

Hosted By:  
AAU NY Metropolitan District  
Team Champions USA

# AAU NEW YORK METRO

# WINTER TRAINING CAMP

HOSTED BY SPECIAL GUESTS

AAU COACHES, HIGH LEVEL COACHES, NATIONAL TEAM MEMBERS AND NATIONAL REFEREES IN ATTENDANCE

Daedo and Poomsae Pro will be used during the 3 days.

REGISTERING FIRST 50 ONLY  
30 Sparring and 20 Poomsae

9AM – 12PM WORLD CLASS SESSION 1  
12PM – 1PM LUNCH BREAK  
1PM – 3PM GRASSROOTS  
3PM – 5PM WORLD CLASS SESSION 2



December 27th to 29th | \$100 a day / \$250 for 3 days

@ Champions Martial Arts Bayside 213-18 48th Ave. Bayside, NY 11364

**Great high quality tune up before  
the 2024 US Team Trials and 2024 US Open**

- 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 an internet connection.
- 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 membership to be processed.
- Participants are encouraged to visit the AAU web site [www.ausports.org](http://www.ausports.org) to obtain their membership.