



METROPOLITAN NEW YORK AAU TAEKWONDO CHAMPIONSHIPS

Dear Masters & Instructors,

It is with great pride and happiness that I extend to you this formal invitation to participate and in the 2nd Annual New York Metropolitan District Championship, being held on Sunday, March 29th 2015 at Queens College in Flushing, NY. This event serves as a qualifier for the 2015 National Championship in Ft. Lauderdale, Florida. Please refer to our website at www.aautaekwondo.org for all qualifying criteria and a complete listing of this year's competition rules, equipment requirements and regulations. I am very excited to be a part of growing AAU in the state of New York and I hope you will be as well.

This year's tournament aims to create a competitive platform where we will continue to highlight the values of sportsmanship and camaraderie while competing under the safest and most secure conditions. The tournament promises not only experience to all those who participate, but also new friendships and bonds.

Please review the enclosed material, complete all necessary paperwork and mail it in as early as possible. The more participants who pre-register early, the smoother and more economical the process will be. Please keep in mind that no tournament day registration will be permitted in order to ensure an orderly and timely progression of events on the tournament day. All registration should be completed online at tourneyreg.net. If anyone needs help, I or my staff will personally assist you in registering.

As you may be aware AAU will be using KP&P at Nationals in 2015 for all ages 10-32 black belts. To give athletes an opportunity to practice using the gear we will have all 10-32 black belts run KP&P as well. We will have socks available on venue to purchase. I look forward to seeing you at the qualifier!

Awards are awarded for the top four finishers in each division and all participants will receive a certificate for participation. Enclosed you will find a tournament poster to display in your school. In order to streamline the registration process and provide convenience to all participants we ask that everyone register online:

AAU Membership (mandatory) - www.aausports.org

Online Tournament Registration - www.tourneyreg.net

I look forward to seeing you and your students on March 29th, 2015.

Sincerely,

Master Clinton Oh

Tournament Director

METROPOLITAN NEW YORK AAU TAEKWONDO CHAMPIONSHIP

Sunday, March 29th, 2015

QUEENS COLLEGE FITZGERALD GYM 65-30 Kissena Blvd. Flushing NY 11367

SCHEDULE OF EVENTS

- ❖ *Please note report times are approximate. Plan to arrive at least 45minutes prior to your event.*
- **8:45am – General Announcements, National Anthem, Judges Meeting**
- **Please follow the start times below - We will do our best to match times**

FORMS / BREAKING /

WEAPONS

9:00am - All ages color belts

9:00am - Black Belts up to 14

OLYMPIC SPARRING

10:00am - Black Belt under 14

11:00am - 9 & Under Color

11:30am – Color Ages 10+

12:00pm – Black Belts 15+

POINT SPARRING

11:30am - All Ages

TOURNAMENT INFO: Clinton Oh, Tournament Director - (516) 795-1222 / Masterohtkd@gmail.com
Tournament is hosted by Champions Taekwondo Massapequa & Sanctioned by Amateur Athletic Union.

COMPETITION AGE: All athletes shall compete at their age as of **12/31/2015**.

AAU MEMBERSHIP: All athletes, coaches, officials, & volunteers must be current individual members of the AAU and should be able to present their current AAU membership card upon request.

EQUIPMENT: Please refer to the AAU Taekwondo Handbook for the mandatory equipment requirements as well as the respective rules for competition. The handbook is available free online at www.aau.taekwondo.org.

RULES: Qualifier – Form, Sparring (Refer to AAU handbook)

Non Qualifier– Breaking, Weapons



Weapons – 1 minute routine Breaking – 1 minute setup, no spacers & props. 2 stations. 1 hand, 1 foot
Breaking based on – Technique & Presentation (Accuracy, Speed, Power) | Balance, Rhythm, Manner
Accuracy (attempts, aim), speed (more technique in less time), power (quantity of boards)

Please mail paperwork and payment to: CHAMPIONS TAEKWONDO 5274 Merrick road Massapequa NY 11758

There will be no refunds issued for any reason. *Coach's Pass - Must complete a coach's application!*

Spectator Admission (PAID AT DOOR) Adults - \$10.00, Children (ages under 5) - \$5.00

For your convenience, food & refreshments will be available all day in the tournament venue.

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Sunday, March 29th, 2015

QUEENS COLLEGE FITZGERALDS GYM, FLUSHING, NY

COMPETITOR APPLICATION

Athlete's Information: (PLEASE PRINT CLEARLY!)

FIRST NAME _____ **LAST NAME** _____

ADDRESS, CITY, STATE, ZIP _____

AGE (as of Dec. 31, 2015) _____ **DATE OF BIRTH** ___ / ___ / ___ **Male** ___ **or Female** ___

MANDATORY **EXACT WEIGHT** _____ lbs. **AAU MEMBERSHIP #:** _____

HOME PHONE _____ **E-MAIL** _____ @ _____

TAEKWONDO SCHOOL _____ **INSTRUCTOR** _____

Please check your Competition Rank:

NOVICE

____ WHITE
____ ORANGE
____ YELLOW

INTERMEDIATE

____ GREEN
____ PURPLE
____ BLUE

ADVANCED

____ BROWN
____ RED

BLACK

____ 1st
____ 2nd
____ 3rd
____ 4th & Up

CHECK EVENT(S) OLYMPIC SPARRING ___ FORMS ___ BREAKING ___ POINT SPARRING ___ WEAPONS ___

_____ I registered online at www.tourneyreg.net

ENTRY FEES: 1 event = \$75 \$20 per each additional event

All entry fees are non-refundable - We reserve the right to reject any entry

- Pay by March 22nd – 1 Event = \$75 \$20 per each additional event
- Pay by March 25th – 1 Event = \$90 \$25 per each additional event
- Checks or Money Orders payable to: CHAMPIONS TAEKWONDO 5274 Merrick road Massapequa NY 11758



CARD INFORMATION

_____ Exp. ___ / ___ CID Code: _____

Billing Address _____ Zip Code _____

Card Holder Signature: _____

LIABILITY WAIVER

In consideration of your acceptance of my entry, I do hereby for myself, my heirs, executors and administrators waive, release and forever discharge any and all rights and claims for damages which I may have or may accrue to me against Champions Taekwondo, Master Clinton Oh, Queens College, Amateur Athletic Union, and all members of the tournament or their respective officers, agents, representatives, successors, and/or assigns and against any competitor for any and all damages which may be sustained by me in connection with my association with, or entry, in the above athletic meet, or which may arise out of traveling to, participating in, and returning from such athletic meet. I understand that Taekwondo is a body contact sport, and I further understand all the contents, rules and general information by which the tournament operates.

ATHLETE'S OR LEGAL GUARDIAN'S (if under 18 years old) SIGNATURE

DATE

COACHES PASS APPLICATION

PLEASE PRINT CLEARLY!

FIRST NAME _____ LAST NAME _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

HOME or CELL PH# () _____ E-Mail _____ @ _____

DATE OF BIRTH ____/____/____ AGE _____

CURRENT AAU NUMBER (REQUIRED) _____

I understand that I must be properly attired according to AAU rules:

AAU Blue Coach's Shirt, White Uniform Pants or ANY COLOR Warm-Up Pants & Sneakers.

In order to be on the competition floor I must have completed online certification for the current year's rules and have proof of my certification on hand at the event.

All coaches will need to be AAU Certified--available through the online certification course! (CHECK AAU website)

Signature _____ Date _____

COACHES PASS FEES:

➤ Pay by March 22nd = \$20.00

➤ Pay by March 25th = \$30.00



I registered online at www.tourneyreg.net _____

PAYMENT BY CARD

MC/VISA/DISCOVER# _____ Exp. ____/____

Billing Address _____ Zip Code _____

3 Digit VCode on back of card ____

Cardholder Signature _____



DIRECTIONS TO FITZGERALD GYM, QUEENS COLLEGE

FROM LONG ISLAND AND POINTS EAST

Take the L.I.E. westbound; watch for QC signs. Colden parking get off at Exit 23, turn left on the Main Street overpass. Turn left onto the service road of the LIE. Watch for QC signs to Colden parking on your right.

FROM MANHATTAN AND POINTS WEST

Take the L.I.E. Eastbound watch for QC signs. Colden parking, get off at Exit 23 stay on service road past Main Street. Watch for QC signs to Colden parking on your right.

FROM SOUTHERN NEW JERSEY, STATEN ISLAND & BROOKLYN

Take the Verrazano Bridge into Brooklyn. Continue on I-278 to Exit 35E (I-495/L.I.E) Stay left, follow signs to Eastern Long Island. Colden parking, get off at exit 23 stay on service road past Main Street. Watch for QC signs to Colden parking on your right.

FROM NORTHERN NEW JERSEY

Take the G.W.B. (George Washington bridge) and stay straight on I-95N. Merge onto I-678 S via Exit 10 toward Whitestone Bridge (portion toll). Take the College Pt. Blvd exit 12A-toward I-495 E/L.I.E/Eastern L.I. Turn right onto College point Blvd. Turn left onto Horace Harding Expy S. Merge onto Long Island Expressway/I-495 E via the ramp on the left toward Eastern L.I. Colden parking, get off at Exit 23 stay on service road past Main Street. Watch for QC signs to Colden parking on your right.

FROM BRONX

Merge onto I-678 via Exit 10 toward Whitestone Bridge (portion toll). Take the College Pt. Blvd exit 12A-toward I-495 E/L.I.E/Eastern L.I. Colden parking, get off at Exit 23 stay on service road past Main Street. Watch for QC signs to Colden parking on your right.

HOTEL RECOMMENDATIONS

Marriot

Fairfield Inn New York LaGuardia Airport/Flushing
28-66 College Point Blvd, Flushing NY 1354
1-718-888-9979

Complimentary Continental Breakfast

Holiday Inn Express

113 - 10 Horace Harding Expressway, Flushing NY 11368
1-718-699-0994

Complimentary Continental Breakfast