



## **Amateur Full Contact NHB Wing Chun Chi Sao**

8 Fighters per weight  
4 fights- 2 fights - Final

Fights will be:  
Two 1 Minute Rounds 30 seconds between rounds  
1 Minute overtime if a draw

And then  
Three 1 Minute Rounds for Championships fights 30 seconds between rounds

All fighters must wear a groin protector, gum shield, shin protectors, knee pads.

The organisers reserve the right where applicable to combine categories or divisions where there are a number lower than 4 competing in those categories – Any changes will be announced on the day

## **Men's International Full Contact NHB Chi Sao**

1. Light Weight 9st 7lbs and under
2. Middle Weight 13st 7lbs and under
3. Heavy Weight 13st 8lbs and above.

## **Women's International Full Contact NHB Chi Sao**

4. Open Weight