



**RHONDA "RIDGEHAND" ALEXANDER'S  
LIVING LEGEND**

**ALL FEMALE - WOMEN & GIRLS  
KARATE CHAMPIONSHIPS**

**When: October 11, 2025**

**Where: City Station Gym**

**2115 Maple Street**

**Carrollton, GA 30117**

**New Specialty Division  
CONTINUANCE FIGHTING**

**CASH \$ PRIZES FOR GRAND CHAMPIONS**

**Pre-Register by September 29th - Save Money**

**\$65 at the door for one event and \$10 for each additional event**

**Rhonda Alexander Posey - 678-232-1672**

**62 Holly St. Buchanan, GA 30113 • wendyalex5565@yahoo.com**

**Spend Time With The  
Living Legend  
Rhonda "Ridgehand" Alexander  
At An  
All Girls  
Seminar Tour 2024!**

**Contact For More Information:**

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**Rhonda Alexander Posey**

**678-777-4244**

**678-232-1672**

**wendyalex5565@yahoo.com**

**62 Holly St. Buchanan, GA 30113**

## PRE-REGISTRATION FORM

Now - September 29th: \$59 for one event and \$5 for each additional event  
Day of Event: \$65 for one event and \$10 for each additional event

Your registration form must be postmarked by September 29, 2025 to be valid.  
Send Form and Check to: Rhonda Alexander Posey, 62 Holly St. Buchanan, GA 30113

Free Fighting: \_\_\_\_ Forms: \_\_\_\_ Weapons: \_\_\_\_ Musical: \_\_\_\_ Breaking: \_\_\_\_

Continuous Fighting: \_\_\_\_ Team Fighters: \_\_\_\_

Please Check Belt Rank according to the following:

White \_\_\_\_ Yellow \_\_\_\_ Orange \_\_\_\_ Purple \_\_\_\_ Blue \_\_\_\_ Green \_\_\_\_ Red \_\_\_\_ Brown \_\_\_\_ Black \_\_\_\_  
(Beginners) (Intermediate) (Advanced)

Name: \_\_\_\_\_ Age: \_\_\_\_ M \_\_\_\_ F \_\_\_\_ Birth Date: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Email: \_\_\_\_\_ Phone: \_\_\_\_\_

Martial Art School: \_\_\_\_\_ Instructor: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

## WAIVER AND RELEASE OF LIABILITY

### PLEASE READ THE FOLLOWING AND SIGN:

In consideration of the promoters permission and acceptance granted to the competitors to participate in the event, I hereby assume all risk. I, my heirs, and executors, hereby release the director of this event. The owner Rhonda "Ridgehand" Alexander, Agent, Employees, and Volunteer workers, of any demands that my heirs, executors, administrators, or assignees may have against such parties, for all personal injuries known or unknown which the competitor may incur in this event. I understand that karate competition involves significant and substantial physical contact between participants and that the competitor may receive injuries as a result. I have read and understand this release and agree to all of its terms.

Signed: \_\_\_\_\_ Date: \_\_\_\_\_

Signed: \_\_\_\_\_ Date: \_\_\_\_\_

(If under 18, parent or legal guardian must sign and assumes complete responsibility)

SEND Pre-Registration to: Rhonda Alexander Posey - 62 Holly St. Buchanan, GA 30113  
Cashapp: \$RhondaRidgehand

## Living Legend Rhonda Ridgehand Alexander ALL FEMALE KARATE CHAMPIONSHIP

RING ASSIGNMENTS SUBJECT TO CHANGE.

### girls fighting

age 4 white-yellow  
age 4 green-above  
age 5 white-yellow  
age 5 green-above

age 6 white-yellow  
age 6 green-above  
age 7 white-yellow  
age 7 green-above

8-9 girls white-yellow

8-9 girls green-blue

8-9 girls brown-red  
8-9 black

10-11 girls white-yellow

10-11 girls green-blue

10-11 girls brown red  
10-11 black

12-13 girls white-yellow

12-13 girls green-blue

12-13 girls brown-red

12-13 girls black

14-15 girls white-yellow

14-15 girls green-blue

14-15 girls brown-red

14-15 girls black

16-17 girls white-yellow

16-17 girls green-blue

16-17 girls brown-red

16-17 girls black

### girls forms

age 4 white-yellow  
age 4 green-above  
age 5 white-yellow  
age 5 green-above

age 6 white-yellow  
age 6 green-above  
age 7 white-yellow  
age 7 green-above

8-9 white-yellow  
8-9 green-blue  
8-9 brown-red  
8-9 black

10-11 white-yellow  
10-11 green-blue  
10-11 brown-red  
10-11 black

12-13 white-yellow  
12-13 green-blue  
12-13 brown-red  
12-13 black

14-15 white-yellow  
14-15 green-blue  
14-15 brown-red  
14-15 black

16-17 white-yellow  
16-17 green-blue  
16-17 brown-red  
16-17 black

### youth weapons

age 7 & under white-yellow  
age 7 & under green-blue  
age 7 & under brown-red  
age 7 & black

age 8-9 white-yellow  
age 8-9 green-blue  
age 8-9 brown-red  
age 8-9 black

age 10-11, 12-13 white yellow  
age 10-11, 12-13 green-blue  
age 10-11, 12-13 brown-red  
age 10-11, 12-13 black

age 14-17 white-yellow  
age 14-17 green-blue  
age 14-17 brown-red  
age 14-17 black

### special divisions

Adapted  
youth musical forms white-yellow  
youth musical forms green-brown  
youth musical forms blackbelts  
youth musical weapons all ranks  
adult blackbelt musical  
Self Defense  
Demonstration  
Breaking

### team fighting

age 6-9  
age 10-13  
age 14-17  
under blackbelts adults  
black belts

### adult under blackbelt weapons

age 18-29 white-yellow  
age 18-29 green-blue  
age 18-29 brown-red  
age 30 & over white-yellow  
age 30 & over green-blue  
age 30 & over brown-red

### women under blackbelt

age 18-29 fighting  
white-yellow  
green-blue  
brown-red  
new women under  
blackbelt fighting division

1. (30-39) white-yellow  
2. (30-39) green-blue  
3. (30-39) brown-red  
4. (40-49) white-yellow  
5. (40-49) green-blue  
6. (40-49) brown-red  
7. (50+) white-yellow  
8. (50+) green-blue  
9. (50+) brown-red

### adult blackbelt forms

women 18-29  
women 30 and up  
soft style  
70 and up

### adult blackbelt weapons

women all ages  
70 and up

### continuous fighting

youth, women

### women forms

age 18-29  
white-yellow  
green-blue  
brown-red

age 30 and over  
white-yellow  
green-blue  
brown-red

### adult blackbelt fighting

#### women 18-29

149 and under  
150-169  
170-189  
190-and over

#### women 30-39

159 and under  
160-179  
180-and over

#### women 40-49

159 and under  
160-179  
180-and over

#### women 50-69

women  
125 and under  
over 125 lbs.  
seniors 70 and up