



## **AAU Karate NC District Championship**

**Saturday, March 12, 2011**

**9:00 AM -Doors open, 10:00 AM - Prompt start**

At Gateway YWCA, 1300 S. Main Street, Winston-Salem, NC 27127

Details at [www.trianglesbestkarate.com](http://www.trianglesbestkarate.com)

Dear Karate Friends,

Get ready to rock and roll at the Amateur Athletic Union (AAU) Karate North Carolina District Championships in Winston-Salem, on March 12, 2011. Top 16 finishers in any single category will qualify for the AAU National Championships at the end of June in Fort Lauderdale, FL and for the Junior Olympics at the end of July in New Orleans. There are four great reasons to attend:

**(1) OPEN QUALIFIER:** This qualifier is open to all states, ranks, and ages. Athletes from any part of the U.S. may qualify in North Carolina for the AAU National Karate Championships and the Junior Olympics at this event.

**(2) FAIRNESS, HIGH QUALITY COMPETITION:** The quality of competition and officiating will give athletes experience with AAU rules, level of competition, and expectations at the Nationals. More than a dozen national champions in kata and kumite reside in NC, SC, and GA and are expected to compete here. As a member of the AAU National Referees Council and the WKC international referee corps, Sensei Steve Robinson will help you get trained or refreshed in karate rules and officiating.

**(3) FREE SEMINAR: NEW METHODS OF KARATE CONDITIONING!** AAU coaches are joining forces to conduct a 45-minute warm-up (March 12, 9:15-10:00) to demonstrate the footwork, cardio, and sparring drills being used by the U.S. national team. No registration is necessary. Just show up on time!

**(4) CONVENIENCE:** The competition venue is Gateway YWCA on Main Street located in historic Winston-Salem and just 1 mile from Interstate. We have arranged for best rates at two hotels, to suit your needs: The [Hawthorne Inn and Conference Center](#), (1-800-972-3774 Mention "karate" for the rate of \$109) and [Holiday Inn Express](#), (1-336-721-0220, Mention "karate" for the rate of \$09). Both places include breakfast with the room price. Also, it's easy to register [online](#) at TrianglesBestKarate.com under the "AAU" tab.

AAU rules are available at [www.aaukarate.org](http://www.aaukarate.org). All participants must be AAU members in order to have privileges to compete and be covered by event insurance. All kata divisions except Mandatory Kata will use flag system of elimination. All the events, proper attire, safety equipment, and other details are found on the attached Quick Fact Sheet.

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

Sincerely,

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

**KARATE**



# AAU Karate NC District Championship

## QUICK FACTS

**Saturday, March 12, 2011**



At Gateway YWCA, 1300 S. Main Street, Winston-Salem, NC

*If anything is unclear, please contact event organizers at [trianglesbestkarate@gmail.com](mailto:trianglesbestkarate@gmail.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 competitive atmosphere for all athletes.**

### Order of Events

*Black Belt Adults and Sr. first, Weapons, then Kata, Kumite from youngest to teens. Team events at end.*

### 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

March 12, 2011, Doors open at 9:00 AM,

Winston-Salem Gateway YWCA

1300 S. Main Street, Winston-Salem, NC 27127

Officials Report at 9:30 AM

*Competition starts at 10:00*

### Participants & Admission Fees

Advanced Registration: \$50/athlete for all Indiv. events

At the door: Extra \$15 will be added per Individual.

Advanced and Event day Registration: \$55 per team.

### Registration

Register and pay online at [www.trianglesbestkarate.com](http://www.trianglesbestkarate.com)

Go to the AAU tab, and use a credit card or PayPal.

AAU membership is MANDATORY. Athletes and coaches should present a copy/proof of AAU 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](http://www.aausports.org)

Tournament - Register online at

[www.NCAAU.org/Karate](http://www.NCAAU.org/Karate)

Rules - AAU Karate [www.aaukarate.org](http://www.aaukarate.org)

Your host – [www.TrianglesBestKarate.com](http://www.TrianglesBestKarate.com)

### 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 available for purchase at 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 naugyde handguards are required for all.

Groin cups are required for males.

Shin guards are okay for <18 yrs. Instep guards are not.

### Hotels near the Venue

Hawthorne Inn & Suites

420 High Street, Winston-Salem, (1 mile away)

<http://www.wfubmc.edu/hawthorne-inn.htm>

Call 800-972-3774 by Feb. 9 for \$109 rate: "karate"

Holiday Inn Express Downtown

110 Miller Street, Winston-Salem (1 mile away)

<http://www.hiexpress.com/hotels/us/en/reservation>

Call 336-721-0220 by Feb. 11, Rate \$99



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### INDIVIDUAL REGISTRATION (TEAMS USE A SEPARATE FORM)

*Instructions: Mail this form and check for "Best Karate" to AAU Karate Club, c/o Best Karate, 9113 Leesville Rd., Suite 104, Raleigh, NC 27613. or Pre-Register securely online with a credit card or PayPal at <http://www.trianglesbestkarate.com/AAUPayments.html>*

<b>Gender</b> <input type="checkbox"/> Male <input type="checkbox"/> Female	<b>Age on 7/1/11:</b> _____	<b>Rank</b> <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)	<b>Individual Events entered</b> <input type="checkbox"/> Kobudo <input type="checkbox"/> Kata <input type="checkbox"/> SanBon Kumite \$50/person for 1, 2, or all 3 individual events	<b>Weight</b> _____ kg/lb.
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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: \_\_\_\_\_

**\$50 per person Pre-registration (if received by March 5), Add \$15 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 2011 AAU Karate NC District 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, City of Winston-Salem, the Winston-Salem YWCA, Amateur Athletic Union, 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 2011 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)

*Instructions: Mail this form and check for "Best Karate" to AAU Karate Club, c/o Best Karate, 9113 Leesville Rd., Suite 104, Raleigh, NC 27613. or [Pre-Register](http://www.trianglesbestkarate.com/AAUPayments.html) securely online with a credit card or PayPal at <http://www.trianglesbestkarate.com/AAUPayments.html>*

- ☐ **Team Kata** (Mixed ages and genders are permitted) **\$55 per team event**
- ☐ **Team Kobudo** (Mixed ages and genders are permitted) **\$55 per team event**

Team Name \_\_\_\_\_

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

- ☐ **Team Kumite** (no beginners please) **\$50 per team event**

Team Name \_\_\_\_\_

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

School's Name: \_\_\_\_\_

School's City: \_\_\_\_\_ State: \_\_\_\_\_ Instructor: \_\_\_\_\_

### Adult & Minor Athletic Waiver and Release of Liability

*By registering on this team roster, I have agreed to the following: In order for my child or me to participate in the 2011 AAU Karate NC District 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, City of Winston-Salem, the Winston-Salem YWCA, Amateur Athletic Union, 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 2011 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.*