

Weight Class and Application Rule of Head Contact by Foot, None by Hand

Age	Belt Color	Weight Class	Applicable Rules
Little Dragon 4 - 5	White Yellow Green	Light & Heavy	No Head Contact
	Blue Red		
Dragon 6 - 7	White Yellow	Light & Heavy	No Head Contact
	Green Blue		
	Red Black		
Ninja 8 - 9	White Yellow	Light & Heavy	No Head Contact
	Green		
	Blue		
	Red		
	Black		
Youth 10 - 11	White Yellow	Light & Heavy	No Head Contact
	Green		
	Blue	Light & Heavy	Junior Safety Rules Light Head Contact
	Red		
	Black		
Cadet (12 - 14)	White Yellow	Light, Middle & Heavy	Junior Safety Rules Light Head Contact
	Green		
	Blue	Fly, Feather, Welter, Mid and Hvy	
	Red		
	Black (E-Hogu)		
Junior (15 - 17)	White Yellow	Light, Middle & Heavy	Junior Safety Rules Light Head Contact
	Green		
	Blue	Fly, Feather, Welter, Mid and Hvy	Adult Rules
	Red		
	Black (E-Hogu)		
Adult (Senior) (18yr & Older)	White Yellow	Light, Middle & Heavy	Adult Rules Head Contact
	Green		
	Blue	Fly, Feather, Welter and Heavy	
	Red		
	Black (E-Hogu)		