



## **Training Camp**

***Saturday, November 15th, 2014***

***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 & In School Tournament**

- **Conditioning Workout**
- **Multiple fights and take home practice drills**
- **Ring time experience w/ scoring system**
- **New Strategies & Techniques**
- **Tournament Forms Exercises**



**Fastkix Taekwondo – 100 Summerhill Road, Spotswood, NJ 08884**

**Contact: Master Kevin Balon (732) 254-1214**

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 **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](http://www.aausports.org) to obtain their membership.