

WushuCanada Sanda Classes and Rules Excerpt							
	Class A	Class B	Class C HP	Class C Rec	Class D	Class E	Class F
Age Brackets							
8-9	-	-	-	-	Yes	Yes	Yes
10-11	-	-	-	Yes	Yes	Yes	Yes
12-14	-	Yes	Yes	Yes	Yes	Yes	Yes
15-17	-	Yes	Yes	Yes	Yes	Yes	Yes
18-39	Yes	-	Yes	Yes	Yes	Yes	Yes
40+	-	-	Yes	Yes	Yes	Yes	Yes
Contact Level							
Light	-	-	-	-	Yes	Yes	Yes
Controlled	-	-	Yes	Yes	-	-	-
Full	Yes	Yes	-	-	-	-	-
Target Areas							
Head w Strike	Yes	Yes	Yes	Yes	Yes	-	-
Head w Kick	Yes	-	-	-	-	-	-
Torso	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Outside Leg	Yes	Yes	Yes	Yes	Yes	Yes	-
Inside Leg	Yes	Yes	-	-	-	-	-
Techniques							
Head Strike	2x combo max	2x combo max	1x combo max	1x combo max	1x combo max	-	-
Spinning Strike	Yes	-	-	-	-	-	-
Low Throws	Yes	Yes	Yes	Yes	Yes	Yes	-
High Throws	Yes	Yes	Yes	Yes	Yes	-	-
Sweeps	Yes	Yes	Yes	Yes	Yes	Yes	-
Equipment							
Face Shield	-	-	-	Yes	Yes	Yes	Yes
Open Face	Yes	Yes	Yes	-	-	-	-
Std Chest	Yes	Yes	Yes	Yes	Yes	-	-
Opt Chest	-	-	-	-	-	Yes	Yes
Std Gloves	Yes	Yes	Yes	Yes	Yes	-	-
Opt Gloves	-	-	-	-	-	Yes	Yes
Shins	Yes	Yes	-	-	-	-	-
Shin Instep	-	-	Yes	Yes	Yes	-	-
Opt Foot Guards	-	-	-	-	-	Yes	Yes
Push Out Rule	Std	Std	Std	Std	2x+	3x+	-
Uniforms	Std	Std	Std	Std	Opt	Opt	Opt
Time / Round	2min	2min	2min	2min	1.5min	1.5min	1min
Stoppage / Point	-	-	-	-	-	-	Yes