



AAU KARATE

PROGRAM OVERVIEW



#WeAreAAU

www.aaukarate.org

The Amateur Athletic Union (AAU) has raised champions for more than a century. The AAU Sports programs provide athletes the opportunities to develop to their highest level of competition through a network of Local, National and International Sporting events.

Through participation in AAU, we promote good sportsmanship that allows the athlete to achieve their dreams as athletes and as valued citizens of our community. Sports for all, forever.

BENEFITS OF COMPETING IN AAU EVENTS

- 1. Insurance.** AAU members receive coverage from a multi-million dollar insurance program.
- 2. National Championships.** AAU members have an opportunity to compete in national championship events at world-class facilities across the country.
- 3. Safety.** All non-athletes (coaches) must pass a background screening before competing in AAU events.
- 4. Membership.** Nationally recognized non-profit Multi-Sport organization that anyone can join and compete.
- 5. Events.** Freedom and flexibility in conducting programs and hosting events.

AGE DIVISIONS

The AAU Karate program provides an avenue of competition for many ages as well as both genders. For more specific details on competition levels please visit www.aaukarate.org and review the AAU Karate Handbook.

Age Divisions: Youth to Senior Adults

Belt Color Divisions: Novice, Beginner, Intermediate & Advanced

2025 NATIONAL EVENTS



AAU Karate National Championship

June 30 – July 5, 2025

Ft. Lauderdale Convention Center

Ft. Lauderdale, FL



AAU Junior Olympic Games

Check In; More Info Coming

Competition Dates: TBD

Houston, TX



SPORT CONTACTS

Jamie Larue - Sports Coordinator // 407-828-3459 // jarue@aausports.org

Jennifer Miles - Director of Combat Sports // 407-828-3704 // jennifer@aausports.org