

SPARRING SEMINAR WITH SEYDOU NIANG



Saturday, August 27th

9 a.m. – noon – All Belts

1 p.m. – 3 p.m. – Advanced and Blackbelts only

\$20 (pay cash at the door)

Blythewood Tae Kwon Do

525 Sandfield Rd

Blythewood, SC 29016

Call Master Audrey Crawford if you have questions

803-735-0470

- 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 **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.

Note: Any contacts listed within this flyer MUST have a current valid AAU