



**Southeastern AAU Karate Championship**  
**Saturday, April 10, 2010**  
**9:00 AM – doors open, 10:00 AM Prompt start**

**At Brier Creek Community Center, attached to B.C. Elementary School**  
**9801 Brier Creek Parkway, Raleigh, NC 27617**  
**Details at [www.trianglesbestkarate.com](http://www.trianglesbestkarate.com)**

Dear Karate Friends,

The Amateur Athletic Union (AAU) program in North Carolina welcomes you to Raleigh for a combined State and Regional championship. All those who place in the top 16 here will qualify for the AAU National Championships at the end of June 2010 in Albany, NY and for the Junior Olympics at the end of July 2010.

Top 3 reasons to attend:

- (1) **OPEN QUALIFIER:** This is an open invitational and qualifier. Athletes from any part of the U.S. may qualify in North Carolina for the AAU National Karate Championships and the Junior Olympics at this event.
- (2) **FAIRNESS, HIGH QUALITY COMPETITION:** The quality of competition and officiating will give athletes experience with AAU rules, level of competition, and expectations at the Nationals. More than a dozen national champions in kata and kumite reside in NC, SC, and GA and are expected to compete here. Our host is Sensei Steve Robinson, member of the AAU National Referees Council and the WKO international referee corps. We invite you to get trained or refreshed in karate rules and officiating.
- (3) **CONVENIENCE:** The competition venue is the beautiful Brier Creek Community Center & Elementary School, located conveniently to major highways including I-40 and just minutes from Brier Creek Shopping Center and the RDU airport. The Karate Headquarters hotel is the Hampton Inn Suites, 3 miles from the venue. For reservations on group rate of \$89 (double queen or king), please call 919-484-0500 or 1-800-HAMPTON using the "Group Code AAU."

AAU rules are available at [www.aaukarate.org](http://www.aaukarate.org) All kata divisions except Mandatory Kata will use flag system of elimination. All the events, proper attire and safety equipment, and other details are found on the attached Quick Fact Sheet.

If you have any questions, please do not hesitate to call us at (919) 844-5555 or Email us at [trianglesbestkarate@juno.com](mailto:trianglesbestkarate@juno.com).

Sincerely,  
*Stephen Robinson & Cyndy Yu Robinson*  
State directors, AAU Karate N.C. program



Free sports bottle  
for first 50 to register.

**Karate Championship**



**Southeastern  
AAU Karate  
Championship**

**April 10, 2010**

**Brier Creek Community Center, attached to  
B.C. Elementary School,  
9801 Brier Creek Parkway, Raleigh, NC 27617**

*If anything is unclear, please contact event organizers at [trianglesbestkarate@juno.com](mailto:trianglesbestkarate@juno.com) or (919) 844-5555.*

**Individual Events**

Kobudo, kata, kumite divisions will be offered for each age group below and 4 ranks for age group.

- Ages 5-6 years co-ed,
- 7-8 boys, 7-8 girls, 9-10 boys, 9-10 girls,
- 11-12 boys, 11-12 girls, 13-14 boys, 13-14 girls,
- 15-16 boys, 15-16 girls, 17-18 boys, 17-18 girls,
- 19-34 men, 19-34 women,
- 35&over men, 35&over women.

- Beginner Rank: White Belt (<1 year of training)
- Novice Rank: Green (1-2 years of training)
- Intermediate Rank: Brown (2-3 years of training)
- Advanced Rank: Black (>3 years of training)

**\*\*We reserve the right to combine divisions in order to provide a true competitive atmosphere for all athletes.**

*Order of Events*

*Black Belt Adults and Sr. first, Weapons, then Kata, Kumite from youngest to teens. Team, events at end.*

**Participants & Admission Fees**

Advanced Registration: \$60 per athlete for all individual events and \$40 per team.  
At the door: Extra \$40 will be added for individual registration only.

*Athletes and coaches should include a copy/proof of AAU membership with the mail-in event registration OR present proof of membership at the door.*

Non-athlete Admission: \$5 per adult, \$3 per senior (65+), \$3 per youth (6-18 years old), Free ≤5 years.

**Officials' Attire**

Blue blazer, white shirt, AAU red tie, grey slacks, black socks and soft sole shoes, not sneakers.

**Useful websites**

- AAU membership - Register online at [www.aausports.org](http://www.aausports.org)
- Tournament - Register online at [www.NCAAU.org/Karate](http://www.NCAAU.org/Karate)
- Rules - AAU Karate [www.aaukarate.org](http://www.aaukarate.org)
- Your host - [www.TrianglesBestKarate.com](http://www.TrianglesBestKarate.com)

**Team events**

3 members per team.

- Team Kobudo  
Ages 5-8 co-ed, 9-12 co-ed, 13-18 co-ed, 19&up men, 19&up women.
- Team Kata  
Ages 5-8 co-ed, 9-12 co-ed, 13-18 co-ed, Adult men, Adult women
- Team Kumite (Best of 3 individual matches wins.)  
Ages 5-8 co-ed, Ages 9-12 boys, Ages 9-12 girls, Ages 13-18 boys, Ages 13-18 girls, Ages 19& up men, Ages 19&up women.

**Event Date & Location**

April 10, 2010, Doors open 9:00 AM,  
Brier Creek Community Center & Elementary School  
9801 Brier Creek Parkway, Raleigh, NC 27617  
Officials Report at 9:30 AM, *Competition starts at 10:00*  
*Black Belt Adults and Sr. first, Weapons, then Kata, Kumite from youngest to teens. Team, events at end.*

**Competitors' Attire**

*For Kobudo and Kata:*  
White gi/uniform, no piping or borders.  
White, green, brown, or black belt for your category.  
One patch on the left side of jacket. AAU patches will be available for purchase at the competition venue.  
Corrective lenses including glasses are allowed.

*For Kumite:* Same attire as above but no rolled sleeves on arms or legs. No glasses are permitted. White vinyl helmet with face shield is required for competitors 18 years and under. Mouthpiece and vinyl handguards are required for all. Groin cups are required for males. Shin guard (not foot guards) are permitted.

**Hotels near the Venue**

**Headquarters Hotel:**  
Hampton Inn Hotel \$89 for king or  
8021 Arco Corporate Drive double queen suite  
Raleigh, NC 27617 Group Code AAU  
[www.raleighdurhamairportbriercreeksuites.hamptoninn.com](http://www.raleighdurhamairportbriercreeksuites.hamptoninn.com)  
Call 919-484-0500 or 800-HAMPTON



## Southeastern AAU Karate

**Saturday, April 10, 2010**

**Brier Creek Elem. School, 9801 Brier Creek Parkway, Raleigh, NC 27617**

### Karate Tournament

## INDIVIDUAL REGISTRATION

(TEAMS USE A SEPARATE FORM)

Gender	Age	Rank	Individual Events entered	Weight
<input type="checkbox"/> Male <input type="checkbox"/> Female	Age on competition day: _____	<input type="checkbox"/> Beginner (<1 year training) <input type="checkbox"/> Novice (1-2 years) <input type="checkbox"/> Intermediate (2-3 years) <input type="checkbox"/> Advanced (>3 years)	<input type="checkbox"/> Kobudo <input type="checkbox"/> Kata <input type="checkbox"/> SanBon Kumite \$60/person for all indiv. events	_____ kg/lb.

We reserve the right to combine division in order to provide a true competitive atmosphere for all athletes.

Name: \_\_\_\_\_ Date of Birth: \_\_\_\_/\_\_\_\_/\_\_\_\_

Address: \_\_\_\_\_ Phone: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

AAU Member #: \_\_\_\_\_ E-Mail Address: \_\_\_\_\_

Years of Training: \_\_\_\_\_ Karate Rank: \_\_\_\_\_ Style: \_\_\_\_\_

School's Name: \_\_\_\_\_

School's City: \_\_\_\_\_ State: \_\_\_\_\_ Instructor: \_\_\_\_\_

**Mail this form to AAU Karate Club c/o Best Karate, 9113 Leesville Rd., Suite 104 , Raleigh, NC 27613**

**Checks should be made to "Best Karate"**

**Pre-Register online with a credit card by first checking [www.trianglesbestkarate.com](http://www.trianglesbestkarate.com)**

**\$60 per person Pre-registration (if received by April 1)  
Add \$40 per person if registering at the door**

**Admission for non-competitors: \$5 per adult,  
\$3 per senior (65+) or ages 6-18, Free for <5**

### Adult & Minor Athletic Waiver and Release of Liability

*In order for my child or me to participate in the 2010 Southeastern AAU Karate Championships, I agree to assume the risks incidental to such participation (risks may include, among other things, muscle injuries and broken bones) and, on my own behalf and on behalf of my heirs, executors, and administrators, release and forever discharge the released parties defined below, of and from all liabilities, claims, actions, damages, costs or expenses of any nature arising out of or in any way connected with the participation of my child or me in such activity and further damages, costs or expenses, including, but not limited to, attorney's fees and disbursements. For this event, the released parties are Triangle's Best Karate, City of Raleigh, , Amateur Athletic Union, its officers, its affiliated clubs, regional sports organizations, their respective administrators, directors, agents, coaches and other employees, staff, official and volunteers of the organization, other participants, sponsoring agencies, sponsors, advertisers, and if applicable, owners and lessees of premises used to conduct the event. I understand that this release and indemnity agreement includes any claims based on the negligence, action or inaction of any of the above released parties and covers bodily injury (including death) and property damage, whether suffered by myself or my child, before, during, or after such participation. I declare that I and/or my child is physically fit, is a current 2010 AAU member, and has the skill level required to participate in this particular event. I further authorize medical treatment for my child or myself at my costs, if the need arises. I grant the released parties the right to photograph and/or videotape me and further to use my name, face, likeness, voice and appearance in connection with the exhibitions, publicity, advertising, and promotional materials without reservation or limitation.*

\_\_\_\_\_  
Signature of Competitor

\_\_\_\_\_  
Signature of Parent/ Guardian (if under age 18)



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**Brier Creek Elem. School, 9801 Brier Creek Parkway, Raleigh, NC 27617**

### Karate Tournament

## TEAM REGISTRATION

(INDIVIDUALS USE A SEPARATE FORM)

- Team Kata** (Mixed ages and genders are permitted) **\$40 per team event**

Team Name \_\_\_\_\_

	Name	Age	Rank
1.	_____	_____	_____
2.	_____	_____	_____
3.	_____	_____	_____

- Team Kumite** (no beginners please) **\$40 per team event**

Team Name \_\_\_\_\_

	Name	Age	Rank
1.	_____	_____	_____
2.	_____	_____	_____
3.	_____	_____	_____

School's Name: \_\_\_\_\_

School's City: \_\_\_\_\_ State: \_\_\_\_\_ Instructor: \_\_\_\_\_

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**Checks should be made to "Best Karate"**

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\_\_\_\_\_  
Signature of Competitor

\_\_\_\_\_  
Signature of Parent/ Guardian (if under age 18)