



**RHONDA "RIDGEHAND" ALEXANDER'S
33RD LIVING LEGEND
ALL FEMALE - WOMEN & GIRLS
KARATE CHAMPIONSHIPS**

**When: October 21, 2023
Where: City Station Gym
2115 Maple Street
Carrollton, GA 30117**

**New Specialty Division
CONTINUANCE FIGHTING**

CASH \$ PRIZES FOR GRAND CHAMPIONS

**Pre-Register - Save Money
\$65 at the door for one event and \$10 for each additional event**

**Rhonda Alexander Posey - 678-232-1672
P.O. Box 395, Bremen, GA 30110 • wendyalex5565@yahoo.com**

PRE-REGISTRATION FORM

Pre-Register - Save Money

**Your registration form must be postmarked by October 16, 2023 to be valid.
Send Form and Check to: Rhonda Alexander Posey, P.O. Box 395, Bremen, GA 30110
\$60 for one event and \$5 for each additional event**

Free Fighting: ___ Forms: ___ Weapons: ___ Musical: ___ Breaking: ___
Continuous Fighting: ___ Team Fighters: ___

Please Check Belt Rank according to the following:

White ___ Yellow ___ Orange ___ Purple ___ Blue ___ Green ___ Red ___ Brown ___ Black ___
(Beginners) (Intermediate) (Advanced)

Name: _____ Age: ___ M ___ F ___ Birth Date: _____

Address: _____ City: _____ State: _____ Zip: _____

Email: _____ Phone: _____

Martial Art School: _____ Instructor: _____

Address: _____ City: _____ State: _____ Zip: _____

WAIVER AND RELEASE OF LIABILITY

PLEASE READ THE FOLLOWING AND SIGN:

In consideration of the promoters permission and acceptance granted to the competitors to participate in the event, I hereby assume all risk. I, my heirs, and executors, hereby release the director of this event. The owner Rhonda "Ridgehand" Alexander, Agent, Employees, and Volunteer workers, of any demands that my heirs, executors, administrators, or assignees may have against such parties, for all personal injuries known or unknown which the competitor may incur in this event. I understand that karate competition involves significant and substantial physical contact between participants and that the competitor may receive injuries as a result. I have read and understand this release and agree to all of its terms.

Signed: _____ Date: _____

Signed: _____ Date: _____

(If under 18, parent or legal guardian must sign and assumes complete responsibility)

**SEND Pre-Registration to: Rhonda Alexander Posey - P.O. Box 395, Bremen, GA 30110
Cashapp: \$RhondaRidgehand**

Living Legend Rhonda Ridgehand Alexander ALL FEMALE KARATE CHAMPIONSHIP

RING ASSIGNMENTS SUBJECT TO CHANGE.

girls fighting

age 4 white-yellow
age 4 green-above
age 5 white-yellow
age 5 green-above

age 6 white-yellow
age 6 green-above
age 7 white-yellow
age 7 green-above

8-9 girls white-yellow

8-9 girls green-blue

8-9 girls brown-red
8-9 black

10-11 girls white-yellow

10-11 girls green-blue

10-11 girls brown red
10-11 black

12-13 girls white-yellow

12-13 girls green-blue

12-13 girls brown-red

12-13 girls black

14-15 girls white-yellow

14-15 girls green-blue

14-15 girls brown-red

14-15 girls black

16-17 girls white-yellow

16-17 girls green-blue

16-17 girls brown-red

16-17 girls black

girls forms

age 4 white-yellow
age 4 green-above
age 5 white-yellow
age 5 green-above

age 6 white-yellow
age 6 green-above
age 7 white-yellow
age 7 green-above

8-9 white-yellow
8-9 green-blue
8-9 brown-red
8-9 black

10-11 white-yellow
10-11 green-blue
10-11 brown-red
10-11 black

12-13 white-yellow
12-13 green-blue
12-13 brown-red
12-13 black

14-15 white-yellow
14-15 green-blue
14-15 brown-red
14-15 black
16-17 white-yellow
16-17 green-blue
16-17 brown-red
16-17 black

youth weapons

age 7 & under white-yellow
age 7 & under green-blue
age 7 & under brown-red
age 7 & black

age 8-9 white-yellow
age 8-9 green-blue
age 8-9 brown-red
age 8-9 black

age 10-11, 12-13 white yellow
age 10-11, 12-13 green-blue
age 10-11, 12-13 brown-red
age 10-11, 12-13 black

age 14-17 white-yellow
age 14-17 green-blue
age 14-17 brown-red
age 14-17 black

special divisions

Adapted
youth musical forms white-yellow
youth musical forms green-brown
youth musical forms blackbelts
youth musical weapons all ranks
adult blackbelt musical
Self Defense
Demonstration
Breaking

team fighting

age 6-9
age 10-13
age 14-17
under blackbelts adults
black belts

adult under blackbelt weapons

age 18-29 white-yellow
age 18-29 green-blue
age 18-29 brown-red
age 30 & over white-yellow
age 30 & over green-blue
age 30 & over brown-red

women under blackbelt

age 18-29 fighting
white-yellow
green-blue
brown-red
new women under
blackbelt fighting division
1. (30-39) white-yellow
2. (30-39) green-blue
3. (30-39) brown-red
4. (40-49) white-yellow
5. (40-49) green-blue
6. (40-49) brown-red
7. (50+) white-yellow
8. (50+) green-blue
9. (50+) brown-red

adult blackbelt forms

women 18-29
women 30 and up
soft style
70 and up

adult blackbelt weapons

women all ages
70 and up

continuous fighting

youth, women

women forms

age 18-29
white-yellow
green-blue
brown-red

age 30 and over
white-yellow
green-blue
brown-red

adult blackbelt fighting

women 18-29
149 and under
150-169
170-189
190-and over

women 30-39
159 and under
160-179
180-and over

women 40-49
159 and under
160-179
180-and over

women 50-69
women
125 and under
over 125 lbs.
seniors 70 and up