



Official Program

K1 Abu Dhabi Sport & Fitness Expo Championship 2022 17 -18 Dec 2022

The UAE Muay Thai and Kickboxing Federation and Abu Dhabi Sport & Fitness Expo will happy to announce K1 Abu Dhabi Sport & Fitness Expo Championship 2022 between 17 - 18 Dec 2022 at Abu Dhabi National Exhibition Centre (ADNEC) Hall 5.

K1 Official Program

16 Dec 2022 Friday		
Medical and Weigh-in Abu Dhabi – Federation (15 – 16 Year old) (17 – 18 Years old) (19 – 40 Years old)	4:00 PM – 8:00 PM	الفحص الطبي و الميزان أبوظبي- الاتحاد (15 – 16 Year old) (17 – 18 Years old) (19 – 40 Years old)
17 Dec 2022 Saturday		
Bouts starts Abu Dhabi National Exhibition Centre (ADNEC) Hall 5	12:00 PM - 6:00 PM	بداية النزالات مركز أبوظبي الوطني للمعارض – صالة ه
18 Dec 2022 Sunday		
Bouts starts Abu Dhabi National Exhibition Centre (ADNEC) Hall 5	12:00 PM - 6:00 PM	بداية النزالات مركز أبوظبي الوطني للمعارض – صالة ه

Registration is open only to [UAE Federations GYM Members](#) contact your gym to register on this competition.

[The K1 Abu Dhabi Sport & Fitness Expo Championship 2022 between 17 - 18 Dec 2022 at Abu Dhabi National Exhibition Centre \(ADNEC\) Hall 5.](#)

For more Info about the competition :

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UAE Muay Thai & Kickboxing Federation



UAE MUAY THAI & KICK BOXING
FEDERATION



Division of the competition*

KG	15-16 Male	15-16 Female
-36		✓
-40		✓
-42	✓	
-44		✓
-45	✓	
-48	✓	✓
-51	✓	
-52		✓
-54	✓	
-56		✓
-57	✓	
-58		
-60	✓	✓
+60		✓
-63.5	✓	
-67	✓	
-71	✓	
-75	✓	
-81	✓	
+81	✓	

KG	17-18 Male	17-18 Female
-48		✓
-51	✓	
-52		✓
-54	✓	
-56		✓
-57	✓	
-60	✓	✓
-63.5	✓	
-65		✓
-67	✓	
-70		✓
+70		✓
-71	✓	
-75	✓	
-81	✓	
-86	✓	
-91	✓	
+91	✓	

KG	19-40 Male	19-40 Female
-48		✓
-51	✓	
-52		✓
-54	✓	
-56		✓
-57	✓	
-60	✓	✓
-63.5	✓	
-65		✓
-67	✓	
-70		✓
+70		✓
-71	✓	
-75	✓	
-81	✓	
-86	✓	
-91	✓	
+91	✓	

*For any clarification of K1 amateur rule, please see page 149: <https://wako.sport/wp-content/uploads/2022/10/WAKO-Rules-25.10.2022.-revision-3.pdf>