

Jeff Speakman's



8<sup>th</sup>

5.0 FIGHTER



PARIS

ÉTAMPES

EUROPEAN CHAMPIONSHIP 2023

JSK 智 5.0

COMPETITION

SEMINAR

仁

25<sup>th</sup> & 26<sup>th</sup>  
NOVEMBER

Contact: Jean - Louis Mbongo  
+33 (0) 6 13 43 59 31  
jsk.europe@gmail.com

www.jeffspeakman.com



## JEFF SPEAKMAN'S EUROPEAN 2023 EVENT SCHEDULE

**ALL REGISTRATION COMES TO AN END OCTOBER 28<sup>TH</sup>**

### SATURDAY NOVEMBER 25, 2023 - CET

Location of event: 1 avenue Henri Michel Poirier 91150 Etampes

09:00AM-10:00AM - Event registration / check-in and opening ceremony

10:00AM-12:30PM - JSK 5.0 test for adults (brown & Black Belts)

12:30PM-01:30PM - Lunch break

12:30PM-01:30PM - JSK 5.0 school owners business brunch

1:30PM-4:30PM - Seminar with 10<sup>th</sup> degree Black Belt JEFF SPEAKMAN for adults and teens

4:30PM-6:00PM - Seminar for adults and teens (soon more information)

7:30PM-10:00PM - JSK 5.0 Dinner

Restaurant: « Sucré Salé »

31 Avenue de Paris 91150 Etampes

### SUNDAY NOVEMBER 26, 2022 - CET

Location of event: 1 avenue Henri Michel Poirier 91150 Etampes

09:00AM-09:30AM - Event registration / check-in and opening ceremony

09:30AM-12:30PM

Forms competition for adults & kids

Self Defense competition

12:30PM-01:30PM - Lunch break

01:30PM-02:30PM - Grand championship forms & self defense

02:30PM-02:45PM - Pre-fight briefing

03:00PM-06:00PM - 5.0 Fighting competition for juniors & adults

06:00PM - closing meeting

Jean-Louis MBONGO – Camp director  
jeanlouis.mbongo@gmail.com or +33 (0)33 613 435 931

Wim Lambert - Administrative Assistant  
jsk.europe@gmail.com or +32 (0)495 52 16 38



TENTATIVE

### YOUTH 5.0 FORMS

**RING #**

- 1 F1) 5 Years & Under: White through Yellow Belt
- 2 F2) 6 Years: White through Orange Belt
- 3 F3) 6 Years: Orange through Blue Belt
- 4 F4) 7 Years: White through Yellow Belt
- 5 F5) 7 Years: Orange Belt
- 6 F6) 7 Years: Purple through Green Belt
- 1 F7) 8 Years: White through Yellow Belt
- 2 F8) 8 Years: Orange Belt
- 3 F9) 8 Years: Purple Belt
- 4 F10) 8 Years: Blue through Green Belt
- 5 F11) 8 Years: Brown Belt
- 6 F12) 9 Years: White through Yellow Belt
- 1 F13) 9 Years: Orange through Purple Belt
- 2 F14) 9 Years: Blue through Green Belt
- 3 F15) 9 Years: Brown Belt
- 4 F16) 10 Years: White through Purple Belt
- 5 F17) 10 Years: Blue through Green Belt
- 6 F18) 10 Years: Brown through Black Belt
- 1 F19) 11 Years: White through Green Belt
- 2 F20) 11 Years: Brown Belt
- 3 F21) 11 Years: Black Belt
- 4 F22) 12 Years: White through Orange Belt
- 5 F23) 12 Years: Brown through Black Belt
- 6 F24) 13 Years: White through Purple Belt
- 1 F25) 13 Years: Blue through Green Belt
- 2 F26) 13 Years: Brown through Black Belt
- 3 F27) 14-15 Years: Orange through Blue Belt
- 4 F28) 14 Years: Brown Belt
- 5 F29) 14-15 Years: Black Belt
- 6 F30) 16-18 Years: Brown through Black Belt

\*No modifications to form, nor combining forms or sets will be allowed.

### ADULT 5.0 FORMS

**RING #**

- 1 F31) 11-14 Years: Junior Black/Adult White-Orange Belt
- 2 F32) 11-14 Years: Junior Black/Adult Purple-Green Belt
- 3 F33) 13-14 Years: Junior Black/Adult Brown-Black Belt
- 4 F34) 15-16 Years: Junior Black/Adult White-Purple Belt
- 5 F35) 15-17 Years: Junior Black/Adult Brown-Black Belt
- 6 F36) 17+ Years: White-Green Belt
- 1 F37) 18-39 Years: Junior Black/Adult Blue-Black Belt
- 2 F38) 18-39 Years: 2<sup>nd</sup> Black-5<sup>th</sup> Black Belt
- 3 F39) 40+ Years: Brown-1<sup>st</sup> Black Belt
- 4 F40) 40+ Years: 3<sup>rd</sup> Black-6<sup>th</sup> Black Belt

\*No modifications to form, nor combining forms or sets will be allowed.



## SELF-DEFENSE

### RING #

- 1 SD1) 6 Years & Under: White through Yellow Belt
- 2 SD2) 6 Years & Under: Orange Belt
- 3 SD3) 7 Years: White through Orange Belt
- 4 SD4) 7 Years & Under: Purple Belt
- 5 SD5) 8 Years: White through Orange Belt
- 6 SD6) 8 Years: Purple Belt
- 1 SD7) 9 Years & Under: Blue through Green Belt
- 2 SD8) 9 Years & Under: Brown Belt
- 3 SD9) 9 Years: White through Orange Belt
- 4 SD10) 10 Years: White through Purple Belt
- 5 SD11) 10 Years: Blue through Green Belt
- 6 SD12) 10 Years: Brown Belt
- 1 SD13) 11 Years: White through Purple Belt
- 2 SD14) 11 Years: Blue through Green Belt
- 3 SD15) 11 Years: Brown Belt
- 4 SD16) 12 Years: White through Orange Belt
- 5 SD17) 12 Years: Brown Belt
- 6 SD18) 12 Years & Under: Black Belt
- 1 SD19) 13 Years: Orange through Blue Belt
- 2 SD20) 13 Years: Brown through Black Belt
- 3 SD21) 14 Years: Brown Belt
- 4 SD22) 14 Years: Black Belt
- 5 SD23) 14-17 Years: Orange through Blue Belt
- 6 SD24) 15 Years: Black Belt
- 1 SD25) 16 Years: Brown Belt
- 2 SD26) 16-17 Years: Black Belt
- 3 SD27) 18+ Years: White through Green Belt
- 4 SD28) 18-29 Years: Black Belt
- 5 SD29) 30+ Years: Black Belt

\*Must compete with highest ranking between Kids, Teens, or Adult Programs.



## 5.0 FIGHTING

### RING #

### 17 & UNDER!

- S1) Female - White - Green Belt - 54 lbs & Under  
 S4) Female - White - Green Belt - 55 - 66 lbs  
 S7) Female - White - Green Belt - 75 - 95 lbs(Age 8-9)  
 S10) Female - White - Green Belt - 80 - 103 lbs(Age 10-11)  
 S13) Female - White - Green Belt - 91 - 118 lbs(Age 11-13)  
 S16) Female - Brown Belt - 88 - 108 lbs(Age 9-11)  
 S19) Female - Brown - Black Belt - 81 - 125 lbs(Age 12-13)  
 S22) Female - Blue - Black Belt - 115 - 140 lbs(Age 13-15)  
 S25) Female - Black Belt - 133 lbs & Above
- S2) Male - White - Green Belt - 61 lbs & Under  
 S3) Male - White - Green Belt - 67 - 81 lbs  
 S5) Male - White - Green Belt - 46-55 lbs(Age 8)  
 S6) Male - White - Green Belt - 56-58 lbs(Age 8)  
 S8) Male - White - Green Belt - 64-73 lbs(Age 8)  
 S9) Male - White - Green Belt - 88-95 lbs(Age 7-8)  
 S11) Male - White - Green Belt - 56-71 lbs(Age 9-10)  
 S12) Male - White - Green Belt - 73-91 lbs(Age 9-10)  
 S14) Male - White - Green Belt - 98-111 lbs(Age 10)  
 S15) Male - White - Green Belt - 75-88 lbs(Age 11)  
 S17) Male - White - Green Belt - 112-128 lbs(Age 11)  
 S18) Male - White - Green Belt - 110-123 lbs(Age 12)  
 S20) Male - White - Green Belt - 185 - 192 lbs (Age 12-13)  
 S21) Male - White - Green Belt - 86 - 110 lbs(Age 13)  
 S23) Male - White - Green Belt - 130 - 135 lbs(Age 11-13)  
 S24) Male - White - Green Belt - 116-149 lbs(Age 14-16)  
 S26) Male - Brown - Black Belt - 58-70 lbs(Age 9-10)  
 S27) Male - Brown - Black Belt - 80 - 94 lbs(Age 8-10)  
 S28) Male - Brown - Black Belt - 68- 78 lbs(Age 11)  
 S29) Male - Brown - Black Belt - 84 - 96 lbs(Age 11)  
 S30) Male - Brown - Black Belt - 67- 89 lbs(Age 12-13)  
 S31) Male - Brown - Black Belt - 106- 121 lbs(Age 11)  
 S32) Male - Brown - Black Belt - 146- 158 lbs(Age 10-11)  
 S33) Male - Brown - Black Belt - 96- 106 lbs(Age 12-13)  
 S34) Male - Brown - Black Belt - 115- 131 lbs(Age 12-13)  
 S35) Male - Brown - Black Belt - 84- 95 lbs(Age 14)  
 S36) Male - Brown - Black Belt - 104- 114 lbs(Age 14)  
 S37) Male - Brown - Black Belt - 137- 148 lbs(Age 14)  
 S38) Male - Brown - Black Belt - 107- 121 lbs(Age 15-16)  
 S39) Male - Brown - Black Belt - 130- 142 lbs(Age 15-16)  
 S40) Male - Brown - Black Belt - 150- 160 lbs(Age 15-17)  
 S41) Male - Brown - Black Belt - 162- 195 lbs(Age 13-14)  
 S42) Male - Brown - Black Belt - 185- 199 lbs(Age 15)  
 S43) Male - Brown - Black Belt - 210- 222 lbs(Age 16)

## 5.0 FIGHTING

### RING #

### 18 & OVER!

- S47) Female - Black Belt - 123 - 130 lbs  
 S50) Female - Black Belt - 150 - 187 lbs
- S44) Male - White - Green Belt - 165 - 201 lbs  
 S45) Male - Brown - Black Belt - 139 - 150 lbs  
 S46) Male - Brown - Black Belt - 160 - 176 lbs  
 S48) Male - Brown - Black Belt - 200 - 210 lbs  
 S49) Male - Green - Black Belt - 235 - 255 lbs



## Frequently Asked Questions about the European Event

### How do I register for the event?

Please register online at [www.jeffspeakman.com/events](http://www.jeffspeakman.com/events) if you need assistance please contact your studio instructor or administrator.

### What if my rank and/or weight changes before the event?

For any change that will affect tournament divisions and/or seminar group, please discuss with your studio instructor. He/she will get the event administrator the correct information in a timely and organized manner.

### Do spectators have to pay?

No. Everyone can watch the test on Thursday and the tournament on Friday free of charge.

### What if I miss the event due to an emergency, do I get my money back?

Full refunds will be given until October 22, 2023. After that, there will only be 50% refunds.

### If I/my child decides not to participate in any tournament divisions, will we receive a refund?

No. After October 22, 2023 we cannot make any changes to the tournament divisions. If students drop out of divisions at check-in or the day of the tournament, we will not be able to add them back in. We also cannot make division swaps. So be sure you are certain what you'd like to compete in when signing up.

### What does the 'MMA Training' mean on the registration?

We would like to know if the participant has any mixed martial arts training outside of Kenpo 5.0. If they attend or attended any other studios or had any kind of Brazilian Jiu-Jitsu, Muay Thai, boxing, kickboxing training. We also need to know if the participant has had any amateur/professional fights; so they can be placed in the correct division according to their experience.