



MIDDLE ATLANTIC DISTRICT TKD CHAMPIONSHIP

Qualifier for 2013 AAU National Taekwondo Championship and 2013 Jr. Olympic Games

SATURDAY, MARCH 23, 2013

ATLANTIC CAPE COMMUNITY COLLEGE
5100 BLACK HORSE PIKE
MAYS LANDING, NJ 08330

FOR ASSISTANCE AND INFORMATION
609-625-0880 or waparlagreco@aol.com

DIRECTED BY: GRANDMASTER PARLAGRECO

HOSTED BY: ULTIMATE MARTIAL ARTS ACADEMY

SANCTIONED BY: AMATEUR ATHLETIC UNION

ONLINE REGISTRATION ONLY

www.tourneyreg.net

MUST BE 2012-2013 A.A.U. MEMBER TO COMPETE OR OFFICIATE

REGISTER ONLINE AT www.ausports.org

AAU membership is not included as part of the entry fee to the event.

AAU membership must be obtained before the competition. Participants are to visit the AAU web site at www.ausports.org to obtain their membership.

FORMS AND SPARRING

AAU DISTRICT CHAMPIONSHIP MEDALS WILL BE AWARDED ALONG WITH AAU CHAMPIONSHIP BELTS TO ALL 14 YEAR AND OLDER BLACK BELTS WHO WIN 1ST PLACE IN OLYMPIC AND POINT SPARRING.

MATTED RINGS AND ELECTRONIC SCORING

\$60.00 FOR 1 - \$70.00 FOR 2 - \$80.00 FOR 3 (EVENTS)

COACHES PASS - \$20.00

9:30 A.M. - CHECK IN TIME

10:00 A.M. - COMPETITION STARTS

SPECTATOR ADMISSION FEE - \$7.00

FOR ALL NON - COMPETITORS (parents, family members, etc)

Under 4 years - No door charge



MIDDLE ATLANTIC DISTRICT TKD CHAMPIONSHIP

REGISTRATION DEADLINE : MARCH 10, 2013

ALL ENTRY FORMS MUST BE DONE ONLINE

www.tourneyreg.net

\$20 LATE REGISTRATION FEE AFTER MARCH 10, 2013
REGISTRATIONS WILL NOT BE ACCEPTED AFTER MARCH 19, 2013
(SORRY NO EXCEPTIONS)

- 9:00 A.M. OFFICIALS MEETING
9:30 A.M. CHECK IN
10:00 A.M. OPENING CEREMONY
10:05 A.M. FORMS BEGINS
OLYMPIC SPARRING IMMEDIATELY AFTER FORMS
FOLLOWED BY POINT SPARRING

TRADITIONAL FORMS

OLYMPIC SPARRING

(Two - 1 ½ Minute Rounds with 30 seconds break - under Black Belt)
(Two - 2 Minute Rounds with 30 seconds break - all Black Belts)

(Chest Protector, Full Head Gear, Shin + Insteps Pads,
Arm Guards, Mouth Piece, Groin Protector)
No eyeglasses or safety glasses of any kind
will be permitted for sparring

POINT SPARRING

(Head Gear, hand and foot gear, mouth piece and groin protector)

ALL RULES CAN BE VIEWED ONLINE AT:

www.aautaekwondo.org

There will be gear and items for sale at the tournament

There Will Be Lunch For All Officials
Food and Drinks will also be available for sale for everyone