



Southeastern AAU Karate Championship
Saturday, May 23, 2009
8:00 AM – doors open, 9:00 AM Prompt start

At Gardner-Webb University, Lutz-Yelton Convocation Ctr.
100 S. Main Street, Boiling Springs, NC 28017

Details at www.trianglesbestkarate.com

Dear Karate Friends,

Karate Tournament

Sponsored by AAU Karate
& Triangle's Best Karate,
an AAU NC club.



The Amateur Athletic Union (AAU) program in North Carolina proudly presents a multi-sport event called the Summer Sports Games, in Cleveland County (Shelby and Boiling Springs), NC. For the fourth straight year, karate will be featured at the SSG, as a one-day competition on May 23. Don't miss it!

(1) This is an open invitational and qualifier. Athletes from any part of the U.S. may qualify for AAU National Karate Championships and the Junior Olympics at this event, but it is primarily additional COMPETITION EXPERIENCE for athletes in southern Va. NC, SC, GA, TN, and AL.

(2) The quality of competition and officiating will be high. Southeast AAU instructors have aggressively pursued training and certification.

(3) AAU Karate and AAU Tae Kwon Do will sharing the main basketball gym in the spacious Gardner-Webb LYCC. Each competition will be registered and operated independently but the shared space will increase the excitement, support, and attendance of our martial arts competitions.

All traditional Japanese and Okinawan karate practitioners are cordially invited to compete and learn with us. Licensed officials and official candidates are also needed to run this event efficiently, fairly, and professionally. AAU karate rules can be found at www.aaukarate.org. All kata divisions except Mandatory Kata will use flag system of elimination. All the events, proper attire and safety equipment, and other details are found on the attached Quick Fact Sheet.

The karate competition venue is Gardner-Webb University, 20 miles from I-85 and < 1 hour from Charlotte, NC and about 3 hours from Atlanta, GA The Karate Headquarters hotel is the Holiday Inn Express, Shelby, NC, 15 miles from the venue. For reservations on group rate of \$72/nite, please call 704-480-0881 and mention the group name "AAU Karate and TaeKwonDo."

If you have any questions, please do not hesitate to call us at (919) 844-5555 or Email us at trianglesbestkarate@juno.com.

May 22, 8:00-10:00 PM

Karate "Just Desserts"
and Rules Refresher
at the Holiday Inn Express,
I-85, Exit #60

Sincerely,
Stephen Robinson & Cyndy Yu Robinson
State directors, AAU Karate N.C. program



**Southeastern
AAU Karate
Championship**

**May 23, 2009
Gardner-Webb University, LYCC
100 S. Main Street, Boiling Springs, NC 28017**

If anything is unclear, please contact event organizers at trianglesbestkarate@juno.com or (919) 844-5555.

Individual Events

Kobudo, kata, kumite divisions will be offered for each age group below and 4 ranks for age group.

- Ages 5-6 years co-ed,
- 7-8 boys, 7-8 girls, 9-10 boys, 9-10 girls,
- 11-12 boys, 11-12 girls, 13-14 boys, 13-14 girls,
- 15-16 boys, 15-16 girls, 17-18 boys, 17-18 girls,
- 19-34 men, 19-34 women,
- 35&over men, 35&over women.

Beginner Rank: White Belt (<1 year of training)

Novice Rank: Green (1-2 years of training)

Intermediate Rank: Brown (2-3 years of training)

Advanced Rank: Black (>3 years of training)

****We reserve the right to combine divisions in order to provide a true competitive atmosphere for all athletes.**

Participants & Admission Fees

Advanced Registration: \$50 per athlete for all individual events and \$40 per team.

At the door: Extra \$20 will be added for individual registration only.

Athletes and coaches should include a copy/proof of AAU membership with the mail-in event registration OR present proof of membership at the door.

Non-athlete Admission: \$5 per adult, \$3 per senior (65+), \$3 per youth (6-18 years old), Free ≤5 years.

Officials' Attire

Blue blazer, white shirt, AAU red tie, grey slacks, black socks and soft sole shoes, not sneakers.

Useful websites

AAU membership - Register online at www.aausports.org

Tournament - Register online at

www.NCSuperRegionalKarate.org

Rules - AAU Karate www.aaukarate.org

Concord Area info www.cabarruscvb.com

Event organizers www.trianglesbestkarate.com

Team events

3 members per team.

Team Kobudo

Ages 5-8 co-ed, 9-12 co-ed, 13-18 co-ed, 19&up men, 19&up women.

Team Kata

Ages 5-8 co-ed, 9-12 co-ed, 13-18 co-ed, Adult men, Adult women

Team Kumite (Best of 3 individual matches wins.)

Ages 5-8 co-ed, Ages 9-12 boys,

Ages 9-12 girls, Ages 13-18 boys,

Ages 13-18 girls, Ages 19& up men,

Ages 19&up women.

Event Date & Location

May 23, 2009, Doors open 8:00 AM,

Gardner-Webb University, Lutz-Yelton Convocation

100 S. Main Street, Boiling Springs, NC 28017

Officials Report at 8:30 AM, *Competition starts at 9:00*

AM, youngest to oldest, Black Belts & Team events at end.

Competitors' Attire

For Kobudo and Kata:

White gi/uniform, no piping or borders.

White, green, brown, or black belt for your category.

One patch on the left side of jacket. AAU patches will be available for purchase at the competition venue.

Corrective lenses including glasses are allowed.

For Kumite: Same attire as above but no rolled

sleeves on arms or legs. No glasses are permitted.

White vinyl helmet with face shield is required for

competitors 18 years and under. Mouthpiece and

vinyl handguards are required for all.

Groin cups are required for males.

Shin guard (not foot guards) are permitted.

Hotels near the Venue

Headquarters Hotel:

Holiday Inn Express

2001 E. Dixon Blvd.

Shelby, NC

Phone (704) 480-0881

Group rate King &

double Queen Rooms @ \$72

Overflow Hotels:

Hampton Inn Shelby, NC

(704) 487-8955

Hampton Inn Gaffney, SC

(864) 206-0011



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INDIVIDUAL REGISTRATION
 (TEAMS USE A SEPARATE FORM)

Gender	Age	Rank	Individual Events entered	Weight
<input type="checkbox"/> Male <input type="checkbox"/> Female	Age on competition day: _____	<input type="checkbox"/> Beginner (<1 year training) <input type="checkbox"/> Novice (1-2 years) <input type="checkbox"/> Intermediate (2-3 years) <input type="checkbox"/> Advanced (>3 years)	<input type="checkbox"/> Kobudo <input type="checkbox"/> Kata <input type="checkbox"/> SanBon Kumite \$50/person for all indiv. events	_____ kg/lb.

We reserve the right to combine division in order to provide a true competitive atmosphere for all athletes.

Name: _____ Date of Birth: ____/____/____

Address: _____ Phone: _____

City: _____ State: _____ Zip: _____

AAU Member #: _____ E-Mail Address: _____

Years of Training: _____ Karate Rank: _____ Style: _____

School's Name: _____

School's City: _____ State: _____ Instructor: _____

Pre-Register online with a credit card through www.ncaaukarate.org

Or mail this form to AAU Karate Club c/o Best Karate, 9113 Leesville Rd., Suite 104 , Raleigh, NC 27613

Checks should be made to "TBK NC Club"

**\$50 per person Pre-registration (if received by May 16)
 Add \$20 per person if registering at the door**

**Admission for non-competitors: \$5 per adult,
 \$3 per senior (65+) or ages 6-18, Free for <5**

Adult & Minor Athletic Waiver and Release of Liability

In order for my child or me to participate in the 2009 Southeastern AAU Karate Championships, I agree to assume the risks incidental to such participation (risks may include, among other things, muscle injuries and broken bones) and, on my own behalf and on behalf of my heirs, executors, and administrators, release and forever discharge the released parties defined below, of and from all liabilities, claims, actions, damages, costs or expenses of any nature arising out of or in any way connected with the participation of my child or me in such activity and further damages, costs or expenses, including, but not limited to, attorney's fees and disbursements. For this event, the released parties are Triangle's Best Karate, Gardner-Webb University, Amateur Athletic Union, Cleveland County, its officers, its affiliated clubs, regional sports organizations, their respective administrators, directors, agents, coaches and other employees, staff, official and volunteers of the organization, other participants, sponsoring agencies, sponsors, advertisers, and if applicable, owners and lessees of premises used to conduct the event. I understand that this release and indemnity agreement includes any claims based on the negligence, action or inaction of any of the above released parties and covers bodily injury (including death) and property damage, whether suffered by myself or my child, before, during, or after such participation. I declare that I and/or my child is physically fit, is a current 2009 AAU member, and has the skill level required to participate in this particular event. I further authorize medical treatment for my child or myself at my costs, if the need arises. I grant the released parties the right to photograph and/or videotape me and further to use my name, face, likeness, voice and appearance in connection with the exhibitions, publicity, advertising, and promotional materials without reservation or limitation.

 Signature of Competitor

 Signature of Parent/ Guardian (if under age 18)



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TEAM REGISTRATION
(INDIVIDUALS USE A SEPARATE FORM)

Team Kata (Mixed ages and genders are permitted) **\$40 per team event**

Team Name _____

	Name	Age	Rank
1.	_____	_____	_____
2.	_____	_____	_____
3.	_____	_____	_____

Team Kumite (no beginners please) **\$40 per team event**

Team Name _____

	Name	Age	Rank
1.	_____	_____	_____
2.	_____	_____	_____
3.	_____	_____	_____

School's Name: _____

School's City: _____ State: _____ Instructor: _____

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