



Eggleston Karate Studio
10090 Midlothian Turnpike
N. Chesterfield, VA 23235

2014 AAU Virginia Karate State Championship

April 12, 2014
Richmond, VA 23235



Eggleston Karate Studio
Mike Eggleston
AAU Virginia District Director
Ph. 804.323.7714 – www.ekskarate.com

- 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



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PLEASE PRINT

Personal Information:

Last Name _____ *First Name* _____ *Phone #* _____

Address _____ *City* _____ *State* _____ *Zip* _____

Email Address _____

Please send me information on future tournaments

BIRTHDAY: / / **AGE:** **SEX:** Male Female **HEIGHT:** Feet inches **WEIGHT:** lbs
(mo/day/yr) As of 07/01/14

Dojo Name _____ *Sensei's Name* _____ **2014 AAU Number* _____

Will you be staying in a hotel yes No

Hotel Name _____ **Date Staying** _____

Karate Experience: *Check one below:*

I WILL COMPETE AT THE FOLLOWING LEVEL

- Beginner** *Less than 1 year (white belt)*
- Novice** *1 yr., less than 2 yrs (green belt)*
- Intermediate** *2 yrs., less than 4 yrs (brown belt)*
- Advanced** *4 yrs. or more (black belt)*

Seniors (35 + years) only:

- I am a senior/master and wish to compete in adult group (ages 19-34)**

(Check this box ONLY if you wish to compete in this group)

I WILL COMPETE IN THE FOLLOWING CATEGORIES

- Kobudo (Long & Short Weapons Combined)**
- Kata – Pee Wee 4 & under (\$10 only)**
- Kata**
- Kumite (sparring)**
- Team Kumite (sparring)**

Medical Information:

Check one below:

- I have NO medical problems**
- I have medical problems, but I am able to compete. Describe medical problem(s), or attach a Doctor's note.**

Method of Payment:

- Cashier's Check / Money Order (enclosed)**

WAIVER

I here by for myself, my executor(s), my heirs, forever and always agree to save and hold harmless the Amateur Athletic Union of the United States and all of its officers, referees, judges, volunteers, workers, members, tournament director, tournament promoter, tournament employees, the facility owners, their Respective officers, participating in, or other direct or indirect involvement in the AAU/USA karate Tournament that I have entered. In addition, I hereby for now and forever, accept any and all responsibilities for any actions in conjunction with the AAU/USA Karate Tournament and the traveling to or from or participating in said event. Finally, I agree to allow, without compensation, the use of any photographs, films, or videotape of myself

SIGNATURE: _____

(Parent or Guardian if under 18 years of age)



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To all coaches, athletes and parents,

HELLO EVERYONE!! What a cold, sloppy and wet winter we had. Spring Fever is definitely in the air... With everyone stuck inside, there has been a lot of training going on, so make sure you are in class training hard. For those of you who attended and those of you who have heard, the 2013 AAU Fall Invite was awesome! The turnout was great and the Team Kumite was unbeatable. The word is out!!! Again, the phones are lighting up with new school calling to find out how to be a part of this amazing tournament. So if you are looking for great competition and an awesome tournament make your plans, register early, but mostly “be ready”.

Championship Cups, these are the talk of the event. Which school will take home the most? Will it be yours? Triple Crown, are you still in the running? Did you receive Gold at the 2013 Fall Invite? Only two more wins and the tall trophy is yours!!!

AAU Championship Rings, please let us know if you received a gold medal at the 2013 AAU National Championship, we will need to order your championship rings. These will be given at the 2014 Super Regional Championship.

FYI, did you know that the AAU Nationals is in Ft. Lauderdale, FL this year? What a great family vacation. You will need the experience, because NEXT YEAR, 2015 Nationals will only be one state away, that’s right, North Carolina will be hosting the 2015 AAU National Championship. AND... Virginia will be hosting the 2015 Junior Olympics. So make sure you take advantage of this year and get all the experience that you can, everyone else is!!!

Friday, April 11, 2014 – 5:30-7:30 AAU Referee Clinic by Steve Robinson, AAU National Head Referee

See you on the 12th .

Best Regards, Mike Eggleston

MARK YOUR CALANDERS – SAVE THE DATES

2014 VIRGINIA AAU TOURNAMENT SCHEDULE

Mar. 22 nd	2014 AAU NC State Championship
May 31 st	2014 AAU Super Regional Championship Richmond, VA
Nov. 15 th	2014 AAU Annual Fall Invitational Richmond, VA

2014 AAU NATIONAL TOURNAMENT SCHEDULE

June 30- July 5	2014 AAU National Championship Ft. Lauderdale, FL
July 26-30	2014 AAU Junior Olympic Game's Des Moines, Iowa

EVENT INFORMATION

- Director: Mike Eggleston, Vernon Mason
 Host: Eggleston Karate Studio, 10090 Midlothian Turnpike, N. Chesterfield, VA 23235 (804) 323-7714
 Location: Hermitage High School, 8301 Hungary Springs Road, Henrico, VA 23228
 Date: Saturday April 12, 2014
 Start Times: 8:30 am – 9:30 am Late Registration at door (*see Tournament Fees*)
 9:30 am – 10:00 am Official’s Meetings
10:00 am Tournament Begins
 Age: 5 thru Adult, Individual Competition (age as of 07/01/14)
 Competitions: Kata (Forms) - Kobudo (Short and Long Weapons) - Kumite (Sparring)
 Rules: AAU/USA – WKC
 Sanctioned by: Amateur Athletic Union of the United States
 Fees: Competitors: *See Tournament Fees*
 Spectators: \$5.00, 6 yrs. & over - 5 and under free
 Competitors: Please note: Divisions may be combined by age/experience level

TOURNAMENT FEES: (fee covers all events)

- Early Registration APP. MUST BE RECEIVED BY APRIL 7, 2014 - FEE IS \$65.00
 Late Registration (after April 7th or at door) REG. STARTS AT 8:30am–9:30am - FEE IS \$80.00

CERTIFIED CHECKS OR MONEY ORDERS ONLY (NO PERSONAL CHECKS – NO CREDIT CARDS)
 PAYABLE TO: E K S - MAIL TO:AAU Karate, EKS, 10090 MIDLOTHIAN TURNPIKE, N. Chesterfield, VA 23235

All Athletes must have an 2014 AAU Membership. Go to www.aausports.org to register for you AAU membership.

MANDATORY EQUIPMENT:

White Naugahyde/leather fist guards, (AAU approved)
White Foam Headgear with face shield, (Juniors)
Groin Cup Protector, (Males)
Mouth Guard

OPTIONAL EQUIPMENT:

White Cloth Shin Pads, (Adult)
White Cloth Shin/Instep Pads, (Youth)
White Foam Open Face Headgear, (Adult)

ALL RULES AND REGULATIONS MUST BE FOLLOWED.
See your Sensei for ordering mandatory equipment or you may contact us. All equipment and fees are listed on our website – www.ekskarate.com

DRESS CODE

The official AAU Karate patch must be worn for this competition (sewn on gi).

Traditional Solid White Gi (no piping or stripes)
No Rolled Sleeves or Cuffs
Pants must be 3/4 Length (between ankle and knee)
Sleeves must be 3/4 Length (between wrist and elbow)
Females Must Wear Plain White T-shirt or White Sport Bra under Top
No Headbands or Jewelry

Additional Information

<u>Hotel Information</u>	
Country Inn and Suites 8010 West Broad Street 804-755-6605 from \$79	Best Western Executive Hotel 7707 West Broad Street 804-672-7707 from \$84

**E.K.S.
EGGLESTON KARATE STUDIO**

RICHMOND LOCATION
10090 Midlothian Turnpike
Richmond, VA 23235
804-323-7714

FARMVILLE LOCATION
215 W. Third Street
Farmville, VA 23901
434-392-8800

www.ekskarate.com
ekskarate@netzero.com

Mike Eggleston or Shelia Eggleston



2014 Virginia AAU Karate State Championship

AAU Referee Clinic

*April 11, 2014
Richmond, Virginia*

**Presented by:
Steve Robinson
AAU National Head Referee**



DATE: April 11, 2014

TIME: 5:30 – 7:30

LOCATION: Eggleston's Karate Studio
10090 Midlothian Turnpike, N. Chesterfield, VA 23235

HOST: Mike Eggleston, 804-323-7714 ph, 804-323-8110 fax,
ekskarate@netzero.com
www.ekskarate.com

ENTRY FEE: FREE – This event is for your benefit.

AGE: 16 & up – Black Belt ONLY

FOR MORE INFORMATION:
Mike Eggleston / Shelia Eggleston
804-323-7714 ph
804-323-8110 fx
ekskarate@netzero.com
www.ekskarate.com