



## **Arnis Alliance Full Contact Single Padded Stick**

### **Sparring Divisions**

#### **Men's Single Stick Sparring**

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

#### **Women's Single Stick Sparring**

4. Open Weight

#### **Cadet 15 to 17 years**

5. Open Weight

### **WEKAF Divisions**

#### **Men's Single Stick Sparring**

6. Light Weight 10st 7lbs and under
7. Light Middle Weight 10st 8lbs - 11st 7lbs
8. Middle Weight 11st 8lbs - 12st 7lbs
9. Light Heavy Weight 12st 8lbs - 13st 7lbs
10. Heavy Weight 13st 8lbs and above.

#### **Women's Single Stick Sparring**

11. Light Weight 9st 15lbs and under
12. Middle Weight 10st 0lbs – 10st 15lbs
13. Heavy Weight 11st 0lbs and over