



# MIDDLE ATLANTIC DISTRICT CHAMPIONSHIPS

SATURDAY, APRIL 2, 2011

ATLANTIC CAPE COMMUNITY COLLEGE

5100 BLACK HORSE PIKE  
MAYS LANDING, NJ 08330

FOR ASSISTANCE AND INFORMATION CALL

**609-625-0880**

DIRECTED BY: GRANDMASTER PARLAGRECO

HOSTED BY: ULTIMATE MARTIAL ARTS ACADEMY

SANCTIONED BY: AMATEUR ATHLETIC UNION

ONLINE REGISTRATION ONLY

[www.tourneyreg.net](http://www.tourneyreg.net)

MUST BE 2011 A.A.U. MEMBER TO COMPETE OR OFFICIATE  
REGISTER ONLINE AT AAUSPORTS.ORG

## FORMS AND SPARRING

AAU District Championship Medals will be awarded

MATTED RINGS AND ELECTRONIC SCORING

\$60.00 FOR 1 - \$70.00 FOR 2, \$80.00 for 3 (EVENTS)

CHECK IN TIME: 9:30 AM

COMPETITION STARTS AT 10:00 A.M.

DOORS OPEN AT 9:00 A.M.

COACHES PASS: \$20.00

SPECTATOR ADMISSION FEE \$7.00

FOR ALL NON - COMPETITORS (parents, family members, etc)  
UNDER 4 YRS - NO DOOR CHARGE

Hotel rooms are available at Days Hotel (609) 641-4500 at about \$70.00 per night.  
6708 Tilton Rd., Egg Harbor Twp., NJ 08234 (Ask for AAU tournament rate)

***Qualifier for: 2011 Jr. Olympic Games and  
2011 AAU National Tae Kwon Do Championships***



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**REGISTRATION DEADLINE: MARCH 22, 2011**

**ALL ENTRY FORMS MUST BE DONE ONLINE**

**[www.tourneyreg.net](http://www.tourneyreg.net)**

**\$20 LATE REGISTRATION FEE AFTER MARCH 22, 2011  
REGISTRATIONS WILL NOT BE ACCEPTED AFTER MARCH 28, 2011  
(SORRY NO EXCEPTIONS)**

- 9:00 A.M. OFFICIALS MEETING
- 9:30 A.M. CHECK IN
- 10:00 A.M. OPENING CEREMONY
- 10:05 A.M. FORMS BEGINS  
OLYMPIC SPARRING IMMEDIATELY AFTER FORMS  
FOLLOWED BY POINT SPARRING

## TRADITIONAL FORMS

### OLYMPIC SPARRING

(Two - 1 ½ Minute Rounds with 30 seconds break - under Black Belt)  
(Two - 2 Minute Rounds with 30 seconds break - all Black Belts)

(Chest Protector, Full Head Gear, Shin + Insteps Pads,  
Arm Guards, Mouth Piece, Groin Protector)  
No eyeglasses or safety glasses of any kind  
will be permitted for sparring

### POINT SPARRING

(Head Gear, hand and foot gear, mouth piece and groin protector)

**ALL RULES CAN BE VIEWED ONLINE AT:  
[AAUTAEKWONDO.ORG](http://AAUTAEKWONDO.ORG)**

There will be gear and items for sale at the tournament

There Will Be Lunch For All Officials  
Food and Drinks will also be available for sale for everyone