



2024 NC AAU OFFICIALS HAND SIGNAL CLINIC

WHEN

Jan 13, 2024
9am – 4pm

WHERE

Ara's Martial Arts Sports Plex Inc.
420 East 3rd Street, Siler City NC 27344

Attire: TKD Dobok

Prerequisites:

- **14 years and older, any belt**
- **New or Current Members with AAUTKD**
- **Participants must complete the 2024 Officials Course.**
- **Participants must present the following before starting the course: Traditional Forms, Point Sparring, Sport Poomsae & Olympic Sparring.**
- **Sign up for the course at**
https://docs.google.com/forms/d/e/1FAIpQLSdBMjtu0sIK_KRjJMRYn0ygA26e0tmT3cCzed7YqC1tCCMsFQ/viewform

COST

AAU MEMBERSHIP (NON-ATHLETE): \$57 AT
[HTTPS://AAUSPORTS.ORG/MEMBERSHIP](https://aausports.org/membership)

SEMINAR FEE: \$39 AT
[HTTPS://AAUTAETKWONDO.ORG/PAGE.PHP?PAGE_ID=124567](https://aautaekwondo.org/page.php?page_id=124567)

BOTH FEES ON AAUTKD PRIOR TO ATTENDING THE CLINIC. NO ON-SITE SIGN UP OR PAYMENTS!

THIS EVENT IS LICENSED BY THE AMATEUR ATHLETIC UNION OF THE U.S. INC. ALL PARTICIPANTS MUST HAVE A CURRENT AAU MEMBERSHIP. AAU MEMBERSHIP MAY NOT BE INCLUDED AS PART OF THE ENTRY FEE TO THE EVENT.

AAU MEMBERSHIP MUST BE OBTAINED BEFORE COMPETITION OR ANY EVENT BEGINS, EXCEPT WHERE THE EVENT OPERATOR HAS A LAPTOP AVAILABLE WITH AN INTERNET CONNECTION.

ITINERARY

8:30 am: Check in and administrative and logistics.

9 am – 10 am: Traditional Forms, Point Sparring, Sport Poomsae

10 am – 10:10 am: Break

10:10 – 11:55 am: Sport Poomsae, Olympic Sparring

12 pm: 30 min lunch

12:30 pm: Olympic Sparring
1 pm to 4 pm: Hand Signal Segment, course completion, future events, and dismissal

Contact the Clinic Administrator: Master Freddie McDonald Jr. at semperkick@gmail.com for any questions or concerns about the clinic.

Ara Martial Arts Sportsplex Inc.
afetkd@gmail.com