

**Central AAU**  
**Taekwondo**  
**Illinois Sports Training Seminar**  
**May 13, 2017**  
**Hosted by Master Luciano Medina**  
**Champion Taekwondo USA, Chicago, IL**

**AGE GROUPS:** Junior, Senior, Executive, Ultra

**ENTRY FEE:** \$20.00

**ENTRY FEE PAYABLE TO:** Master Luciano Medina

**ENTRY DEADLINE:** May 13, 2017

**RULES:** *Bring AAU membership number for verification\*\**  
Email: [champion1030@gmail.com](mailto:champion1030@gmail.com)  
for any questions.

**ADDITIONAL INFO:** Join AAU National Team Coach Master Luciano Medina May 13th 2017 for a day filled with Taekwondo innovation. Master Medina presents a unique outlook on how the sport of Taekwondo should be played. His years of experience as an international and national coach allow for his athletes to compete at their highest potential simply because he teaches what's going on right now. In order to succeed in high level competition, athletes must be able to adapt their style into what wins. That is what this seminar will be all about.

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The seminar will be broken down  
by color belts and black belts:

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**Segment 1- 10:00 am-11:30 am**

All ages, all

belts hands on learning with Master Luciano

This will include situational drills,

plyometric exercises, applying the new rules, and much more.

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**11:30 am-12:00**

pm - color belt sparring.

**12:00 pm- 1:30 pm**

Black belt sparring

Please bring

all equipment necessary. (including hogos, shin and arm pads, headgears, Daedo socks, Mouth pieces, and gloves)

*Uniform pants are required\*\**

This event is licensed

by AAU Taekwondo. We look forward to this event in hopes of passing along any information that may be useful towards helping athletes better themselves inside the ring, and out.

**FOR MORE INFORMATION:**

Luciano Medina

(708) 668-2491

[champion1030@gmail.com](mailto:champion1030@gmail.com)

This event is licensed 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 connection.