

OCT.
22ND
2011

Presented by **USA KARATE**

ATHLETES
IN
ACTION



Tournament Date:

Saturday, October 22, 2011

Location:

Edmonds Heights Gymnasium
(Former Edmonds Woodway Gym)
23200 100th Ave W.,
Edmonds, WA 98020

Time:

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

Tickets at the door

General Admission

Suggested Donation

Adults - \$5.00

10 & Under - \$3.00

Competition Includes

**KATA • KUMITE
KOBUDO**

Come one Come all!

Ages From 5 - 95

White Belt to Black Belt

Everyone's a Winner!

- 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.

For more information, please call 206.440.5533
or visit our website at www.usakaratedojo.com

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REGISTER
TODAY!



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- Tournament Date:** Saturday, October 22, 2010
- Location:** Edmonds Heights Gymnasium (Former Edmonds Woodway Gym)
23200 100th Ave W.
Edmonds, WA 98020
- Time:** Check-in: 8:00 am
Events begin: 9:00 am
- Registration Fees:** 1 Event: \$30 \$10.00 for Each Additional Event
- Entry Deadline:** Register by October 15, 2010 for best rate.
Forms received afterwards will be charged \$15.

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

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

Payments: Make checks or money orders payable to the USA Karate Club. A \$25.00 fee will be charged for all returned checks. Sorry, we are unable to accept credit cards.

Rules: Modified AAU Karate rules will be in effect.
Rule book at www.aaukarate.org

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) One organization Karate patch may be worn on the left chest. **Officials** must wear grey slacks, a white shirt, a blue or red tie, black shoes, and a blue blazer, or a white karate gi.

Mandatory Equipment: Helmets with attached face shields for all athletes 18 and under, mouth guards for all, groin cups for all male fighters, naugahyde knuckle pads for all, red, blue or white is acceptable. (No dipped foam or elastic cloth hand pads). Proper uniform and mandatory equipment required to participate.

Optional Equipment: Shin and instep guards for juniors, shin guards for adults, chest protectors for female & junior fighters, certified sport glasses with strap or soft contact lenses only, face shields attached to helmets for adults.

Disallowed items: Headbands, jewelry, colored t-shirts, metal hair clips. No long and/or dirty fingernails, or rolled up sleeves and/or pant legs.

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