

2019 ITF OPEN BRITISH SPECIAL TECHNIQUE - STARTING HEIGHTS

TECHNIQUE: TWIMYO NOPI YOP CHAGI - FLYING HIGH SIDE KICK

YOUTH UP TO 7 years DIVISION HEIGHT CATEGORIES (CMS)

	UP TO 110	OVER 110 TO 120	OVER 120 TO 130	OVER 130
	STARTING HEIGHT (CMS)			

(F) - (M)	35 - 40cms	40 - 45cms	45 - 50cms	50 - 55cms
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CADET 8-10 Years DIVISION HEIGHT CATEGORIES (CMS)

	UP TO 120	OVER 120 TO 130	OVER 130 TO 140	OVER 140 TO 150	OVER 150
	STARTING HEIGHT (CMS)				

(F) - (M)	40 - 45cms	45 - 50cms	50 - 55cms	55 - 60cms	60 - 65cms
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PRE-JUNIOR 11-13 Years DIVISION HEIGHT CATEGORIES (CMS)

	UP TO 140	OVER 140 TO 150	OVER 150 TO 160	OVER 160 TO 170	OVER 170
	STARTING HEIGHT (CMS)				

(F) - (M)	50 - 55cms	55 - 60cms	60 - 65cms	65 - 70cms	70 - 75cms	75 - 80cms
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JUNIOR 14 - 17 YEARS

	MALE	FEMALE
WHITE TO GREEN	90cms	80cms
BLUE - RED	100cms	90cms
BLACK	110cms	100cms