

Ozark AAU Taekwondo Olympic Style Sparring Workshop and Scrimmage

DATE: Saturday February 4, 2012

REGISTRATION: Pre registration is required. Applications and fee must be received by Thur. Feb. 2.

TIME: 9:00 – 12:00 Session 1 Olympic-style Sparring Workshop

This workshop will cover a range of Olympic sparring tactics and combinations, successful counter-fighting techniques, and match play strategies for victory. Add new elements to your repertoire and polish what you already know. Bring your sparring gear and be prepared to make notes during the breaks.

1:00 – 4:00 Session 2 Olympic-style Sparring Scrimmage & Officials Practice

The scrimmage will focus on Olympic sparring competition and will allow athletes, coaches, and officials to participate in real time events. The matches will be scored as in a normal tournament, but no trophies or medals will be awarded. Participants will be allowed to stop proceedings at any point to ask questions about match procedures, strategies to score more points, and how tournament rules are interpreted and applied. Participants will also be given constructive critiques, noting areas of existing strength and also where improvement will be worthwhile. Questions are encouraged.

Officials will have the opportunity to get hands on practice with an AAU “AA” official under real match conditions in session 2.

LOCATION: Kirkwood Recreation Center 111 S. Geyer Rd., Kirkwood, MO. 63122

PRICE: Athletes Fee: \$30 for session 1, \$25 for session 2 or \$45 for both sessions
Officials Fee: \$30 for session 1, No charge for session 2 if attending for officials practice

AAU membership is required for this clinic. If you do not have current membership, you can go online at www.aausports.org and register. If you are participating in the clinic, you will need to have ‘athlete membership’.

Returning Clinic Forms:

- Send completed form to Pat Weseman at 3666 Gail Dr, Imperial, MO. 63052
- Checks, M.O. or cashier checks only. Make payable to Willow Martial Arts

This clinic is sanctioned by the AAU. It is being conducted by Kathy Wiczerza, 7th Dan AAU & Kukkiwon ranked. Master Wiczerza is widely experienced and recognized as a leader in both the Olympic and Point Taekwondo communities. She holds a AA officials classification with the AAU.



**For more information contact: Pat Weseman (636) 296-3748
or e-mail address pweseman@aol.com**

AAU membership may not be included as part of the entry fee to the event.
AAU membership must be obtained before the competition begins except where the event operator has a laptop available with an internet connect.
Participants are encouraged to visit the AAU web site www.aausports.org to obtain their membership.