Dear Florida Athletes / Coaches / Referees / Volunteers:

We would like to personally invite you to attend the 2015 AAU Karate Florida District Championships - Gold, scheduled for Saturday, April 11th at the Rubin Arena at Palm Beach Atlantic University, West Palm Beach, Florida.

As an official qualifier, the top 16 Athletes in each division will qualify here for the 2015 AAU Karate Super Regionals / National Qualifier, May 16th in Ft. Pierce, Florida.

Thank you for your continued support of the AAU District, Regional and National Programs! Go Florida!

Respectfully,

Mark Pinner, Florida AAU Karate Chairman  *  Doug Stein, Florida Gold AAU Karate Chairman  *  Dave Roth, AAU Region 4 Director

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**Fees:**

- **Athletes:** $55.00 For 1 Event  *  $10 For Each Additional Event
- **Coaches:** $25.00  *  FREE with 2015 AAU Karate Florida License!
- **Spectators:** $5.00 Ticket Reserved On-Line  *  Age 7 & Under FREE!
  
  $8.00 Ticket Purchased at Door  *  Age 7 & Under FREE!

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**Athlete Awards:**

Custom Medals 1st, 2nd & 3rd Place  *  Every Athlete will receive an award!

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**Point Standings:**

AAU Karate Florida Athletes earn points at each of the 5 official 2015 Florida AAU Karate Tournaments!

- **01/24-25/2015** Kick-Off Tournament, Orlando, Florida
- **02/21/2015** District Championships-East, Ft. Pierce, Florida
- **03/14/2015** District Championships-West, Spring Hill, Florida
- **04/11/2015** District Championships-Gold, West Palm Beach, Florida
- **05/16/2015** Super Regional Championships, Ft. Pierce, Florida

Points will be awarded per Athlete Division and posted at www.tkafl.com!

1st Place: 30 Points  *  2nd Place: 20 Points  *  3rd Place: 10 Points  *  Participant: 5 Points

(2015 Athlete of the Year Awards will be presented to Athletes with the highest accumulative points in each Division)

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**Schedule:**

**Wednesday, 04/01/2015**

5:00 p.m.
On-Line Registration/Ticket Sales Opens (See Page 2 ”To Participate”)
(You must register by Monday, 03/30/2015 to appear on the official Event T-Shirt!)

**Saturday, 04/11/2015**

7:00 a.m.
On-Line Registration/Ticket Sales/Form Revisions Closes

7:00 a.m. - 8:00 a.m.
Referee/Coach/Volunteer Check-In
Adult/Senior (Age 19-75) Athlete Check-In
Club Drop Off (Processed in order received, pick up 8:30 a.m.)

8:00 a.m. - 9:00 a.m.
Youth (Ages 5-18) Athlete Check-In (Submit your Registration Form, Attachments and Event Fees)

8:30 a.m. - 9:00 a.m.
Referee/Coach/Volunteer Clinics
Club Pick-Up

9:00 a.m.
Opening Ceremonies

9:30 a.m.
Adult/Senior (Age 19-75) Divisions (Starting with Advanced)

10:00 a.m.
Youth (Age 5-18) Divisions (Starting with Youngest)

**Event Directors:**

Dave Coburn (561) 215-7048  *  senseidavecoburn@comcast.net
Kelly Page (561) 719-8504  *  senseikellypage@aol.com

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Register on-line at www.tkafl.com April 1st - 10th!
2015 AAU KARATE FLORIDA DISTRICT CHAMPIONSHIPS - GOLD

**Categories:**
- **Athlete Divisions:** Gender: Male * Female
- **Age:** Your Age is determined by your Age as of July 1, 2015!
  - **Youth:** Ages 5-6, 7-8, 9-10, 11-12, 13-14, 15-16, 17-18
  - **Adult:** Ages 19-34
  - **Senior:** Ages 35-75

**Experience:** Your experience and belt color are determined by your years of karate training:
- **Beginner:** Less than 1 year/White Belt
- **Novice:** 1 year but less than 2 years/Green Belt
- **Intermediate:** 2 years but less than 4 years/Brown Belt
- **Advanced:** 4 years or more/Black Belt

Note: Divisions may be combined or divided at the discretion of the Event Directors!

**Officials/Rules:**
This event will be officiated under the direction of licensed AAU Karate Referees and Judges applying AAU Karate Rules fairly and impartially with emphasis/modification in the following areas:

(See www.aaukarate.org for a complete copy of AAU Karate Rules)

**Kobudo:**
- Traditional Okinawan weapons of proper weight and design, long and Short weapons combined
  - (Bo, Tonfa, Eku, Nunchaku, Sai & Kama)

**Kata:**
- Traditional Katas from recognized styles of Karate, all styles combined

**Kumite:** Sanbon:
- 2 minutes or 3 points, half and full point scoring, all weights combined

**Safety Equipment:**
- Mandatory: AAU approved white naugahyde mitts, gum shield, groin cup (Males)
- AAU approved white headgear with face-shield (Youth)
- Optional: AAU approved white headgear with face-shield (Adults), white cloth shin pads (Adult), White cloth shin/instep pads (Youth), chest protector (Females)

**Dress Code:**
- **Athlete:**
  - Clean white traditional uniform (No rolled sleeves/cuffs, trademarks, embroidery logos, piping, or stripes)
  - Blue Blazer optional

- **Coach:**
  - Red/Blue AAU Coaches Shirt, white uniform pants, athletic shoes
  - (Note: Red shirts signify that you were certified at the National Championships as a Technical Coach and are exclusively distributed by the AAU National Coaches Committee. If you are wearing a red shirt, please have your current AAU National Coaches License available if challenged)

- **Referee:**
  - AAU Tie, white shirt, gray pants, black belt/socks/shoes (Blue Blazer optional)

- **Volunteer:**
  - 2015 AAU Karate Florida Volunteer T-Shirt (New Volunteers will receive at Clinic)

Purchase your official AAU apparel including Athlete patches, Coaches shirts & Referee ties from www.punosports.com

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**To Participate:**

1. **Once Per Year (Due annually in September):** Purchase your AAU Membership at www.aausports.org:
   - **Athletes & Non-Athletes (Referees / Coaches / Volunteers):**
     - Select “Join AAU”, select “Athlete Membership” and follow instructions
     - (Indicate “Sport: Karate” and “Membership Term / Category: Extended Coverage Membership: Youth: $16.00 / Adult: $29.00”)
   - **Non-Athletes (Referees / Coaches / Volunteers) ONLY:**
     - Select “Join AAU”, select “Non-Athlete Membership” and follow instructions
     - (Indicate “Sport: Karate” and “Membership Term / Category: Extended Coverage Membership: $18.00”)
   - New for 2015: If you are participating as BOTH an Athlete and a Non-Athlete (Referee/Coach/Volunteer) you no longer need to purchase BOTH Memberships!
   - You can now participate as a Non-Athlete with an Athlete Membership, however, you can not participate as an Athlete with a Non-Athlete Membership!

2. **Once Per Lifetime:** Create your Page at www.tkafl.com:
   - The exclusive website for Florida AAU Karate Members, receive event information, register on-line, and monitor your results and point standings for Florida Athlete of the Year Awards all from your TKA Page. Don’t wait! Create your TKA Page today and receive important event updates and reminder e-mails!
   - New Members: Select “Create My Page” * Existing Members: Log In (Please do not create additional / new pages!)

3. **Once Per Event:** Register from your Page at www.tkafl.com:
   - a. Register and create your Registration Form during the time specified for registration
   - b. Revise your Registration Form if necessary during the time specified for revisions
   - c. Print a copy of your Registration Form on plain white paper and prepare for Check-In by following instructions EXACTLY as specified on your Form
   - d. Attend Check-In during the time specified on your Form to receive your Entry Pass/Credential/Receipt

   Exception: Check-In is not required if you are using Club Check-In (See details below)! See your Club Representative when you arrive to the event!

Optional Club Check-In:
- Clubs may designate a Club Representative to assist their Members by:
  - a. Collecting Registration Materials from Club Members (See "To Participate: Item 3" above):
     - 1a. Verify that each Club Member’s Registration Materials are correct, complete and ready to submit
     - 2a. Present your Club Member’s Registration Materials in an organized stack ready for quick scanning (No individual envelopes, please!)
  - b. Drop off Registration Materials on 04/11/2015 from 7:00 a.m. - 8:00 a.m.
  - c. Pick up Registration Materials on 04/11/2015 from 8:30 a.m. - 9:00 a.m.
  - d. Distributing Entry Passes/Credentials/Receipts to Club Members when they arrive to the event
Hotel Information

Date: 04/11-12/2015

Event: 2015 AAU Karate Florida District Championships - Gold & Beach Training (2 Days)

Did you use Hotel accommodations or this Event?
☐ No (If "No" please disregard - No Form is necessary) ☐ Yes (If "Yes" please complete this Form and submit at Check-In)

Where did you stay? Please indicate your Hotel below: (One Form per reservation/family/group is sufficient)

☐ Approved Hotel:

Hampton Inn & Suites - Boynton Beach
1475 W. Gateway Blvd. * Boynton Beach, FL 33426
(561) 369-0018 * Reference: “AAU”
www.boyntonbeachsuites.hamptoninn.com

Rate: $119.00 Standard Suite
2 Double Beds OR 1 King Bed/Sofa Bed

Rate: $139.00 King Suite
1 King Bed/Sofa Bed
Free Buffet Breakfast, Iron, Coffee Maker, Blow Dryer, Refrigerator, Microwave, Hi-Speed Internet Access

Name of Reservation: ____________________________ (Last Name, First Name)
Number of Rooms: ____________________________
Number of Room Nights: _________________________

☐ Approved Hotel:

Courtyard Marriott - Boynton Beach
1601 N. Congress Ave. * Boynton Beach, FL 33426
(561) 853-1014 * Reference: “AAU Karate”

Rate: $109.00 Standard Suite
2 Queen Beds OR 1 King Bed/Sofa Bed

Rate: $229.00 2 Bedroom Villa
1 King Bed Bedroom 1/ 1 Queen Bed Bedroom 2
Living Room, Kitchen, 2 Bathrooms
No Free Breakfast, Iron, Coffee Maker, Hair Dryer, Mini-Refrigerator (Some Rooms), Hi-Speed Internet Access

Name of Reservation: ____________________________ (Last Name, First Name)
Number of Rooms: ____________________________
Number of Room Nights: _________________________

☐ Approved Hotel:

Hampton Inn & Suites - West Palm Beach
2025 Vista Parkway. * West Palm Beach, FL 33411
(561) 682-9990 * Reference: “AAU”
www.westpalmbeachfloridaturnpike.hamptoninn.com

Rate: $114.00 Standard Suite
2 Double Beds OR 1 King Bed/Sofa Bed
Free Buffet Breakfast, Iron, Coffee Maker, Blow Dryer, Refrigerator, Microwave, Hi-Speed Internet Access

Name of Reservation: ____________________________ (Last Name, First Name)
Number of Rooms: ____________________________
Number of Room Nights: _________________________

☐ Other Hotel:

Hotel Name: ____________________________________________ Address: ____________________________________________
(Street, City)

Name of Reservation: ____________________________ Rate:$__________ # Rooms:______ # Room Nights:______
(Last Name, First Name)

Why didn't you select an approved Hotel? _________________________________________________________________
DON’T MISS OUT ON THIS GREAT OPPORTUNITY TO MEET & TRAIN WITH TOP FLORIDA AAU KARATE SENSEIS & ATHLETES!

Sunday, April 12, 2015 * 10:00 AM - 12:00 PM
Lantana Park & Public Beach * 100 North Ocean Avenue * Lantana, FL 33462

Fees: FREE! Open to all Florida AAU Karate Members

Dress Code: White Karate Uniform / Belt / Swimwear Underneath

To Participate: Register from your Page at www.tkafl.com by selecting event "District Championships - Gold"

Tickets: 04/12/2015 Sunday: Training/Beach

For More Information: Please contact Dave Coburn (561) 215-7048 * senseidavecoburn@comcast.net

Please note the following information as required by AAU to appear on this flyer:
* 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 membership must be obtained before the competition begins except where the event operator has a laptop available with internet connection
  Not applicable to this event! Our laptops with internet connections are not available for public use!
  Do this BEFORE you arrive on your personal device!
* Be prepared: Adult and Non-Athlete memberships are no longer instant and cannot be applied for at the event
* Please allow up to 10 days for memberships to be processed
* Participants are encouraged to visit the AAU website www.aausports.org to obtain membership
  Not applicable to this event! Participants must visit the website and obtain their memberships BEFORE arriving!
* Note: Any contacts listed within this flyer MUST have a current valid AAU Membership