



# MIDDLE ATLANTIC DISTRICT TKD CHAMPIONSHIP

Qualifier for 2014 AAU National Taekwondo Championship and 2014 Jr. Olympic Games

SATURDAY, MARCH 8, 2014

ATLANTIC CAPE COMMUNITY COLLEGE  
5100 BLACK HORSE PIKE  
MAYS LANDING, NJ 08330

FOR ASSISTANCE AND INFORMATION  
609-625-0880 or [waparlagreco@aol.com](mailto:waparlagreco@aol.com)

DIRECTED BY: GRANDMASTER PARLAGRECO

HOSTED BY: ULTIMATE MARTIAL ARTS ACADEMY

SANCTIONED BY: AMATEUR ATHLETIC UNION

ONLINE REGISTRATION ONLY

[www.tourneyreg.net](http://www.tourneyreg.net)

MUST BE 2013-2014 A.A.U. MEMBER TO COMPETE OR OFFICIATE  
REGISTER ONLINE AT [www.aausports.org](http://www.aausports.org)

- AAU membership is not included as part of the entry fee to the event.
- AAU membership must be obtained before the competition. Participants are to visit the AAU web site at [www.aausports.org](http://www.aausports.org) to obtain their membership.

## FORMS AND SPARRING

AAU DISTRICT CHAMPIONSHIP MEDALS WILL BE AWARDED ALONG WITH AAU  
CHAMPIONSHIP BELTS TO ALL 15 YEAR AND OLDER BLACK BELTS WHO WIN 1<sup>ST</sup> PLACE IN  
OLYPMIC SPARRING OR POINT SPARRING.

MATTED RINGS AND ELECTRONIC SCORING

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

COACHES PASS - \$20.00

➤ 9:30 A.M. - CHECK IN TIME

➤ 10:00 A.M.- COMPETITION STARTS

SPECTATOR ADMISSION FEE - \$7.00

FOR ALL NON - COMPETITORS (parents, family members, etc)

Under 4 years – No door charge

We are only 25 minutes away from Atlantic City



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**REGISTRATION DEADLINE: FEBRUARY 22, 2014**

**ALL ENTRY FORMS MUST BE DONE ONLINE**

**[www.tourneyreg.net](http://www.tourneyreg.net)**

**\$20 LATE REGISTRATION FEE AFTER FEBRUARY 22, 2014  
REGISTRATIONS WILL NOT BE ACCEPTED AFTER MARCH 4, 2014  
(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:**

**[www.aautaekwondo.org](http://www.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**