

USA KARATE

20126 Ballinger Way NE PMB 222 • Shoreline, WA 98155

Phone: (206) 440-5533

Fax: (206) 364-2614 • Email: joniwsharrah@comcast.net
usakaratedojo.com

Event: 2010 Pacific Northwest AAU Karate District Championships and National Qualifier

Tournament Date: Saturday, March 27, 2010

Location: Edmonds Home School Resource Center
23200 100th Ave. W. Edmonds, WA 98020

Directions to the Venue:

From Everett: I-5, exit #177 (N.E. 205th Street), turn right (W). Continue west on N.E. 205th (Follow signs for Ferry/Hwy 104 (West)). "Y" to the right (becomes Edmonds Way). Continue on Edmonds Way, turn left at 100th Ave W. Turn right at next signal.

From Seattle: I-5, exit #177 (Edmonds/Kingston Ferry), turn right (W). Continue west on N.E. 205th (Follow signs for Ferry/Hwy 104 (West)). "Y" to the right (becomes Edmonds Way). Continue on Edmonds Way, turn left at 100th Ave W. Turn right at next signal.

Time:

Check-in:	8:00 am
Referee Meeting	8:00 am
Events begin:	9:00 am

Registration Fees: 1 Event: \$40 2 Events: \$50 3 Events: \$60
Synchronized Kata: \$30 per Team

Entry Deadline: Register by March 12th for best rate.

ON-Site Registration: Forms received on site will be charged \$10.00.

Complete both the athlete registration form and the athlete waiver form and return with check to:

USA Karate
20126 Ballinger Way NE PMB 222, Shoreline, WA 98155

Registration Fees: Make checks payable USA Karate Club. \$25.00 fee will be charged for all returned checks. **We are unable to accept credit cards.**

General Admission - Suggested Donations \$5.00 13 & Up
\$3.00 12 & under and seniors 62 Yrs. & Up

USA Karate is recognized as a 501 c 3 non-profit by the IRS. All proceeds after expenses help the amateur athletes of USA Karate Academy in Shoreline travel to national and international karate events. Thank you for your support.

Rules: Modified AAU Karate rules will be in effect.

Visit <http://aaukarate.org/pages/rules.html> for a complete listing of tournament rules and regulations.

Dress code: Athletes must wear a solid white gi. Sleeves and pants must be hemmed to appropriate length (no rolled up sleeves or pant legs). Only an AAU Karate patch or no patch may be worn on the left chest. Officials: grey slacks, a white shirt, a blue or red tie, black shoes, and a blue blazer. Coaches: white gi pants, white shoes, and a team or coaches' shirt or jacket.

Athletes must wear the appropriate belt for their level experience.

Less than 12 months of training wear a WHITE BELT.
12 months but less than 24 months of training wear a GREEN BELT.
24 months but less than 48 months of training wear a BROWN BELT.
48 months and up wear a BLACK BELT.

Mandatory Equipment: Headgear with face shields for all athletes 18 and under, mouth guards for all, groin cups for all male fighters, naugahyde knuckle pads for all. **Optional Equipment:** Shin and instep guards for juniors, shin guards for adults, chest protectors for female & junior fighters (worn under gi), certified sport glasses with strap or soft contact lenses only, and face shields attached to helmets. **Disallowed items:** Headbands, jewelry, colored t-shirts, and metal hair clips. No long and/or dirty fingernails, or rolled up sleeves and/or pant legs.

Plan to attend the REFEREE and COACHES MEETING TO BE CONDUCTED AT the venue at 8:00 am in the morning.

The following age groups and categories will serve as a basic guideline. We reserve the right to combine division where necessary.

Kata and Kumite Divisions

6 & Under Beginner/Novice
7-8 Beginner, Novice, Intermediate, Advanced
9-10 Beginner, Novice, Intermediate, Advanced
11-12 Beginner, Novice, Intermediate, Advanced
13-14 Beginner, Novice, Intermediate, Advanced
15-16 Beginner, Novice, Intermediate, Advanced
17-18 Beginner, Novice, Intermediate, Advanced
19-34 Beginner, Novice, Intermediate, Advanced
35 + Beginner/Novice
45 + Beginner/Novice

**Males and females may be combined for Kata
(Divisions will be separated or combined based on number of athletes)
Males and females may NOT be combined for Kumite**

Kobudo Divisions

11 & UNDER BEGINNER/NOVICE WEAPONS
11 & UNDER INTERMEDIATE/ADVANCED WEAPONS
12-14 BEGINNER/NOVICE WEAPONS
12-14 INTERMEDIATE/ADVANCED WEAPONS
15-16 UNDER BEGINNER/NOVICE WEAPONS
15-16 INTERMEDIATE/ADVANCED WEAPONS
17-34 BEGINNER/NOVICE WEAPONS
17-34 INTERMEDIATE/ADVANCED WEAPONS
35+ BEGINNER/NOVICE WEAPONS
35+ INTERMEDIATE/ADVANCED WEAPONS

Divisions above are offered for Male and Female combined.

Synchronized Kata Divisions may be mixed genders

11 & Under 15-18 12-14 19-34