

2023 AN/CM Regional Special Technique Requirements



Male 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	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

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

Male 4 th -1 st 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

Female 4 th -1 st 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