

2022 AN/CM Regional Special Technique Requirements

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| **Male Dan** | **Age** |  | **H** | **Height (metres)** |  |  |
|  |  | **High** | **Turning** | **Reverse****Turning** | **Midair** | **Side** |
| Peewee | 9-10 | 1.9 | 1.7 | 1.6 | 1.6 | 0.9 |
| Pre-Junior | 11-14 | 2.1 | 1.9 | 1.8 | 1.8 | 1.1 |
| Junior | 15-17 | 2.2 | 2.0 | 1.9 | 1.9 | 1.2 |
| Senior | 18-35 | 2.3 | 2.1 | 2.0 | 2.0 | 1.3 |
| Advanced Senior | 36-45 | 2.2 | 2.0 | 1.9 | 1.9 | 1.2 |
| Veteran | 46-55 | 2.0 | 1.8 | 1.7 | 1.7 | 1.0 |

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| **Female Dan** | **Age** |  |  |  **Height (metres)** |  |
|  |  | **High** | **Turning** | **Reverse****Turning** | **Midair** | **Side** |
| Peewee | 9-10 | 1.9 | 1.7 | 1.6 | 1.6 | 0.9 |
| Pre-Junior | 11-14 | 1.9 | 1.8 | 1.7 | 1.7 | 1.0 |
| Junior | 15-17 | 2.0 | 1.8 | 1.7 | 1.7 | 1.1 |
| Senior | 18-35 | 2.1 | 1.9 | 1.8 | 1.8 | 1.2 |
| Advanced Senior | 36-45 | 2.0 | 1.8 | 1.7 | 1.7 | 1.1 |
| Veteran | 46-55 | 1.8 | 1.6 | 1.5 | 1.5 | 0.9 |

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| **Male 4th-1st gup** | **Age** |  |  |  **Height (metres)** |  |
|  |  | **High** | **Turning** | **Reverse Turning** | **Midair** | **Side** |
| Peewee | 9-10 | 1.8 | 1.6 | N/A | N/A | 0.8 |
| Pre-Junior | 11-14 | 2.0 | 1.8 | N/A | N/A | 1.0 |
| Junior | 15-17 | 2.1 | 1.9 | N/A | N/A | 1.1 |
| Senior | 18-35 | 2.2 | 2.0 | N/A | N/A | 1.2 |
| Advanced Senior | 36-45 | 2.1 | 1.9 | N/A | N/A | 1.1 |
| Veteran | 46-55 | 1.9 | 1.7 | N/A | N/A | 0.9 |

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| **Female 4th-1st gup** | **Age** |  |  |  **Height (metres)** |  |  |
|  |  | **High** | **Turning** | **Reverse****Turning** | **Midair** | **Side** |
| Peewee | 9-10 | 1.7 | 1.5 | N/A | N/A | 0.8 |
| Pre-Junior | 11-14 | 1.9 | 1.7 | N/A | N/A | 0.9 |
| Junior | 15-17 | 2.0 | 1.8 | N/A | N/A | 1.0 |
| Senior | 18-35 | 2.1 | 1.9 | N/A | N/A | 1.1 |
| Advanced Senior | 36-45 | 2.0 | 1.8 | N/A | N/A | 1.0 |
| Veteran | 46-55 | 1.8 | 1.6 | N/A | N/A | 0.8 |

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| **Male 8th-5th gup** | **Age** |  |  |  **Height (metres)** |  |
|  |  | **High** | **Turning** | **Reverse Turning** | **Midair** | **Side** |
| Peewee | 9-10 | N/A | N/A | N/A | N/A | N/A |
| Pre-Junior | 11-14 | N/A | N/A | N/A | N/A | N/A |
| Junior | 15-17 | 2.1 | 1.9 | N/A | N/A | 1.1 |
| Senior | 18-35 | 2.2 | 2.0 | N/A | N/A | 1.2 |
| Advanced Senior | 36-45 | 2.1 | 1.9 | N/A | N/A | 1.1 |
| Veteran | 46-55 | 1.9 | 1.7 | N/A | N/A | 0.9 |

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| **Female 8th-5th gup** | **Age** |  |  |  **Height (metres)** |  |  |
|  |  | **High** | **Turning** | **Reverse****Turning** | **Midair** | **Side** |
| Peewee | 9-10 | N/A | N/A | N/A | N/A | N/A |
| Pre-Junior | 11-14 | N/A | N/A | N/A | N/A | N/A |
| Junior | 15-17 | 2.0 | 1.8 | N/A | N/A | 1.0 |
| Senior | 18-35 | 2.1 | 1.9 | N/A | N/A | 1.1 |
| Advanced Senior | 36-45 | 2.0 | 1.8 | N/A | N/A | 1.0 |
| Veteran | 46-55 | 1.8 | 1.6 | N/A | N/A | 0.8 |