.

Veterans are aged over 35 for ladies and over 40 for men.

### **Sparring Divisions**

#### **Male Coloured Belt Divisions**

Yellow and Green Belts - Blue and Red Belts  
Lightweight up to and including 64kgs  
Welterweight over 64kgs up to and including 72kgs  
Middleweight over 72kgs up to and including 80kgs  
Heavyweight over 80kgs

#### **Male Black Belt Divisions**

Flyweight up to & inc. 58kg  
Lightweight over 58kg to & inc. 64kg  
Welterweight over 64kg to & inc. 70kg  
Middleweight over 70kg to & inc. 76kg  
Lighthheavy over 76kg to & inc. 80kg  
Heavyweight over 80kg

### **All Female Divisions**

Yellow and Green Belts - Blue and Red Belts – Black Belts

Flyweight	up to & inc. 57kgs
Lightweight	over 57kgs up to and inc. 63kgs
Middleweight	Over 63kgs up to and inc. 70kgs
Heavyweight	Over 70kgs

### **Junior Divisions**

Yellow and Green Belts - Blue and Red Belts – Black Belts

Pee Wee	up to and including 4' 6"
Lightweight	over 4' 6" up to and including 5'
Middleweight	over 5' up to and including 5' 6"
Heavyweight	over 5' 6"

### **Destruction**

#### **Male Divisions – Board**

Blue & Red Belts	Hand Technique	Any hand technique excluding elbow
	Foot Technique	Standing side kick
Black Belts	Hand Technique	Any hand technique excluding elbow
	Foot Technique	Any foot technique

#### **Female Divisions – Board**

Blue and Red Belts	Hand Technique	Any hand technique including elbow
	Foot Technique	Any standing kick
Black Belts	Hand Technique	Any hand technique including elbow
	Foot Technique	Any standing kick

**Please note:** Students are allowed to compete in more than one destruction event. An additional fee is required for each separate destruction category.

### **Bo/Jang Bong**

Two competitors will compete at the same time; the successful competitor will progress through to the next round.

#### **Junior Division**

Black Belt Boys and Girls, any choice of Bo forms 1, 2 or 3.

#### **Adult Division**

Same as Juniors.

### **Junior High Kick**

Little P.U.M.A.s	in their own division; height decided on the day
Pee Wee	up to and including 4' 6"
Lightweight	over 4' 6" up to and including 5'
Middleweight	over 5' up to and including 5' 6"
Heavyweight	over 5' 6"

**Master R Gayle**

**Chairman**

**P.U.M.A.**