

MIND BODY SOUL

DIVISIONS

Children – all levels

BJJ

Kids under6

G4 4 years old
G5 5 years old
G6 6 years old

No Gi

N/A

Muay Thai

K4/5
K4/5
K6/7

Kids 7

JJK1 – under 50lbs
JJK2 – under 60lbs
JJK3 – over 61 lbs

NGK1 – under 50lbs
NGK2 – under 60lbs
NGK3 – over 61 lbs

K6/7

Kids 8-9

JJK4 – under 60lbs
JJK5 – under 75lbs
JJK6 – under 90lbs
JJK7 – over 91 lbs

NGK4 – under 60lbs
NGK5 – under 75lbs
NGK6 – under 90lbs
NGK7 – over 91 lbs

JrMt8/9

Kids 10-11

JJK8 – under 70lbs
JJK9 – under 85lbs
JJK10 – under 100lbs
JJK11 – over 101lbs

NGK8 – under 70lbs
NGK9 – under 85lbs
NGK10 – under 100lbs
NGK11 – over 101lbs

JrMt10/11

Kids 12-13

JJK12 – under 90lbs
JJK13 – under 105lbs
JJK14 – under 120lbs
JJK15 – over 121lbs

NGK12 – under 90lbs
NGK13 – under 105lbs
NGK14 – under 120lbs
NGK15 – over 121lbs

JrMt12/13

Teens 14-16

JJT1 – under 100lbs
JJT2 – under 120lbs
JJT3 – under 140lbs
JJT4 – over 141lbs

NGT1 – under 100lbs
NGT2 – under 120lbs
NGT3 – under 140lbs
NGT4 – over 141lbs

JrMt14/16

Women – all levels

BJJ

No Gi

Kickboxing

Muay Thai

JJF1 – under 130lbs
JJF2 – under 150lbs
JJF3 – over 151lbs

NGF1 – under 130lbs
NGF2 – under 150lbs
NGF3 – over 151lbs

under 1 year exp

KBF1 – under 130lbs
KBF2 – under 150lbs
KBF3 – over 150lbs

over 1 year exp

MTF1 – under 130lbs
MTF2 – under 150lbs
MTF3 – over 151lbs

Men's Executive – 35 years or older

BJJ Divisions will be made at ring

ExJJ

Men's Novice – under 9 months experience

BJJ

& No Gi

Kickboxing

Novice BJJ is Double Elimination.

JJN1 – under 140lbs
JJN2 – under 155lbs
JJN3 – under 170lbs
JJN4 – under 185lbs
JJN5 – under 205lbs
JJN6 – over 206lbs

NGN 1 – under 140lb
NGN 2 – under 155lbs
NGN3 – under 170lbs
NGN4 – under 185lbs
NGN5 – under 205lbs
NGN6 – over 206lbs

under 1 year exp

KBN1 – under 140lbs
KBN2 – under 155lbs
KBN3 – under 170lbs
KBN4 – under 185lbs
KBN5 – under 205lbs
KBN6 – over 206lbs

Men's Intermediate – 9 months to 18 months

BJJ(NO BLUE BELTS!)

No Gi(NO BLUE BELTS!)

Muay Thai

JJI1 – under 140lbs
JJi2 – under 155lbs
JJi3 – under 170lbs
JJi4 – under 185lbs
JJi5 – under 205lbs
JJi6 – over 206lbs

NGI1 – under 140lbs
NGI2 – under 155lbs
NGI3 – under 170lbs
NGI4 – under 185lbs
NGI5 – under 205lbs
NGI6 – over 206lbs

over 1 year exp

MTA1 – under 140lbs
MTA2 – under 155lbs
MTA3 – under 170lbs
MTA4 – over 185lbs
MTA5 – under 205lbs
MTA6 – over 206lbs

Men's Advanced – 18 months to 36 months

BJJ (Blue Belt)

JJA1 – under 140lbs
JJA2 – under 155lbs
JJA3 – under 170lbs
JJA4 – under 185lbs
JJA5 – under 205lbs
JJA6 – over 206lbs
JJAB – Absolute

No Gi

NGA1 – under 140lbs
NGA2 – under 155lbs
NGA3 – under 170lbs
NGA4 – under 185lbs
NGA5 – under 205lbs
NGA6 – over 206lbs
NGAB – Absolute

Men's Elite – 36 months and up

BJJ (Purple & up)

No Gi

if there are enough brown or black belts divisions will be made.

JJE1 – under 140lbs
JJE2 – under 155lbs
JJE3 – under 170lbs
JJE4 – under 185lbs
JJE5 – under 205lbs
JJE6 – over 206lbs

NGE1 – under 140lbs
NGE2 – under 155lbs
NGE3 – under 170lbs
NGE4 – under 185lbs
NGE5 – under 205lbs
NGE6 – over 206lbs

ABSOLUTE

The Absolute divisions are open to all BJJ competitors and follow Rules for Submissions according to belt rank

AB1 – Absolute White
AB2 – Absolute Blue
AB3 – Absolute Purple
AB4 – Absolute Brown
AB5 – Absolute Black