



# 2010 AAU KARATE FLORIDA DISTRICT CHAMPIONSHIPS WEST COAST QUALIFIER

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Saturday, April 17, 2010

River Ridge Middle/High School

11646 Town Center Road \* New Port Richey, FL 34654

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Event Director(s): John & Cindy Ingram (727) 372-7673

Entry Fee(s): Athletes: \$55 For 1 Event \* \$10 For Each Additional Event  
Coaches: \$10 (FREE with 2010 AAU Karate Florida District Photo Credential)  
Spectators: \$ 5 (Pay At Door-Age 7 & Under FREE!)

***You MUST be a current 2010 AAU Member to participate in this Event!***

***To Join: Go to [www.aausports.org](http://www.aausports.org) and select "Join Now"***

***AAU Membership Fees are not included in Entry Fees!***

Awards: Custom Medals 1st, 2nd & 3rd \* Every Athlete will receive an award!

On-Line Registration:

1. Go to [www.tkafl.com](http://www.tkafl.com)
  - New TKA Users: Select "Create My Page" and follow instructions
  - Existing TKA Users: Log on & verify that your Page Profile is correct
2. Registration is open from Monday, **03/01/2010** - Tuesday **04/13/2010**  
(TKA Users will receive an e-mail reminder when Registration opens)
3. After 03/01/2010, from your TKA Page, select this event and "Register Now!"
4. Print your Registration Form(s) by selecting link(s)  
(All Forms must be correct as printed! To edit, select "Update Now")
5. Submit Form(s)/Fees at Check-In (See Schedule Below)

**CHECK-IN  
IS MANDATORY  
FOR ALL  
PARTICIPANTS!**

***NEW POLICY FOR 2010: Registration officially closes on Tuesday, 04/13/2010!  
Late Registrations and Changes/Updates to existing Registrations/Forms, after that date,  
ABSOLUTELY WILL NOT be permitted! No exceptions, please don't ask!***

Schedule: Saturday, 04/17/2010

8:00 a.m. - 8:30 a.m.	Referee/Coach/Volunteer Check-In
8:00 a.m. - 9:00 a.m.	Athlete Check-In
8:30 a.m.	Referee/Coach/Volunteer Clinics
9:00 a.m.	Athlete Meeting
9:30 a.m.	Adult/Senior Divisions (Starting With Advanced)
10:00 a.m.	Youth Divisions (Starting With Youngest)

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SATURDAY,  
APRIL 17TH  
2010

# FLORIDA DISTRICT CHAMPIONSHIPS - WEST

NEW PORT RICHEY,  
FLORIDA

Dear Athletes/Coaches/Referees/Volunteers:

We would like to personally invite you to attend the 2010 AAU Karate Florida District Championships and West Coast Qualifier on April 17th at River Ridge Middle/High School in New Port Richey, Florida. The top 16 Athletes in each division will qualify here for the 2010 AAU Karate Super Regional Championships and National Qualifier on May 1st, hosted in Ft. Pierce, Florida.

Thank you for your continued support of the AAU District, Regional and National Programs! Go Florida!

Respectfully,

Mark Pinner, Florida AAU Karate Chairman & Dave Roth, AAU Region 4 Director

## Officials/ Rules:

This event will be officiated under the direction of licensed AAU Referees and Judges applying AAU Karate Rules fairly and impartially with emphasis/modification in the following areas:

Kobudo: Traditional Okinawan weapons of proper weight and design  
Long and Short weapons combined (Bo, Tonfa, Eku, Nunchaku, Sai & Kama)

Kata: Traditional Katas from recognized styles of Karate, all styles combined

Kumite: Sanbon: 2 minutes or 3 points, half and full point scoring  
Safety Equipment:

Mandatory: AAU approved white naugahyde mitts, gum shield, AAU approved white headgear with face-shield (Youth), groin cup (Males)

Optional: AAU approved white headgear with face-shield (Adults), white cloth shin pads (Adults), white cloth shin/instep pads (Youth), chest protector (Females)



## Dress Code:

Athlete: Clean white traditional uniform with AAU Patch on left chest  
No rolled sleeves/cuffs, trademarks, logos, embroidery, piping, or stripes  
Athletes should wear correctly colored belts for competition based on the following years of karate training:  
Beginner/Less than 1 year/White Belt  
Novice/1 year but less than 2 years/Green Belt  
Intermediate/2 years but less than 4 years/Brown Belt  
Advanced/4 years or more/Black Belt  
Long hair should be neatly gathered with discreet elastic bands (No metal clips)  
Finger and toe nails should be short and neatly trimmed  
Prohibited: Jewelry/earrings, hats, caps, headbands and sweatbands

Coach: Red/Blue AAU Coaches Shirt, white uniform pants, athletic shoes

Referee: AAU Tie, white shirt, gray pants, black belt/socks/shoes (*Blue Blazer optional*)

## Athlete Divisions:

Youth: Male, Female, Ages 5-6, 7-8, 9-10, 11-12, 13-14, 15-16, 17-18

Adult: Male, Female, Ages 19-34 Combined

Senior: Male, Female, Ages 35+ Combined

\* *Your Division is determined by your age as of July 1, 2010!*

\* *Divisions may be combined or divided at the discretion of the Event Directors!*

\* *Sanctioned by the Amateur Athletic Union of the U.S. Inc.*

Go to [www.aaukarate.org](http://www.aaukarate.org) and select "Rules" for a complete copy of the AAU Karate Handbook with clarification of all AAU Karate Rules including Uniform/Dress/Equipment requirements!

**Official Qualifier for the 2010 AAU Karate Super Regional Championships!**

# Hotel Information

***If you are using a Hotel for this event, please print this form and bring to Check-In!  
Only one form is required per reservation/family/group!***

**Date:** 04/17/2010

**Event:** Florida District Karate Championships-West

**Did you use Hotel accommodations or this Event?**  Yes  No

If "Yes", please complete the following:

## Where did you stay?

Please select one:

Host Hotel:

Holiday Inn Express

10619 U.S. Highway 19  
New Port Richey, Florida 34668

(727) 868-1900

Rate: TBA

Reference: AAU Karate

Name of Reservation: \_\_\_\_\_  
(Last Name, First Name)

Number of Rooms: \_\_\_\_\_

Number of Room Nights: \_\_\_\_\_

Other Hotel:

\_\_\_\_\_  
(Hotel Name)

\_\_\_\_\_  
(Street)

\_\_\_\_\_  
(City)

\_\_\_\_\_  
(State)

\_\_\_\_\_  
(Zip)

\_\_\_\_\_  
(Telephone)

Rate: \_\_\_\_\_

Name of Reservation: \_\_\_\_\_  
(Last Name, First Name)

Number of Rooms: \_\_\_\_\_

Number of Room Nights: \_\_\_\_\_