

2024 AAU Pacific Southwest District Championship

Saturday February 17 2024

University of California, San Diego



DATE: Saturday **February 17 2024**

TIME: 9 AM

LOCATION: UC San Diego, 9500 Gilman Drive #0107,
La Jolla, CA 92093--0107 (Main Gym)

HOST: AAU Pacific Southwest

ENTRY DEADLINE: Monday February 12 2024

ENTRY FEE: \$65 ALL EVENTS \$80 (at the door)

AGE: 5 and up

- 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 membership must be obtained before the competition begins except where the event operator has a laptop available with an internet connection. Participants are encouraged to visit the AAU web site www.aausports.org to obtain their membership.

Question: Reach out to **Ophira Bergman**

cell: (619) 846-9108 email: ucsdkarate@gmail.com website: karate.ucsd.edu



Ophira Bergman
Chairperson, AAU Pacific Southwest Karate
7429 Volclay Drive
San Diego, CA 92119

October 2023

Dear Athletes,

Welcome to the 2024 AAU District Championship. Thank you for the time and support for our tournament. Our association has always enjoyed top-level athletes in all age categories, and we hope to continue and even surpassing our past achievements in our drive to this year's event.

This year we will continue with a few additional divisions at the Pacific Southwest District Championships. The first is inclusive kata division. You can find the rules [here](https://image.ausports.org/dnn/karate/2021/AAUKA-InclusiveKarateRules.pdf) (<https://image.ausports.org/dnn/karate/2021/AAUKA-InclusiveKarateRules.pdf>). The second is Ultimate WUKF Team Rotational. The idea behind this division is that you get randomly assigned to a team of similar age & level competitors. If you have ever wanted to participate in a team event and struggled to field enough athletes to make a 3-person team, this division was created for you.

We look forward to hosting you once again at UC San Diego and we wish everyone the best of luck at the 2024 Pacific Southwest District Championships.

We look forward to seeing you in sunny San Diego!

Sincerely,

Ophira Bergman

Chairperson, AAU Karate PSA

AAU PSW District Karate Championship
Saturday February 17 2024

Tournament Director

Ophira Bergman
7429 Volclay Drive
San Diego ca. 92119

Tournament Location

UC San Diego Main Gym
9500 Gilman Dr.
La Jolla Ca. 92093

Events: Kobudo, Kata, Kumite,
Ultimate Team Rotational, Inclusive

Rules: Modified AAU Rules

Registration ends: Monday February 12 2024

Fee: \$65 all events \$80 (at the door)

Make all payments to: Okinawa Karate-Do UCSD

Dress Code

- Traditional white gi. Traditional karate attire.
- All kumite safety equipment is mandatory.

This event is sanctioned by the Amateur Athletic Union of the U. S., Inc.
All participants must have a current AAU membership. Register at www.ausports.org
AAU membership is not included as part of the entry fee to the event.
AAU membership must be obtained before the competition begins.

Admission is free for all spectators.

Black Belts compete FIRST! 9am SHARP!

Dress Code



**Beginners
White Belts**



**Novice
Green Belts**



**Intermediate
Brown Belts**



**Advanced
Black Belts**

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AAU PSW District Karate Championship
Saturday February 17 2024

REGISTRATION FORM

Male or Female (

EVENTS _____ Age (as of June 2024)

___BEGINNER ___NOVICE ___INTERMEDIATE ___ADVANCED

___KOBUDO ___KATA ___KUMITE

(Please Print)

Name: _____

Address: _____

Date of Birth: _____ AAU # _____

Dojo or Club: _____

E-mail Address: _____ Phone # _____

Return forms to: Ophira Bergman 7429 Volclay Dr. San Diego CA 92119

Email: ucsdkarate@gmail.com Phone: (619) 846-9108

Make checks payable to: Okinawa Karate-do UCSD

Adult & Minor Amateur Athletic Union Waiver and Release of Liability

In consideration of being allowed to participate in any way in the AAU Collegiate Karate Championship, and related events and activities, the undersigned:

1. Agrees that prior to participating, they know and understand the Rules of Competition, and that they (if under 18 years of age a Parent or Guardian) will inspect the facilities and equipment to be used, and if the participant and/or Parent or Guardian, believes anything is, or may be, unsafe, they will immediately advise their coach or supervisor and the AAU Collegiate Championship personnel of such condition(s) and refuse to participate unless and until such condition is remedied.

2. Acknowledge and fully understand that each participant will be engaging in activities that involve risk of serious injury, including permanent disability and death, and severe social and economic losses which might result not only from their own actions, inaction's or negligence but the actions, inaction's or negligence of others, the rules of play, or the condition of the premises or of any equipment used. Further, that there may be other risks not known to us or not reasonably foreseeable at this time. The undersigned assumes all the foregoing risks and accept personal responsibility for the damages following such injury, permanent disability or death.

3. Release, waive, discharge and covenant not to sue AAU, Okinawan Karate-Do at UCSD, University of California San Diego, the Regents of the University of California, the Board of Trustees, 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, all of which are hereinafter referred to as "releasees" from any and all liability to each of the undersigned, his or her heirs and next of kin for any and all claims, demands, losses or damages on account of injury including death or damage to property, caused or alleged to be caused in whole or in part by the negligence of the releasee or otherwise. The undersigned shall indemnify the releasees and hold them harmless for any losses, liability or damages, which may result from any failure or defect of such release.

4. **All entries are final; no refunds will be given.** I fully understand that any medical treatment given will be of a first aid treatment type only. I consent that any pictures furnished by me or any and all photographs or video images taken of me in connection with the Tournament can be reproduced and used for publicity, promotion or other purpose by the AAU Collegiate Championship and Okinawan Karate-Do at UCSD, its licensees or assigns now or in the future, and published or broadcast by any media whatsoever, and I hereby waive any and all claim for any compensation of any kind in regard thereto. All participation in any event or class in this Tournament is by permission only. The Tournament Director or her/his authorized agent(s) reserve the right to refuse entry to any person, school, team or club.

5. **PLEASE NOTE: All athletes must be covered by their own health or medical insurance in order to compete.**

6. **Statement of Health.** By my signature below, I certify and declare that I am in sound health, with valid medical or health insurance coverage in effect at this time, and there is no reason why I cannot participate in this competition.

The undersigned has read the above waiver and release, understand that they have given up substantial rights by signing it and sign it voluntarily.

Date

Signature of Contestant (if 18 or older)

Signature of Parent/Guardian

Please read entire form before signing. All Information is required!

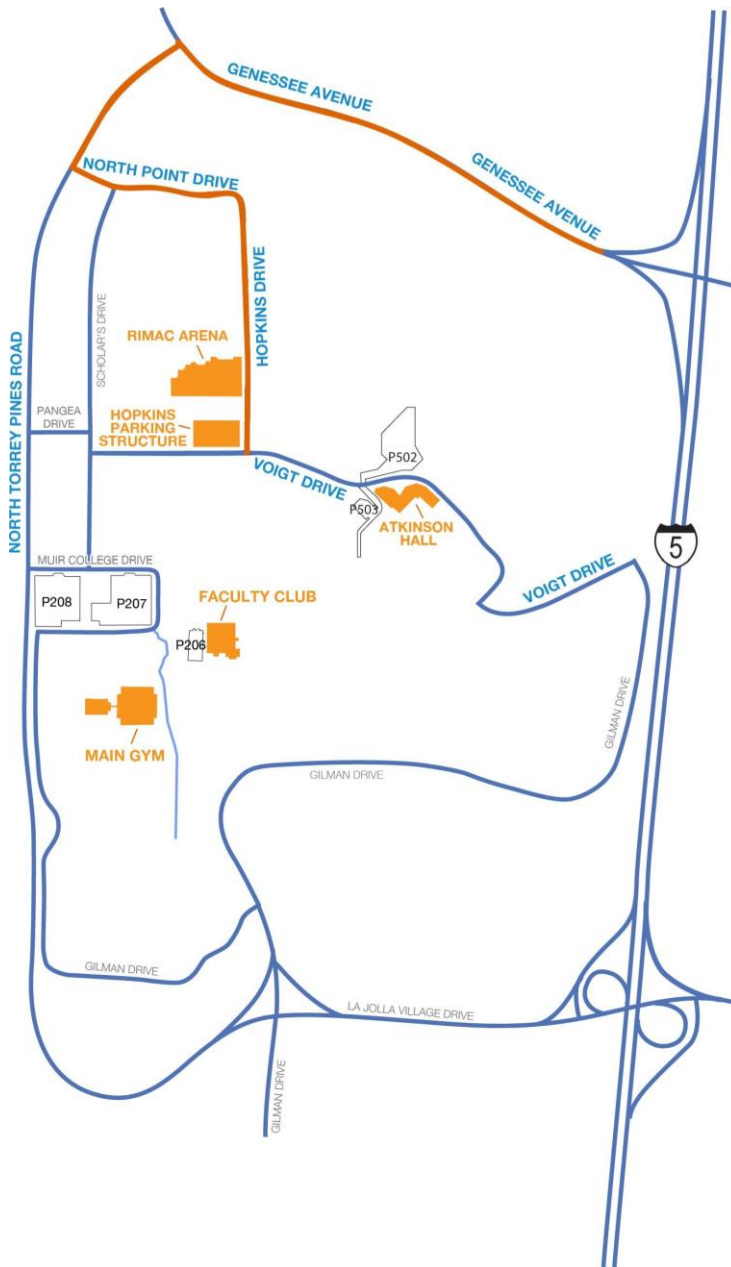
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DIRECTIONS TO UCSD MAIN GYM AND ADDITIONAL PARKING

TO MAIN GYM / REC GYM AND ADDITIONAL PARKING



Take 1-5
EXIT at Genessee Avenue
Head WEST
Please see above directions for turns
Turn LEFT @ North Torrey Pines Road
Continue on North Torrey Pines Road
Turn LEFT @ Muir College Drive
Turn RIGHT into P208 or P207 Parking Lots
Or continue on Muir College Drive to park in P206
Follow walking path (LIGHT BLUE) to Main Gym from Parking

Question: Reach out to **Ophira Bergman**

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AAU West Coast Team Training

Open to all

Sunday 18 February 2024

University of California, San Diego



DATE: Sunday 18 February 2024

TIME: 9:30am – 12:00pm

LOCATION: UCSD Main Gym

HOST: UCSD Okinawa Karate Club

Entry DEADLINE: Saturday 10 February 2024

ENTRY FEE: \$65 (pre-registered) \$80 (at the door)

AGE: All Ages Welcome

- 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 membership must be obtained before the competition begins except where the event operator has a laptop available with an internet connection. Participants are encouraged to visit the AAU web site www.aausports.org to obtain their membership.

FOR MORE INFORMATION:

Question: Reach out to **Ophira Bergman**

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AAU West Coast Team Training

SUNDAY 18 FEBRUARY 2024

LOCATION UC San Diego Main Gym, 9500 Gilman Drive La Jolla, CA 92093
DATE Sunday February 18, 2024
FEE \$65 / Person (pre-registered) \$80/Person (at the door)

TIME	TOPIC	INSTRUCTOR
9:30am - 10:30am	Kata – Nipaipo	Sensei Ophira Bergman
10:45am - 11:45am	Sakugawa No Kon Sho	Sensei Thanh Nguyen

Name: _____ Date of Birth: ____/____/____

Address: _____

Dojo/Club Name: _____ E-mail Address: _____

Return Forms To: Ophira Bergman, 7429 Volclay Dr. San Diego, Ca. 92119

Checks payable to: Okinawa Karate UCSD **Paypal:** ucsdkarate@gmail.com **Venmo:** [@Ophira-Bergman](#)

Adult & Minor Amateur Athletic Union Waiver and Release of Liability

In consideration of being allowed to participate in any way in the Seminar, and related events and activities, the undersigned:

1. Agrees that prior to participating, he/she knows and understands the Rules of Seminar, and that he/she (if under 18 years of age a Parent or Guardian) will inspect the facilities and equipment to be used, and if the participant and/or Parent or Guardian, believes anything is, or may be, unsafe, he/she will immediately advise his/her coach or supervisor and the Seminar personnel of such condition(s) and refuse to participate unless and until such condition is remedied.
2. Acknowledge and fully understand that each participant will be engaging in activities that involve risk of serious injury, including permanent disability and death, and severe social and economic losses which might result not only from their own actions, inactions or negligence but the actions, inactions or negligence of others, the rules of play, or the condition of the premises or of any equipment used. Further, that there may be other risks not known to us or not reasonably foreseeable at this time. The undersigned assumes all the foregoing risks and accept personal responsibility for the damages following such injury, permanent disability or death.
3. Release, waive, discharge and covenant not to sue Okinawa Karate-Do at UCSD, University of California San Diego, the Regents of the University of California, UCSD Sports Facilities, Recreation Athletics, its officers, its affiliated Amateur Athletic Union clubs, regional sports organizations, their respective administrators, directors, agents, coaches and other employees, staff, officials and volunteers of the organization, other participants, sponsoring agencies, sponsors, advertisers, and if applicable, owners and lessees of premises used to conduct the event, all of which are hereinafter referred to as "releasees" from any and all liability to each of the undersigned, his or her heirs and next of kin for any and all claims, demands, losses or damages on account of injury including death or damage to property, caused or alleged to be caused in whole or in part by the negligence of the releasee or otherwise. The undersigned shall indemnify the releasees and hold them harmless for any losses, liability or damages, which may result from any failure or defect of such release.
4. **All entries are final, no refunds will be given.** I fully understand that any medical treatment given will be of a first aid treatment type only. I consent that any pictures furnished by me or any and all photographs or video images taken of me in connection with the Seminar can be reproduced and used for publicity, promotion or other purpose by Okinawa Karate-Do at UCSD, its licensees or assigns now or in the future, and published or broadcast by any media whatsoever, and I hereby waive any and all claim for any compensation of any kind in regard thereto. All participation in any event or class in this Seminar is by permission only. The Seminar Organizer or her/his authorized agent(s) reserve the right to refuse entry to any person, school, team or club.
5. **PLEASE NOTE: All athletes must be covered by their own health or medical insurance in order to participate.**
6. **Statement of Health.** By my signature below, I certify and declare that I am in sound health, with valid medical or health insurance coverage in effect at this time, and there is no reason why I cannot participate in this seminar.
The undersigned has read the above waiver and release, understand that they have given up substantial rights by signing it and sign it voluntarily.

Date **Signature of Contestant (If 18 or older)**
Please read entire form before signing. All Information is required.

Signature of Parent/Guardian

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