

# AAU TAEKWONDO GEORGIA STATE CHAMPIONSHIP

Dear Instructors, Coaches, Athletes & Parents

I would like to invite you and your school to participate in the AAU Georgia State Championship! Here are few reasons to participate:

- ✓ This is a National and AAU Junior Olympic Games Qualifying Event!
- ✓ Athletes from any part of the U.S may qualify at this event.
- ✓ The quality of competition and officiating will be high!
- ✓ Events Include – Board Breaking, Forms, Point Sparring, Padded Weapons Sparring, Olympic Sparring & Special Needs Divisions
- ✓ **CUSTOM MEDALS!** The top four in each division will receive a large custom medal designed specifically for this event. Medals will be of the highest quality with sewn thru ribbons like in the Olympics.
- ✓ Banner will be given to the team that has the most participants.

*You must pre-register for this event! There will be no registration at the door. Registration online must be received by **Wednesday, January 29, 2025**. You must also be a registered AAU member to compete, coach, or officiate. Participants who place first through eighth in this event will qualify to participate at the **AAU National Championships and the prestigious AAU Junior Olympic Games**. The only true multi-sport weeklong event featuring the nation's most talented athletes vying for medals in twenty sports, including Taekwondo.*

The competition venue is Dacula High School, less than 10 miles from I-85 and 25 minutes from downtown Atlanta, GA. The Taekwondo Headquarters hotel is the **Hampton Inn in Lawrenceville, GA** just 5 miles from the venue and they are offering a **discounted rate**. The Hampton Inn property located within walking distance of 5 area restaurants. All rooms include **complimentary breakfast** which is served daily until 9:30 AM. Weekends, Sat. & Sun. breakfast is extended until 10AM. Conveniently located near interstate 85 and Hwy 316, 24- hour On-site guest service agent, complimentary High-speed Internet, and business center. For reservations on group rate, please call 770-338-9600 and mention the group name "AAU QUALIFIER."

For more information please call (770) 237-2121 or e-mail me at [bobby@daculafamilysports.com](mailto:bobby@daculafamilysports.com). I look forward to seeing you at the tournament. If you have any questions about the Amateur Athletic Union or this tournament, please don't hesitate to call or email. I look forward to seeing you soon!

Respectfully,

Bobby Stone  
National Sports Chair  
Georgia AAU District Director  
8<sup>th</sup> Dan Moo Duk Kwan 7<sup>th</sup> AAU Dan & Kukkiwon

# EVENT INFORMATION

Presented by	Bobby Stone & AAU Taekwondo
Licensed by	The Amateur Athletic Union
Location	Dacula High School Main Gymnasium
<b>SCHEDULE</b>	
<ul style="list-style-type: none"> <li>• 8:30 AM – National Anthem</li> <li>• 8:45 AM– 10:00 AM – All Black Belts OLYMPIC SPARRING ONLY</li> <li>• 9:45 AM – ALL Remaining Olympic Sparring</li> <li>• 12:30 AM–1:15 PM – PADDED WEAPONS SPARRING</li> <li>• 12:15 PM–1:45 PM – ALL FORMS Open Hand &amp; Weapons</li> <li>• 2:00 PM – Special Needs</li> <li>• 1:45 PM–2:45 PM – ALL BREAKING</li> <li>• 2:45 PM – 3:45 PM – BLACK BELT POINT SPARRING</li> <li>• 3:45 PM – ALL Remaining POINT SPARRING</li> </ul>	<ul style="list-style-type: none"> <li>• Officials meeting 8:00 to 8:30am</li> <li>• Matted Rings &amp; Electronic Scoring</li> <li>• Every attempt will be made to be ahead of schedule. Please be prepared to report for staging ON TIME!</li> </ul> <p><i>Please Note: Schedule is Subject to Change.</i></p>
Entry Fee(s)	<ul style="list-style-type: none"> <li>• Early – November 15<sup>th</sup> – January 13<sup>th</sup> = \$99 for one event</li> <li>• Regular – January 14<sup>th</sup> – January 23<sup>rd</sup> = \$119 for one event</li> <li>• Late – January 24<sup>th</sup> – 29<sup>th</sup> = \$159 for one event</li> <li>• Additional Events: \$29 for each additional event added</li> <li>• Team Forms: \$50 Per Team</li> <li>• Coaches Fee: \$30</li> <li>• <i>Please Note: Athletes may only choose one type of sparring.</i></li> </ul>
Deadlines	<p>Online Registration Only</p> <p><i>Absolutely no registrations will be accepted after January 29<sup>th</sup></i></p>
Awards	Custom Medals with sewn thru ribbons First through Fourth
Spectator Fee	\$10 – Adults & Children 3 & under Free
Eligibility	AAU membership is mandatory, if you are not on the AAU membership roster or if you do not have your membership card, you will be required to join AAU again. This requires a fee of \$20 for youth and \$30 for adults. You can register online at <a href="http://www.aausports.org">www.aausports.org</a> or <a href="http://www.aautaekwondo.org">www.aautaekwondo.org</a> .
Coach's/Instructors Information	To coach at the AAU State Taekwondo Championships, you must take the online Coach's course. Coach's attire will be enforced at this tournament. <b>NO EXCEPTIONS.</b> Warm-up pants and official blue AAU shirt. Coach's shirt can be purchased online from AAMA ( <a href="https://www.aamasupply.com/">https://www.aamasupply.com/</a> )
Hotel Information	<p>Hampton Inn – 1135 Lakes Parkway, Lawrenceville, Georgia, 30043</p> <p>Rate – Discounted</p> <p>Phone: 770-338-9600, mention "AAU Qualifier"</p>

# COMPETITION GUIDELINES

## Board Breaking Guidelines & Event

<b>Board Sizes</b>	<p>Please Note: All Boards Must Be Purchased at the Event!</p> <ul style="list-style-type: none"> <li>• 5 to 13-year-old athletes = Small AAU Shield Board</li> <li>• 14 and older athletes = Medium AAU Shield Board</li> </ul>
<b>Repetitive Spin Hook</b>	<ul style="list-style-type: none"> <li>• Single break format: One board per strike – See Board Sizes Below</li> <li>• Allowed technique is spinning hook kick • 10 board competition.</li> <li>• Winner based on time required to break 10 boards</li> </ul>
<b>Repetitive Side Kick</b>	<ul style="list-style-type: none"> <li>• Single break format: One board per strike – See Board Sizes Below</li> <li>• Allowed technique is side kick • 10 board competition.</li> <li>• Winner based on time required to break 10 boards</li> </ul>
<b>Repetitive Hand Technique (human hold)</b>	<ul style="list-style-type: none"> <li>• Single break format: One board per strike – See Board Sizes Below</li> <li>• Allowed technique is hammer fist, palm, knife, or fist (punch)</li> <li>• 10 board competition</li> <li>• Winner based on time required to break 10 boards</li> </ul>

## Padded Weapons Guidelines & Event

<b>Required Protective Equipment</b>	<ul style="list-style-type: none"> <li>•Mouth guard</li> <li>•Full headgear (red for red competitor and blue for blue competitor)</li> <li>•Male competitors must wear a groin cup and supporter inside the dobok</li> </ul>
<b>Optional Equipment</b>	<ul style="list-style-type: none"> <li>•Face shields, Shin/instep pads, Forearm pads &amp; Rib protector</li> <li>•Optional equipment other than face shield should be worn under dobok</li> </ul> <p>Weapons that are approved for use</p>

## Olympic Sparring Guidelines

	<p><b>OLYMPIC SPARRING KP&amp;P for Advanced &amp; Black Belt; Ages 10&amp; Up</b></p> <p><b>These athletes will be using the KP&amp;P gear. Athletes must supply your own KP&amp;P foot gear.</b></p>
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## Traditional Forms, Weapons Forms & Point Sparring Guidelines

	<p>Will follow AAU Taekwondo Rulebook.</p>
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**QUESTIONS:** Please call (770) 237-2121 or email [bobby@daculafamilysports.com](mailto:bobby@daculafamilysports.com)

### Event Checklist

COMPETITORS	COACHES & INSTRUCTORS	OFFICIALS
<ul style="list-style-type: none"> <li>✓ 2025 AAU Membership Card</li> <li>✓ Online Registration Completed</li> </ul>	<ul style="list-style-type: none"> <li>✓ 2025 AAU Membership Card</li> <li>✓ 2025 AAU Coaches Online Certification</li> <li>✓ Coaches Uniform – white Dobok Pants &amp; AAU Blue Coaches Shirt</li> </ul>	<ul style="list-style-type: none"> <li>✓ 2025 AAU Membership Card</li> <li>✓ 2025 AAU Officials Online Certification</li> <li>✓ Official AAU Attire</li> </ul> <p>Note All Officials – will be provided lunch, refreshments &amp; a stipend.</p>