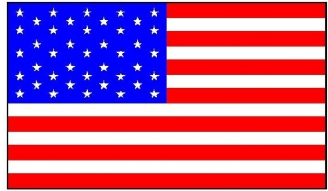


*Fun competitive  
experience in a safe  
environment*

*Electronic scoring  
Matted Rings*



# TAEKWONDO

## **AAU REGIONAL CHAMPIONSHIP**

**TACOMA, WA • SATURDAY, APRIL 30, 2011**

**WINNERS GYM**

**810 East Harrison • Tacoma, WA 98404**

**Sanctioned By: The Amateur Athletic Union of the United States**

**Hosted By: The AAU Pacific Northwest Association**

We would like to welcome everyone to the Pacific Northwest Tae Kwon Do AAU Regional Championship. Thank you all for your support and participation which has made our previous championships successful. This year we are inviting martial artists from all over the Northwest and we would like to extend a warm welcome to each and everyone of you. Our primary goal at this event is to promote a spirit of GOODWILL amongst all martial artists. Our divisions have been arranged to give a fair and safe learning opportunity to all competitors. We hope that this is a great event for all of you and we will try to make this a memorable and enjoyable Championship.

Good luck to all of you,  
Best wishes,  
Master Ric Gordon

All qualifying competitors must be registered with the AAU for the 2010-2011 year. AAU members have personal injury coverage. Annual dues are \$12.00 for youths and \$22.00 for adults. This is an AAU National qualifier competition. Only AAU sanctioned and qualifying events will advance to the AAU Nationals See tournament director for details. All competitors, coaches and officials must be current Individual Members of the AAU and must present their membership card at check-in.

Tournament Director:	Master Ric Gordon	Method of Payment:	<input type="checkbox"/> Cash <input type="checkbox"/> Check (Make checks payable to NWTKD Association)
Date:	Saturday, April 30, 2011	Proceeds:	Go to support AAU schools and local organizations that promote the well-being and fitness of youths and families.
Place:	Winners Gym 810 East Harrison Street Tacoma, WA	Admission Fee:	\$5.00. Ages 5 and under get in free.
Time:	Doors open / Check-in begins at 8:00 am Officials meeting begins at 8:30 am Competition begins at 9:00 am		

Entry Fee: \$50.00 for all registrations received prior to April 16, 2011  
\$60.00 for all registrations received prior to April 23, 2011

Events: Poomse: Olympic - Tae-Geuk, Pal-Gwe, Pinans  
Sparring: Olympic Style - Full Contact

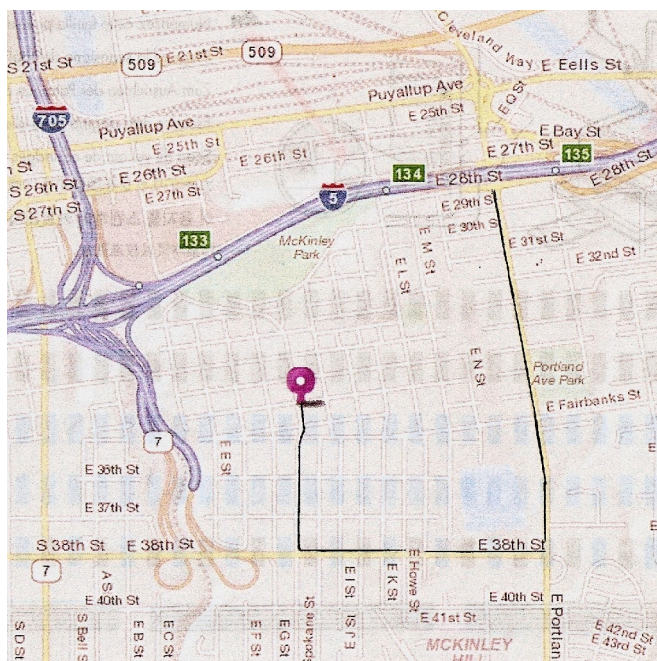
Sparring Rules: Youth & Adult: White, Yellow, Orange, Purple, Green, Blue and Brown Belts.  
(Olympic Style-Full Contact) AAU Jr. Olympic Championship rules will apply.  
1 - No heavy face contact, kicking only, no punches.  
2 - Body contact with protectors.  
3 - No groin attacks.

Adult: Red and Black Belts.  
AAU Olympic Championship rules will apply  
1 - Face contact, kicking only, no punches.  
2 - Body contact with protectors.  
3 - No groin attacks

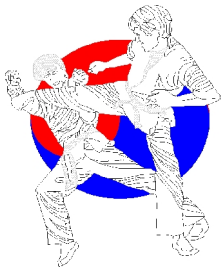
Sparring Rounds: Colored Belts -1 minute 30 seconds, 2 rounds  
Black Belts - 2 minutes 00 seconds, 2 rounds  
( 30 second rest period between rounds. All belts)

REQUIRED EQUIPMENT: UNIFORM, FOREARM, SHIN AND INSTEP GUARDS. HEAD AND CHEST PROTECTION. MOUTH GUARD AND GROIN PROTECTION.

Winners: Qualify to compete at the AAU Nationals and Junior Olympic events.



Directions:  
North bound I-5: Exit 134 to Portland Ave. Turn right onto Portland Ave.  
South bound I-5: Exit 135 to Portland Ave. Turn left onto Portland Ave.  
1. Take Portland Ave. to E. 38th St. Turn right onto 38th.  
2. Take E. 38th St. to E. McKinley Ave. Turn right onto E. McKinley Ave.  
3. Take E. McKinley Ave. to E. Harrison St. Turn right onto E. Harrison St. and arrive at Winners Gym. Parking available across the street in the church parking lot.



**2011 PACIFIC NORTHWEST  
AAU REGIONAL CHAMPIONSHIP**  
April 30, 2011 • Tacoma, Washington



**INDIVIDUAL COMPETITOR'S APPLICATION**  
(Please print or type)

Last Name: \_\_\_\_\_ First Name: \_\_\_\_\_ M.I.: \_\_\_\_\_  
 Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_  
 Home Phone: \_\_\_\_\_ Email: \_\_\_\_\_  
 Date of Birth: \_\_\_\_\_ Age: \_\_\_\_\_ Gender: \_\_\_\_\_ Dan Rank: \_\_\_\_\_  
 School Name: \_\_\_\_\_ Head Instructor: \_\_\_\_\_  
 School Address: \_\_\_\_\_ School Phone: \_\_\_\_\_  
 Competition Weight: \_\_\_\_\_ lbs. (Black Belt competitors will weigh-in) Competition Rank: \_\_\_\_\_  
 AAU Association Name: \_\_\_\_\_ AAU #: \_\_\_\_\_

Pre-Registration: Completed application must have a postmark date no later than April 23, 2011.  
 Prior to April 16, 2011 Competition Fee: 1 - 2 Events \$50.00, Additional Events \$10.00 each.  
 Prior to April 23, 2011 Competition Fee: 1 - 2 Events \$60.00, Additional Events \$15.00 each.

NO REGISTRATION AT THE DOOR  
(ALL ENTRY FEES ARE NON-REFUNDABLE)

Make check or money order out to: NWTKD Association

Mail completed application to: 121 165th Street, Spanaway, WA 98387

IF THE NUMBER OF COMPETITORS FOR ANY ONE DIVISION IS LESS THAN EIGHT,  
THE TOURNAMENT DIRECTOR MAY COMBINE TWO OR THREE AGE GROUPS INTO A SINGLE DIVISION.

AGE GROUP		BELT CATEGORY	WEIGHT CLASS	COMPETITION
<input type="checkbox"/> 5	<input type="checkbox"/> 12 -13	<input type="checkbox"/> Novice (White, Yellow, Orange)	<input type="checkbox"/> Junior/Senior/Exec/Ultra Colored Belts (Enter weight)	<input type="checkbox"/> Individual Poomse (Forms)
<input type="checkbox"/> 6 - 7	<input type="checkbox"/> 14 -15	<input type="checkbox"/> Intermediate (Purple, Green, Blue)	_____	<input type="checkbox"/> Olympic, Full Contact Sparring
<input type="checkbox"/> 8 - 9	<input type="checkbox"/> 16 -17	<input type="checkbox"/> Advanced (Brown, Red)	<input type="checkbox"/> Senior -Black Belt (Fill in weight class from below)	<input type="checkbox"/> Point Sparring
<input type="checkbox"/> 10 -11		<input type="checkbox"/> Youth -Black Belt (Under 14 yrs.)	_____	
<input type="checkbox"/> Senior 18 - 32		<input type="checkbox"/> Junior -Black Belt (14 -17 yrs.)	<input type="checkbox"/> Exec./Ultra -Black Belt (Fill in weight class from below)	
<input type="checkbox"/> Exec. 33 - 42		<input type="checkbox"/> Senior -Black Belt (18 -32 yrs.)		
<input type="checkbox"/> Ultra 43 +		<input type="checkbox"/> Exec./Ultra -Black Belt (33 +)		

WEIGHT CLASS	SENIOR		EXECUTIVE & ULTRA	
	MALE	FEMALE	MALE	FEMALE
FIN	Under 119.0 lbs.	Under 103.6 lbs.		
FLY	119.0 - 127.9 lbs.	103.6 - 112.4 lbs.	Under 127.9 lbs	Under 108.0 lbs.
BANTAM	128.0 - 136.7 lbs.	112.5 - 121.3 lbs.		
FEATHER	136.8 - 147.7 lbs.	121.4 - 130.1 lbs.	127.9 - 149.9 lbs.	108.0 - 125.7 lbs.
LIGHT	147.8 - 158.7 lbs.	130.2 - 138.9 lbs.		
WELTER	158.8 - 172.0 lbs.	139.0 - 147.7 lbs.	150.0 - 176.4 lbs.	125.8 - 147.7 lbs.
MIDDLE	172.1 - 185.2 lbs.	147.8 - 158.7 lbs.		
HEAVY	Over 185.2 lbs.	Over 158.8 lbs.	Over 176.4 lbs.	Over 147.7 lbs.

# 2011 PACIFIC NORTHWEST AAU REGIONAL CHAMPIONSHIP

## April 30, 2011 – Tacoma, Washington

### PARTICIPANT RELEASE OF LIABILITY - READ BEFORE SIGNING -

In consideration of being allowed to participate in any way in the AAU Regional Championship Tournament, in participation with Northwest Tae Kwon Do Association, to be held April 30, 2011 at WINNERS GYM, 810 East Harrison St., Tacoma, Washington, I, the undersigned acknowledge, appreciate, and agree that:

1. The risk of injury from the activities involved in these programs is significant, including the potential for permanent disability and death, and while particular rules, equipment, and personal discipline may reduce this risk, the risk of serious injury to me does exist; and,
2. I KNOWINGLY AND FREELY ASSUME ALL SUCH RISKS, both known and unknown, EVEN IF ARISING FROM THE NEGLIGENCE OF THE RELEASEE or others, and assume full responsibility for my participation; and,
3. I willingly agree to comply with the stated and customary terms and conditions for participation. If I observe any unusual significant concern in my readiness for participation and/ or in the program itself, I will remove myself from participation and bring such to the attention of the nearest official immediately; and,
4. I, for myself and on behalf of my/our heirs, assigns, personal representatives and next of kin, HEREBY RELEASE WINNERS GYM, NORTHWEST TAE KWON DO ASSOCIATION, it's officers, officials, agents, and/or employees, other participants, sponsoring agencies, sponsors, advertisers, and, if applicable, owners and leasers of premises used to conduct the event ("Release's"), WITH RESPECT TO ANY AND ALL INJURY, DISABILITY, DEATH, or loss or damage to person or property incident to my involvement or participation in these programs, WHETHER ARISING FROM THE NEGLIGENCE OF THE RELEASE'S OR OTHERWISE, to the fullest extent permitted by law.
5. I, for myself and on behalf of my/our heirs, assigns, personal representatives and next of kin, HEREBY INDEMNIFY AND HOLD HARMLESS the above Release's from any and all liabilities incident to my involvement or participation in these programs, EVEN IF ARISING FROM THEIR NEGLIGENCE, to the fullest extent permitted by law.
6. I, for myself and on behalf of my/our heirs, shall follow correct safety procedures when using Release's facilities and equipment. I/we also expressly grant to Release's, and any third party authorized by Release's, the right to film, videotape, photograph, record my voice and make any reproductions of my physical likeness and voice, and the irrevocable right in perpetuity to use, display, and digitally enhance or alter in any manner, such likeness in any media now or hereafter devised, including, but not limited to, the exhibition and/or online use, broadcast, theatrically or on television, cable or radio, of any motion picture film, video tape, DVD, CD or any Internet service or program in which such likeness may be used or otherwise, or any published articles in which such likeness may be printed, used or incorporated, and in the advertising, exploiting and publicizing of the Release's and Release's products.

I HAVE READ THIS RELEASE OF LIABILITY AND ASSUMPTION OF RISK AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND SIGN IT FREELY AND VOLUNTARILY WITHOUT ANY INDUCEMENT

#### **BOTH SIGNATURES REQUIRED FOR ATHLETES UNDER THE AGE OF 18**

\_\_\_\_\_  
Parent / Legal Guardian Signature

\_\_\_\_\_  
Print Name here

\_\_\_\_\_  
Date

\_\_\_\_\_  
Athlete's Signature

\_\_\_\_\_  
Print Name here

\_\_\_\_\_  
Date



**2011 Regional AAU  
Youth & Adult  
TAE KWON DO CHAMPIONSHIP  
National Qualifier Tournament**



**Schedule of Events  
Saturday, April 30, 2011**

**Pre-Registration Only  
No Registration at the Door**

<b>Doors Open, Check-In, Weigh-In</b>	<b>8:00 – 9:00 am</b>
<b>Officials / Coaches Briefing</b>	<b>8:30 – 9:00 am</b>
<b>Competition Begins</b>	<b>9:00 am</b>
<b>Point Sparring Competition</b> (Ages: 5 - 13, 14 – 17, 18 - 32, 33 – 42, 43 & Up)	<b>9:00 am – 10:40 am</b>
<b>Individual Poomse (Forms) Competition</b> (Ages: 5 - 13, 14 – 17, 18 - 32, 33 – 42, 43 & Up)	<b>10:45 am – 1:00 pm</b>
<b>Officials Lunch Break</b>	<b>1:00 pm – 2:00 pm</b>
<b>Olympic Style Sparring Competition</b> (Ages: 5 - 13, 14 – 17, 18 - 32, 33 – 42, 43 & Up)	<b>2:00 pm - completion</b>

*All competition start and end times are tentative and will depend on the number of athletes participating in each of the respective categories.*