



## AAU KARATE NC DISTRICT CHAMPIONSHIP

**SATURDAY, MARCH 17, 2012**

**9:00 AM DOORS OPEN, 10:00 AM PROMPT START**

**AT BRIER CREEK COMMUNITY CENTER  
9801 BRIER CREEK PARKWAY, RALEIGH, NC  
DETAILS AT [WWW.TRIANGLESBESTKARATE.COM](http://WWW.TRIANGLESBESTKARATE.COM)**

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Dear Karate Friends,

The Amateur Athletic Union (AAU) program in North Carolina welcomes you back to Raleigh for the Karate NC District/State championship. Anyone who places in the top 16 in his/her age, gender, and rank in at least one event (kata, or kumite, or kobudo) in Raleigh will qualify for all events, including Team events, at the AAU National Championships July 2-7 in Pheasant Run, IL, and for the Junior Olympics in Houston on July 26-28, 2012. Note that Jr. Olympics is generally for advanced/brown and black belts.

Four great reasons for you to be involved with AAU this year:

- (1) OPEN QUALIFIER: This is an open invitational and qualifier for two AAU national events. Athletes from North Carolina or any adjacent state (Virginia, South Carolina, Georgia, and Tennessee) may qualify in North Carolina.
- (2) HIGH QUALITY: The quality of competition and officiating will give your athletes a good experience with AAU rules, level of competition, and expectations at the Nationals. More than a dozen national champions in kata and kumite reside in North Carolina and are expected to compete here. The tournament host Sensei Steve Robinson, a member of the AAU National Referees' Council and the WKC international referee corps, will give an Officiating Training and Refresher Course at the beginning of the tournament. Black belts and instructors are welcomed to listen in, enhance their officiating skills, and help expedite the day.
- (3) OPPORTUNITY FOR PEE WEE COMPETITORS! There will be a Pee Wee competition-exhibition, open to karate-ka ages 3-6. There will be no cost to participate in this event, and everyone gets an AAU medal. This is a friendly way to encourage your youngest students to get involved. Ages 5 and 6 can do the exhibition AND compete, too.
- (4) REWARDS FOR GROUP REGISTRATION: If a Dojo Sensei or Administrator registers 6 or more individuals as a group, use the Group Registration form and retain \$5 per student as a thank you for your extra work. A Group Registration must be accompanied by individual applications/waivers, and be paid by check [not credit card]. Deadline for receipt is March 13.

AAU rules are available at [www.aucarate.org](http://www.aucarate.org). All kata divisions except Mandatory Kata will use flag system of elimination. All the events, proper attire and 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 E-mail us at [trianglesbestkarate@juno.com](mailto:trianglesbestkarate@juno.com).

*Sincerely, Stephen Robinson & Cyndy Yu Robinson | State director, AAU Karate N.C. program*



## 2011 AAU KARATE NORTH CAROLINA DISTRICT CHAMPIONSHIP | MARCH 17, 2012 IN RALEIGH, NC

This event is both a district championship as well as a qualifier for national events. As such, we will teach, explain and enforce AAU rules for equipment, scores, and conduct. Contact [trianglesbestkarate@juno.com](mailto:trianglesbestkarate@juno.com) or (919) 844-5555 with questions.

### Individual Events

Kobudo, kata, kumite divisions will be offered for each age group below and 4 ranks for age group.

Pee Wee Kata Exhibition/ Ages 3-6 no cost,

Ages 5-6 years co-ed competition,

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

*Pee Wee Exhibition, 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 17, 2012, Doors open at 9:00 AM,**

Brier Creek Community Center

9801 Brier Creek Parkway, Raleigh, NC 27617

Officials Report at 9:30 AM

Competition starts at 10:00

### Participants & Admission Fees

**Advanced Registration:** \$50 per athlete for all individual events and \$60 per team, received by March 13.

**At the door Registration:** \$70 per athlete including late fee.

**Spectators:** \$5/person ages 6 and up.

### Registration

1. Register and pay online at [www.trianglesbestkarate.com](http://www.trianglesbestkarate.com) (Use credit card or PayPal)
2. Submit your form and payment to your Sensei. Your Sensei will mail payment and Group Roster.
3. Register at the door on event day. Beware of extra charge.

Athletes and coaches should include a copy/proof of AAU membership with the mail-in event registration OR present proof of membership at the door.

### 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)

**AAU dojo insurance/club registration** - [www.aausports.org](http://www.aausports.org)

**Tournament** - Register online at [www.TrianglesBestKarate.com](http://www.TrianglesBestKarate.com)

**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
- No glasses are permitted.
- White vinyl helmet with face shield is required for competitors 18 years and under.
- Mouthpiece and vinyl handguards are required for all.
- Groin cups are required for males.
- Shin guard (not foot guards) are permitted.

### Hotels within 2 miles of Venue

We have reserved a block of rooms at two nearby hotels. Click on the live links below to go to Online Reservations.

[Hampton Inn RDU/Brier Creek](#) \$99/nite double queen beds.

[Embassy Suites RDU/Brier Creek](#) \$129/nite for two-room suite.

Both include complimentary breakfast and internet WiFi

Discount code: "AAU Karate," Cutoff date: Mar 2

Or call 800-HAMPTON/919-484-0500, Embassy 919-752-2200



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## INDIVIDUAL REGISTRATION (TEAMS USE A SEPARATE FORM)

Gender & Age	Rank	Events entered	Weight
<input type="checkbox"/> Male <input type="checkbox"/> Female Age on July 1, 2012: _____	<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)	<input type="checkbox"/> PeeWee Exhibition, age<6 <input type="checkbox"/> Kobudo <input type="checkbox"/> Kata <input type="checkbox"/> SanBon Kumite \$50/person for all indiv. events	_____ kg/lb. 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: \_\_\_\_\_

### Three ways to register

**1. Pre-Register online** with a credit card at [www.trianglesbestkarate.com](http://www.trianglesbestkarate.com) by March 13.

**2. Submit form to your Sensei for a Group Roster. Mail Group to:**  
AAU Karate Club c/o Best Karate, 9113 Leesville Rd., Raleigh, NC 27613

**3. Register on event day:**

**\$70/Athlete for all individual events includes late fee**

**\$50/Athlete for all individual events**

**\$50/Athlete for all individual events**

**\$5/person door fee for ages 6 and up**

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

*In order for my child or me to participate in the 2012 AAU Karate NC Championships, I agree to assume the risks incidental to such participation and, on my own behalf and on behalf of my representatives, release and discharge the released parties defined below, of all liabilities, claims, actions, damages, costs or expenses of any nature arising out of my participation or my child's participation in the March 17 event. The released parties are Triangle's Best Karate, City of Raleigh, 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. I declare that I and/or my child is physically fit, is a current 2012 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 Athlete or Parent/Guardian (if <18): \_\_\_\_\_



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## TEAM REGISTRATION

(INDIVIDUAL ATHLETES, USE A SEPARATE FORM)

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

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

Athlete's name	Age	Rank	Signature agreeing to Waiver below
1.			
2.			
3.			

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

*In order for my child or me to participate in the 2012 AAU Karate NC Championships, I agree to assume the risks incidental to such participation and, on my own behalf and on behalf of my representatives, release and discharge the released parties defined below, of all liabilities, claims, actions, damages, costs or expenses of any nature arising out of my participation or my child's participation in the March 17 event. The released parties are Triangle's Best Karate, City of Raleigh, 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. I declare that I and/or my child is physically fit, is a current 2012 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.*

### Three ways to register

1. **Pre-Register online** with a credit card at  
[www.trianglesbestkarate.com](http://www.trianglesbestkarate.com)  
by March 13.

**\$60 for one team event**

2. **Submit form to your Sensei for a Group Roster by March 13. Mail to:**  
AAU Karate Club c/o Best Karate, 9113  
Leesville Rd. , Raleigh, NC 27613  
**\$60 for one team event**

3. **Register on event day:**

**\$60 for one team event  
no late fee**

**\$5/person door fee for ages 6 and up**



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*Instructions: Sensei or Dojo Administrator may send all registration forms and checks together to meet a pre-registration deadline of March 13. Don't forget to attach one completed form/waiver per athlete.*

## GROUP REGISTRATION LIST (for a minimum of 6 people)

Athlete's Name	Age	Gender	Rank	Hotel selected in Raleigh	Number of hotel nights
1.					
2.					
3.					
4.					
5.					
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