



Training Camp

Saturday, January 10th, 2015

10:00 am - 12:00 pm - Ages 11 & Under

12:00 pm - 2:00 pm - Ages 12 & Up

Time to prepare for another tournament season!

Get ready for the upcoming AAU Qualifiers

?Conditioning Workout

?Multiple fights and take home practice drills

?Ring time experience w/ scoring system

?New Strategies & Techniques

?Tournament Forms Exercises

\$25

Fastkix Taekwondo – 100 Summerhill Road, Spotswood, NJ

Contact: Master Charles Ferrone (732) 254-1214

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 Youth Athlete membership must be obtained before the competition begins except where the event operator has a laptop available with an internet connection. Be Prepared: Adult and Non Athlete memberships are no longer instant and cannot be applied for at event. Please allow 10 days for membership to be processed. Participants are encouraged to visit the AAU web site www.aausports.org to obtain their membership.

Winter Training Camp

Registration

January 10, 2015

\$25.00

Checks or Cash Payable to:
Charles Ferrone

Mail to: Fastkix Taekwondo
100 Summerhill Rd. Spotswood, NJ 08884

Due By: 1/9/15

REGISTRATION FORM

Please clearly print your name, as it will appear on the certificate!

First Name _____ Last Name _____

Current Rank _____ Age _____

Current AAU Membership Number (Mandatory) # _____

Method of Payment: (please check one) Cash _____ Check _____ (payable to Charles Ferrone)