



Eggleston Karate Studio
10090 Midlothian Turnpike
Richmond, VA 23235

Virginia AAU Karate 2009 State Championship

April 18, 2009
Richmond, VA 23235

The ONLY AAU VIRGINIA REGIONAL and AAU NATIONAL QUALIFIER



Eggleston Karate Studio
Mike Eggleston, Virginia District Director
Karate Studio Ph. 804.323.7714

This event is sanctioned 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 the competition begins except where the event operator has a laptop available with an internet connect. Participants are encouraged to visit the AAU web site www.ausports.org to obtain their membership.



Virginia AAU Karate 2009 State Championship
April 18, 2009 – Richmond, Virginia



PLEASE PRINT

Personal Information:

Last Name

First Name

Phone #

Address

City

State

Zip

BIRTHDAY: / / **AGE:** **SEX:** Male Female **HEIGHT:** Feet inches **WEIGHT:** lbs
(mo/day/yr) (As of 7-1-09)

If age is challenged, please be able to produce proof of age, such as a birth certificate, passport, etc.

Dojo Name

Sensei's Name

**2009 AAU Number*

Karate Experience: *Check one below:*

I WILL COMPETE IN THE FOLLOWING LEVEL

- Beginner** *Less than 1 year (white belt)*
- Novice** *1 yr., less than 2 yrs (green belt)*
- Intermediate** *2 yrs., less than 4 yrs (brown belt)*
- Advanced** *4 yrs. or more (black belt)*

Seniors (35 + years) only:

- I am a senior/master and wish to compete in adult group (ages 19-34)**

I WILL COMPETE IN THE FOLLOWING CATEGORIES

- Kobudo**
- Kata – 16 yrs. or older advanced**
(3 rounds – Shitei/Sentei/Tokui)
- Kata** *(All ages & experience levels
EXPECT Adult Advanced)*
- Kumite (sparring)**

Medical Information:

Check one below:

- I have NO medical problems**
- I have medical problems, but I am able to compete. Describe medical problem(s), or attach a Doctor's note.**

WAIVER

I here by for myself, my executor(s), my heirs, forever and always agree to save and hold harmless the Amateur Athletic Union of the United States and all of its officers, referees, judges, volunteers, workers, members, tournament director, tournament promoter, tournament employees, the facility owners, their Respective officers, participating in, or other direct or indirect involvement in the AAU/USA karate Tournament that I have entered. In addition, I hereby for now and forever, accept any and all responsibilities for any actions in conjunction with the AAU/USA Karate Tournament and the traveling to or from or participating in said event. Finally, I agree to allow, without compensation, the use of any photographs, films, or videotape of myself

SIGNATURE: _____
(Parent or Guardian if under 18 years of age)



Virginia AAU Karate 2009 State Championship

April 18, 2009 – Richmond, Virginia



Dear Sensei and Karate-ka,

My name is Mike Eggleston, Renshi, from Richmond, Virginia. I have recently been appointed the AAU District Director for the State of Virginia. I am excited to have the opportunity to be part of a new beginning for Virginia AAU. My goal is to re-establish rapport with all Sensei, karate-ka, schools and athletes and to reunite everyone as a karate family. I look forward to meeting each of you and hope that you will join me as we move toward the right direction to achieve great karate success.

On behalf of Eggleston Karate Studio I would like to personally invite you and your students to attend the Virginia State Championship on Saturday, April 18, 2009. This event is the **only** qualifier for the 2009 AAU Virginia Regional Championship (Richmond), the AAU National Championship (Ft. Lauderdale) and the AAU Junior Olympic Games (Des Moines, Iowa).

AAU karate is the biggest traditional karate program in the nation, so if you are just beginning or have been in karate for years, now is the time to display your achievements. You can compete with confidence knowing that you are attending a tournament with clearly defined rules and experienced officials, referees and athletes.

If you have any questions, please do not hesitate to call or E-mail us: (804) 323-7714 or mandsegg@netzero.com.

We look forward to seeing you in April!

Best Regards,
Renshi Mike Eggleston

EVENT INFORMATION

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- Director: Mike Eggleston , Renshi, Vernon Mason, Renshi
 - Host: Eggleston Karate Studio, 10090 Midlothian Turnpike, Richmond, VA 23235 (804) 323-7714
 - Location: Monacan High School, 11501 Smoketree Drive, Richmond, VA 23236
 - Date: Saturday April 18, 2009
 - Start Times: 8:00 am – 9:00 am Late Registration at door (*see Tournament Fees*)
9:30 am – 10:00 am Official's Meetings
10:00 am Tournament Begins
 - Age: 5 thru Adult, Individual Competition (age as of 07/01/09)
 - Competitions: Kata (Forms) - Kobudo (Weapons) - Kumite (Sparring)
 - Rules: AAU/USA – WKC
 - Sanctioned by: Amateur Athletic Union of the United States
 - Fees: Competitors: *See Tournament Fees*
Spectators: \$5.00, 10 yrs. & over / \$3.00, 3 to 9 yrs / 2 and under free
 - Competitors: Please note: Divisions may be combined by age / experience level
 - Qualifier: 2009 AAU Regional Karate Championships – May 16, 2009
2009 AAU National Karate Championships (top 16 each division) – June 15–20, 2009
2009 AAU Junior Olympic Games (top 4, age 7-18 Int. and Adv. divisions), July 27-Aug 8, 2009.

Dan Wilson will be hosting a Kumite Seminar on Friday, April 17, 2009 from 7:30pm – 9:30pm. This will be at Eggleston Karate Studio, 100901 Midlothian Turnpike, Richmond VA 23235

TOURNAMENT FEE'S: (fee covers all events)

- Early Registration APP. MUST BE RECEIVED BY APRIL 7, 2009 - FEE IS \$50.00
- Registration APP. MUST BE RECEIVED BY APRIL 17, 2009 - FEE IS \$55.00
- Late Registration at door REG. STARTS AT 8:00am–9:00am CASH ONLY - FEE IS \$65.00

MAKE CERTIFIED CHECKS OR MONEY ORDERS (NO PERSONAL CHECKS) PAYABLE TO: EKS
MAIL TO: AAU Karate Event c/o EGGLESTON KARATE STUDIO -10090 MIDLOTHIAN TURNPIKE,
RICHMOND, VA 23235

YOU CAN PAY WITH A CREDIT CARD BY CALLING (804) 323-7714 (Visa – Discover – MasterCard)

All Athletes must have an AAU Membership. Go to www.aausports.org to register for you AAU membership.

RULES & REGULATIONS

MANDATORY EQUIPMENT:

White Naugahyde/leather fist guards, (AAU approved)
White Foam Headgear with face shield, (Juniors)
Groin Cup Protector, (Males)
Mouth Guard

DRESS CODE

The official AAU Karate patch must be worn for this competition (sewn on gi).

Traditional Solid White Gi (no piping or stripes)
No Rolled Sleeves or Cuffs
Pants must be 3/4 Length (between ankle and knee)
Sleeves must be 3/4 Length (between wrist and elbow)
Females Must Wear Plain White T-shirt or White Sport Bra under Top
No Headbands or Jewelry

TRAVEL INFORMATION

FROM NORTH VIRGINIA (going I-95 S)

- Going **I-95 S**
- Take **exit 79** - Powhite Pkwy/Charlottesville onto **I-195 S** toward 186/Powhite Pkwy (US-60) / us-360 W – (2.6 mi)
- Take **Left fork** onto **VA-76 S** toward Powhite Pkwy/VA-150/US-60/Us-360 (toll applies) – (8.8 mi)
- Take the **Courthouse Road** exit onto **Courthouse Road** (VA-653 N) toward US_60 (toll applies) – (1.7 mi)
- Turn **Left** on **Smoketree Drive** – (0.9 mi)
- Arrive at 11501 Smoketree Dr, **Monacan High School**

FROM SOUTH VIRGINIA (going I-95 N)

- Going **I-95 N** toward Richmond
- Take **exit 62** -Chesterfield/Powhite Pkwy onto **VA-288 N** (15.6 mi)
- Take the **Lucks Lane / Old Hundred Road** exit - (1.5 mi)
- Take **Right fork** onto **Lucks Lane** (VA-720 E) – (1.4 mi)
- Turn **Left** on **Spirea Road** – (0.5 mi)
- Turn **Right** on **Gordon School Road** – (0.4 mi)
- Turn **Right** on **Smoketree Drive** –(0.1 mi)
- Arrive at 11501 Smoketree Drive – **Monacan High School**

FROM EAST VIRGINIA (going I-64 W)

- Going **I-65 W** toward **Hampton**
- Take left **exit 190** - Petersburg/5th street/Downtown/Coliseum onto **I-95 S** toward Petersburg (1.4 mi)
- Take **exit 74** Downtown Expwy/Powhite Pkwy (**I-195 N**) onto I-195 N (toll applies) (3.1 mi)
- Take **Left fork** onto **VA-146 S** toward **VA-150/US-60/VA-288** (1.0 mi)
- Merge onto **VA-76 S** (Toll applies) (7.6 mi)
- Take the **Courthouse Road** exit onto **Courthouse Road** (VA-653 N) toward **US-60** (toll applies) – (1.7 mi)
- Turn **Left** on **Smoketree Drive** – (0.9 mi)
- Arrive at 11501 Smoketree Dr, **Monacan High School**

FROM WEST VIRGINIA (Charlottesville I-64 E)

- Going **I-64 E**
- Take exit 175 / Chesterfield onto **VA-288 S** (15.7 mi)
- Take the **VA-720 / Lucks Lane** exit – (0.3 mi)
- Turn **Left** on **Lucks Lane (VA-720 E)** – (1.6 mi)
- Turn **Left** on **Spirea Road** – (0.5 mi)
- Turn **Right** on **Gordon School Road** – (0.4 mi)
- Turn **Right** on **Smoketree Drive** –(0.1 mi)
- Arrive at 11501 Smoketree Drive – **Monacan High School**

OPTIONAL EQUIPMENT:

White Cloth Shin Pads, (Adult)
White Cloth Shin/Instep Pads, (Youth)
White Foam Open Face Headgear, (Adult)

HOTEL INFORMATION

Days Inn Richmond – Chesterfield

1301 Huguenot Road
Midlothian, VA 23113
804-794-4999

From \$80.00 per night

Hyatt Place Richmond/Arboretum

201 Arboretum Place
Richmond, VA 23226
804-560-1566

From \$98.00 per night

Hampton Inn – Richmond/Midlothian

800 Research Road
Richmond, VA 23236
804-897-2800

E.K.S. EGGLESTON KARATE STUDIO

RICHMOND LOCATION

10090 Midlothian Turnpike
Richmond, VA 23235
804-323-7714

FARMVILLE LOCATION

215 W. Third Street
Farmville, VA 23901
434-392-8800

www.ekskarate.com
mandsegg@netzero.com

Mike Eggleston or Shelia Eggleston

