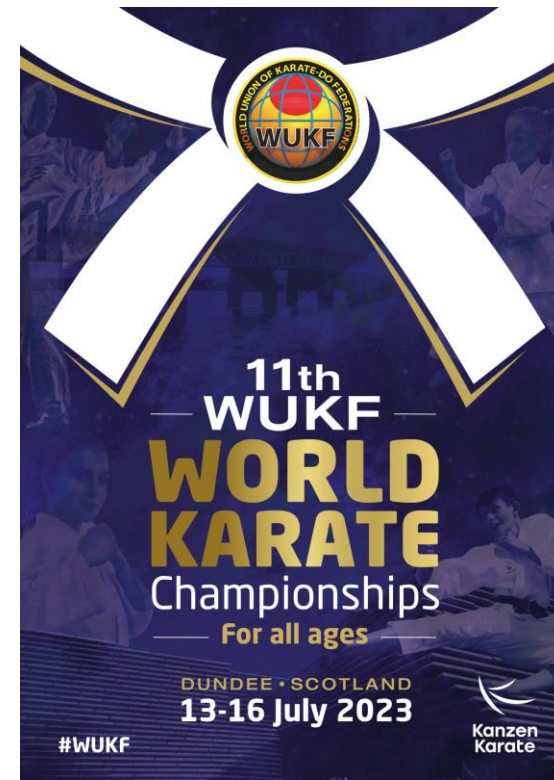
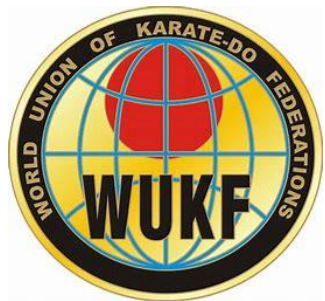


2023 WUKF WORLD CHAMPIONSHIPS

AAU/USA Team Meeting





MEETING AGENDA

- Introduction to AAU/USA Team
- Air Travel
- Team apparel
- Team Communication
- Housing, Meals and Team Practice
- Event Schedule
- Competition Schedule
- Cultural Tour/Activities
- Walkthrough Athlete Competition Flow
- WUKF Rules – Equipment Only
- Questions and Answer

INTRODUCTION TO AAU/USA TEAM



2023 AAU-USA TEAM: WUKF - SCOTLAND

- 123 x AAU Athletes
- 85 x AAU Parents
- AAU Support Staff
 - ❑ Sensei Jo Mirza – AAU Karate President & WUKF Vice President
 - ❑ Jennifer Miles – AAU Sr. Sports Manager
 - ❑ 1 x AAU Team Medic
 - ❑ 4 x AAU Referee Council
 - ❑ 4 x AAU National Referees
 - ❑ 4 x AAU National Coaches Committee
 - ❑ 8 x AAU National Coaches
 - ❑ 2 x AAU Team Captains





TEAM EXPECTATIONS

- Athlete – Competition Ready
- Coach – Complete WUKF Online Exam
- Knowledge of WUKF Rules
- Kumite Equipment
- Being punctual
- Respect/etiquette
- Athlete Code of Conduct
 - Mandatory to complete Code of Conduct
- Athlete Performance
- Team curfew



TEAM EXPECTATIONS

- **Attend all mandatory training and team events (AAU Nationals and Scotland)**
 - **Attend the following at AAU Nationals:**
 - Medic Check - TBD**
 - Kobudo Check - TBD**
 - Weight/Height Check (Kumite Only) - TBD**
 - Team Apparel Pick-Up - TBD**
 - Mandatory Meeting – Saturday, July 8 (Time – TBD)**
 - **Times/dates will be communicated via Signal App**

AIR TRAVEL



Air Travel

➤ Meeting at Hub (FLL)

- TBD – will provide details during onsite meeting at 2023 Nationals
- Everyone must arrive on their own to the Hub

➤ AAU Team divided into 3 different flight itineraries

- Email was sent from Jennifer Miles
- If you did not receive your itinerary, email Jennifer Miles (jennifer@aausports.org)

➤ AAU Team Arrival and Departure

- Depart Hub – Monday, July 10 and arriving in Edinburgh Airport Tuesday, July 11
- AAU Team Departure: Depart Edinburgh – Monday, July 17 and arriving to Hub (unless otherwise discussed with Jennifer)



Air Travel

➤ Travel Tips

- Don't forget Passport
- Review carry-on size and checked bag weight for international travel
- Carry-On (1 day of clothes/ Compulsory Karate Equipment)
- Pack medication/prescriptions (if applicable)
- Stay hydrated and bring snacks
- Bring cell phone chargers
- Wear comfortable clothes (compression socks)
- Walk every 2 hours during flight (when permissible)
- Bring currency (Pound sterling) & currency exchange
- Bring power adapter for Scotland (Type G)
- Check your kobudo weapon (short/long) – if applicable

1 United States Dollar equals

0.79 Pound sterling

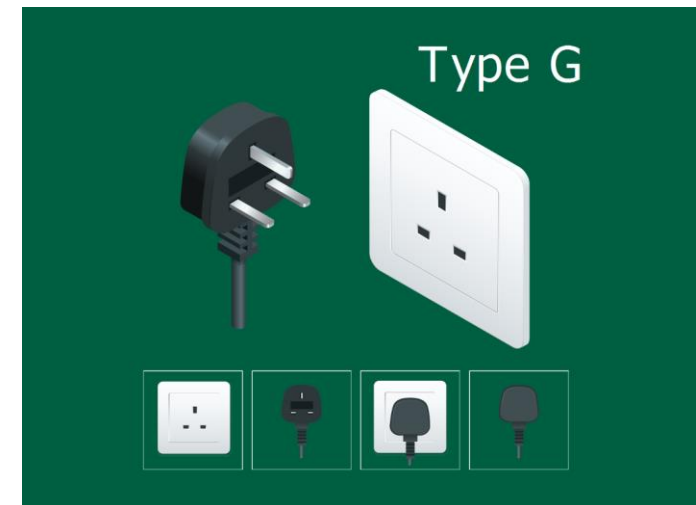
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United States Dollar ▼

0.79

Pound sterling ▼



AAU/USA TEAM APPAREL



ED KARATE mpionships



ATHLETE TEAM APPAREL



- ▶ **AAU/USA Team Jacket (sneak peek)**
 - **Pick-Up at AAU Nationals: Date/Time – TBA**
- ▶ **AAU/USA Swag**
- ▶ **Non-Federation affiliated clothing/bag**
- ▶ **Black bottoms/leggings/joggers/sweats**
- ▶ **No shorts during competition**
- ▶ **Training Gi (1), Competition Gi's (Kata/Kumite)**
- ▶ **Bring US Flag for medal ceremonies**
- ▶ **Bring AAU or USA related clothing for Opening Ceremonies**
- ▶ **Gym shoes**

COACH TEAM APPAREL



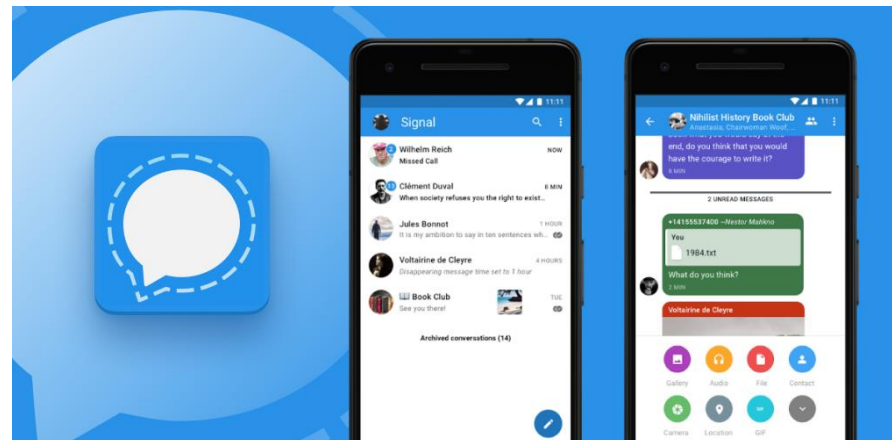
- ▶ **AAU/USA Team Jacket**
 - Pick-Up at AAU Nationals: Date/Time – TBA
- ▶ **Non-Federation affiliated clothing**
- ▶ **AAU Coach Red Polo Shirt**
 - Note: if you do not have one, please purchase through the following link: <https://merchlink.com/products/aau-karate-coaching-polos>
- ▶ **Black bottoms/leggings/joggers/sweats**
- ▶ **Bring US Flag**
- ▶ **Black or White Gym shoes**

TEAM COMMUNICATIONS



TEAM COMMUNICATIONS

- International phone service (Coaches mandatory)
- Official AAU/USA Team Method of Communication: Signal Mobile App
- Invite will be sent out via email before Monday, July 3
- 3 Separate Group Chats
 - Coaches Committee (2-way chat)
 - Coaches Committee/Coaches/Referees/Parent Volunteers (2-way chat)
 - Coaches Committee/Athletes/Parents (1-way chat)



TEAM COMMUNICATIONS

➤ Communication Strategy - Daily Team

Meetings

- AAU Coaches Committee & Referee Council Meeting
- AAU National Coaches Meetings
- AAU ALL Team Meetings

Mon, Sept 20 (Day 0): Team Travel at Hub (ORD Airport)

12:45p - 01:00p: Coaches & Officials Meeting at Terminal 1 Lufthansa Counter

- Discuss daily agendas
- Distribute EUROS
- Distribute printed Team documents (Team Roster & Scoring Sheets)
- Q&A

01:00p - 02:00p: Team arrival at Terminal 1 Lufthansa Counter

- Meet and greet
- Meeting with Coaches (15 mins)
 - Introductions (Officials & Coaches)
 - Walkthrough Daily Agendas
 - Discuss Travel Security (travel docs, Buddy System, Team Count-Off, use of CC/cash, Team Bubble, etc)
 - Emergency Contact Info
 - All issues must be reported to Sensei Omar and Jennifer
 - Athlete Warm-Ups while traveling
 - Intro to Group Project
- Coaches will check-in Athletes using Athlete Checklist
- Register checked bags at Lufthansa counter
- Obtain boarding passes (electronic/printer)
- Head to TSA Security utilizing Buddy System after meeting and checking bags

02:00p - 02:45p: TSA Security & Lufthansa Gate

- Pass TSA security
- Purchase water for plane
- Purchase food/snacks for plane
- Explore shops near gate using Buddy System (time permitting)
- Team arrival at Gate no later than 02:45p

02:45p - 04:00p: Gate & Boarding at ORD Lufthansa Gate

- Team arrival at Gate
- Work on Group Project (time permitting)
- Prior to boarding check possession of travel docs (passport, vac card, etc)
- Board plane
- While on plane, must hydrate, eat & walk every 2 hours (Coaches/Parents will monitor Athletes)



HOUSING, MEALS & TEAM PRACTICE

AAU/USA TEAM HOUSING

- **Saint Andrews University**
- **Driving distance from Edinburgh Airport: 1-hour drive**
- **Driving distance from venue (Dundee Ice Arena): 25-minute drive**
- **Access to grocery store and restaurants (5 – 15 minutes)**
- **Access to medical facility near Dundee Ice Arena (7 minutes)**





MEALS & TEAM PRACTICE

- **Breakfast and dinner at Saint Andrews University**
- **Lunch will be packed**
- **Routine scheduled team practice (TBA)**
- **All meals and team related events are mandatory**

**COMPETITION
SCHEDULE, CULTURAL
EXPERIENCE & WUKF
RULES**



WUKF SCOTLAND VENUE

- Dundee Ice Arena
- 25 minutes away from Saint Andrew University



WUKF HOST HOTEL

- **Apex City Quay Hotel**
- **Location of the following:**
 - **Athlete registration**
 - **Athlete height check (Childrens Category: 12 years old)**
 - **Athlete weight check (Mini-Cadets through Veterans)**
 - **Coaches Meeting**
 - **Referee Meeting**

- **11 minute drive from Dundee Ice Arena**

- **20 minute drive from Saint Andrew University**



WUKF EVENT SCHEDULE



GENERAL PROGRAM

11th WUKF World Karate Championships for All Ages City of Dundee – Scotland



REGISTRATION	TUESDAY	11 th July	11:00 - 17:00	Competitors, officials, and referees (Passports and weight check)	APEX CITY QUAY HOTEL 1 West Victoria Dock Road, Dundee, DD1 3JP
	WEDNESDAY	12 th July	09:00 - 15:00		
REFEREE SEMINAR	WEDNESDAY	12 th July	09:00 to 17:00	Seminar and Practical Work	MARRYAT HALL Caird Hall, City Square, Dundee, DD1 3BB
COACHES SEMINAR	WEDNESDAY	12 th July	13:00 to 15:00	PROGRAM: All Coaches (Mandatory) 1. Proposal of the next WUKF Events 2. Presentation of the Competition Procedures 3. Meeting Referee – Coaches	APEX CITY QUAY HOTEL 1 West Victoria Dock Road, Dundee, DD1 3JP
SEMINARS	WEDNESDAY	12 th July	09:00 to 12:15	Master Ken & Christophe Pinna	APEX CITY QUAY HOTEL 1 West Victoria Dock Road, Dundee, DD1 3JP
WUKF CONGRESS (PRESIDENTS ONLY)	WEDNESDAY	12 th July	16:00 to 17:00	All Presidents	APEX CITY QUAY HOTEL 1 West Victoria Dock Road, Dundee, DD1 3JP
OFFICIAL WELCOME DINNER	TUESDAY	11 th July	19:00 to 20:30	All Presidents, Referees and Officials – Invite Only	APEX CITY QUAY HOTEL 1 West Victoria Dock Road, Dundee, DD1 3JP
VIP RECEPTION	WEDNESDAY	12 th July	18:00 to 19:00	Reception with Lord Provost of Dundee – Invite Only	DUNDEE CITY HALL City Square, Dundee, DD1 3BY
OPENING CEREMONY	THURSDAY	13 th July	18:00 to 19:15	All athletes, coaches, teams to attend	SPORT HALL DUNDEE ICE ARENA Dundee Ice Arena, Camperdown Leisure Complex, Dundee, DD2 3SQ

WUKF COMPETITION SCHEDULE

WUKF World Karate Championships - Dundee, Scotland			
THURSDAY 13TH JULY 2023			
VETERANS	KATA	INDIVIDUAL & TEAMS	MALE/FEMALE
VETERANS	KUMITE	INDIVIDUAL & TEAMS	MALE/FEMALE
CADETS	KATA	OPEN	MALE/FEMALE
CADETS	KATA	TEAMS	MALE/FEMALE
CADETS	KATA	INDIVIDUAL	MALE/FEMALE
JUNIORS	KATA	OPEN	MALE/FEMALE
JUNIORS	KATA	TEAMS	MALE/FEMALE
JUNIORS	KATA	INDIVIDUAL	MALE/FEMALE
SENIORS	KATA	OPEN	MALE/FEMALE
SENIORS	KATA	TEAM	MALE/FEMALE
SENIORS	KATA	INDIVIDUAL	MALE/FEMALE
MEDAL CEREMONY IMMEDIATELY AFTER THE FINISH OF CATEGORY			
18:00 OPENING CEREMONY			
FRIDAY 14TH JULY 2023			
CADETS	KUMITE	OPEN	MALE/FEMALE
CADETS	KUMITE	TEAMS	MALE/FEMALE
CADETS	KUMITE	INDIVIDUAL	MALE/FEMALE
JUNIORS	KUMITE	OPEN	MALE/FEMALE
JUNIORS	KUMITE	TEAMS	MALE/FEMALE
JUNIORS	KUMITE	INDIVIDUAL	MALE/FEMALE
SENIORS	KUMITE	OPEN	MALE/FEMALE
SENIORS	KUMITE	TEAMS	MALE/FEMALE
SENIORS	KUMITE	INDIVIDUAL	MALE/FEMALE
CHILDRENS	KOBUDO	SHORT/LONG WEAPONS	MALE/FEMALE
MINI CADETS	KOBUDO	SHORT/LONG WEAPONS	MALE/FEMALE
MEDAL CEREMONY IMMEDIATELY AFTER THE FINISH OF CATEGORY			

SATURDAY 15TH JULY 2023			
CHILDRENS	KATA	INDIVIDUAL	MALE/FEMALE
CHILDRENS	KATA	TEAMS	MALE/FEMALE
MINI CADETS	KUMITE	INDIVIDUAL	MALE/FEMALE
MINI CADETS	KUMITE	TEAMS	MALE/FEMALE
CADETS	KOBDUO	SHORT/LONG WEAPONS	MALE/FEMALE
JUNIORS	KOBUDO	SHORT/LONG WEAPONS	MALE/FEMALE
SENIORS	KOBUDO	SHORT/LONG WEAPONS	MALE/FEMALE
VETERANS	KOBUDO	SHORT/LONG WEAPONS	MALE/FEMALE
MEDAL CEREMONY IMMEDIATELY AFTER THE FINISH OF CATEGORY			
SUNDAY 16TH JULY 2023			
INCLUSIVE KARATE	ALL	KATA/COMBAT/KOBUDO	MALE/FEMALE
CHILDRENS	KUMITE	INDIVIDUAL	MALE/FEMALE
CHILDRENS	KUMITE	TEAMS	MALE/FEMALE
MINI CADET	KATA	INDIVIDUAL	MALE/FEMALE
MINI CADET	KATA	TEAMS	MALE/FEMALE
MEDAL CEREMONY IMMEDIATELY AFTER THE FINISH OF CATEGORY			

ATHLETE COMPETITION FLOW

- Team arrival, staging to competition
- Utilize Signal App to communicate between Coaches/Athletes/Parents
- Utilize Coaching Ring Assignments
- Utilize Parent Volunteers for writing scores and videoing matches



CULTURAL EXPERIENCE



WUKF RULES



UNIFORMS: Competitor

NEW RULE CHANGE



Country badge

Max 10cm

Federation logo

WUKF logo



Sponsorship

advertising logo

panel

Max 30cm x 15cm

0123

0123

Clean, white Karate-Gi (jacket and pants), with the exception in Kobudo categories.

Competition number CAN be worn on the back of the Gi-jacket.

IT IS NOT COMPULSORY.

Won't be disqualified if the number falls.

If requested, the competitor and/or coach must be able to show it before the category or pool starts.



NOT ALLOWED



NO other world karate body logos or blue equipment.

WUKF stickers will be supplied to cover it at the tatami.

UNIFORMS: Competitor



KATA

Sleeves must reach halfway down the forearm and must not be longer than the bend of the wrist.

Jacket must cover the hips, but not reach the knees.

Belt must leave around 15-30 cm of extra length, but it must not reach the knees.

Pants must cover two-thirds of the shin and must not reach the anklebone.



KUMITE

Muslim women may use a **white Scarf or Chador**.

Female competitors can wear a **plain white t-shirt** under the jacket.

Kata - wear a **belt** of their own grade.

When **flags** are used - wear a **red/white belt**.

The sleeves & trousers **must NOT be rolled up**.

NO other world karate body badges on belt, pants, jacket or equipment.



UNIFORMS: Coaches

NEW RULE CHANGE



Example



Official
Style or
Federation
Badge

ID card

Coaches must wear a national tracksuit (or trousers and national polo/golf shirt).

FORBIDDEN FOR A COACH TO WEAR whilst Coaching:

- Karate Gi, even if they have a tracksuit jacket over it
- Tracksuit jacket **around the hips**
- **Shorts**
- Have **backpacks, camera, other badges, phones**, etc.

PS: You can keep your draw sheet/notepad and pen/pencil with you while coaching.

Coaches are **NOT ALLOWED TO ASSIST COMPETITORS** to wear or adjust their Karate-Gi or other clothes.

PS: If the referee gives permission, a Coach may assist children.



2 MINUTES to change if improperly dressed.

If **not able to change** his/her uniform, the Referee will **invite him/her to leave the match area.**

EQUIPMENT



MITTS: White and/or red, corresponding to the colour of their kumite-belt for that round.

PS: Traditional white material mitts can be used for Ippon kumite.

GUM SHIELDS: White / Transparent (Clear/Colourless)

GROIN PROTECTORS: Worn under the Gi.

CHEST PROTECTORS: Female Mini-Cadet, Cadet, Junior, Senior and Veteran kumite. White in colour or colourless (transparent) and worn UNDER the Gi.



BODY PROTECTOR: Children Nihon Kumite. White or double face red/white. It can be worn OVER the Gi.

HEAD GUARD: Children Nihon Kumite. White (or red to correspond to the colour of their kumite belt for that round).

Logos of other World Karate Bodies are NOT ALLOWED on uniforms or equipment!
It must be removed / covered with WUKF stickers provided at tatami. DON'T COVER IT WITH TAPE!

EQUIPMENT: Compulsory & Allowed

NEW RULE CHANGE



COMPULSORY

- **Mitts:** Nihon, Sanbon & Ippon (special WUKF ippon mitts or similar models, like traditional flat white material mitts)
- **Gum shields:** Sanbon & Ippon
- **Groin protectors:** Males Nihon, Sanbon & Ippon
- **Chest protectors:** Females Sanbon & Ippon
- **Body protectors:** Children Nihon
- **Helmets/Head Guard:** Children Nihon
- **WHITE Instep protectors:** Nihon & Sanbon (Red Instep allowed for AKA competitor)

ALLOWED

- **Sport glasses** (approved by the doctor of the competition) or contact lenses at their own risk during kata and kumite.
- **Gum shields:** Nihon
- **Shin protectors:** Nihon & Sanbon (white or red if AKA)



EQUIPMENT: Forbidden & Special

NEW RULE CHANGE



FORBIDDEN

- **Spectacles** (glass or hard plastic) for kumite.
- **Shin protectors** and/or **Instep shin protector** for Ippon.



NO blue equipment.

MEDICAL AND SPECIAL ITEMS

- It's mandatory that the **Coach informs the Competition Doctor** about any **item or medical device** (pacemaker, surveillance device, contact lenses, etc.) that a competitor wears.
- If the **referee discovers** an **item that is unauthorised by the WUKF Doctor** the competitor will be **disqualified**.
- Competitors need the **written approval of the Competition Doctor to wear special glasses or any special item and devices** (see 5.9.1).

PS: It must also be written on the competitor's ID badge

NAILS, METALLIC OBJECTS, HAIR & BANDAGES

- Finger and toenails **SHORT** (*PS: Nail polish is allowed on nails*)
- **No METALLIC** objects or **false eyelashes**
- Hair **CLEAN AND CUT OR TIED UP** (not obstruct their performance or put them at risk)
- Can wear **DISCREET HAIR CLIPS** (not metallic) during a Kata.
- **No HACHIMAKI** (Japanese headband), amulets or wristbands.

- Competition Doctor's **MUST APPROVE** the wearing of **BANDAGES** or **SUPPORTS**.

PS: The Doctor's approval must be written on the competitor's ID badge in order for referees to refer to it.



