



MIDDLE ATLANTIC DISTRICT CHAMPIONSHIPS

SATURDAY, MARCH 20, 2010

ATLANTIC CAPE COMMUNITY COLLEGE

5100 BLACK HORSE PIKE
MAYS LANDING, NJ 08330

FOR ASSISTANCE AND INFORMATION CALL

609-625-0880

DIRECTED BY: GRANDMASTER PARLAGRECO

HOSTED BY: ULTIMATE MARTIAL ARTS ACADEMY

SANCTIONED BY: AMATEUR ATHLETIC UNION

ONLINE REGISTRATION ONLY

www.tourneyreg.net

MUST BE 2010 A.A.U. MEMBER TO COMPETE OR OFFICIATE
REGISTER ONLINE AT AAUSPORTS.ORG

FORMS AND SPARRING

AAU District Championship Medals will be awarded

MATTED RINGS AND ELECTRONIC SCORING

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

CHECK IN TIME: 9:30 AM

COMPETITION STARTS AT 10:00 A.M.

DOORS OPEN AT 9:00 A.M.

COACHES PASS: \$20.00

SPECTATOR ADMISSION FEE \$7.00

FOR ALL NON - COMPETITORS (parents, family members, etc)
UNDER 4 YRS - NO DOOR CHARGE

Hotel rooms are available at Days Hotel (609) 641-4500 at about \$60.00 per night.
6708 Tilton Rd., Egg Harbor Twp., NJ 08234 (Ask for AAU tournament rate)

**Qualifier for: 2010 Jr. Olympic Games in Hampton Roads, VA, and
2010 AAU National Tae Kwon Do Championships- Ft. Lauderdale, FL - June 28th - July 3rd**



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REGISTRATION DEADLINE: MARCH 10, 2010

ALL ENTRY FORMS MUST BE DONE ONLINE

www.tourneyreg.net

**\$20 LATE REGISTRATION FEE AFTER MARCH 10, 2010
REGISTRATIONS WILL NOT BE ACCEPTED AFTER MARCH 15, 2010
(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:
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**