

# DISCIPLINE

## RING

- Kick Boxing Low Kick
- K1 Style
- Full Contact
- Muay Thai
- GBF Boxing (*English Boxing*)
- GBF Light Boxing (*English Boxing*)

## TATAMI

- Point Fighting
- Light Contact Continuous
- Kick Light
- Kata Stili Giapponesi
- Forme Stili Cinesi
- Forme Stili Koreani
- Kata/Forme Creativi (*All Styles*)
- Forme Musicali (*All Styles*)
- Kata/Forme con Armi (*All Styles*)
- Forme Sincronizzate a Team (*All Styles*)
- Self Defence Individuale (*All Styles*)