

SEAAU SCRIMMAGE

1/25 @ US TAEKWONDO ACADEMY

1



Forms Practice 10am-10:30am

This Session will focus on basic techniques and fluidity in movements. Athletes will gradually increase speed and intensity, preparing for performance during the event.

2



Forms Scrimmage 10:30am-12pm

Athletes will perform their poomsae in a simulated competition setting. This helps build confidence, improve focus, and refine techniques under pressure. Feedback may be provided to enhance performance for future events.

3



Lunch Break 12pm-1pm

Rest, rehydrate, and refuel

4



Sparring Warm-up 1pm-1:30pm

Dynamic stretching, light footwork drills, and partner exercises to enhance agility and reaction time. Athletes will be working towards preparing for the faster pace scrimmage session.

5



Sparring Scrimmage 1:30pm-3:30pm

Athletes will practice match scenarios in a controlled, competitive setting. Emphasis is placed on applying techniques, strategies, and sportsmanship in real-time sparring with officials and tournament scoring.

JOIN US ON JANUARY 25! OPEN TO AAU MEMBERS, THIS EVENT IS A GREAT OPPORTUNITY TO SHARPEN YOUR SKILLS IN A FRIENDLY, COMPETITIVE SETTING.

ENTRY IS \$50 CASH. CARD PAYMENTS \$55. DON'T MISS IT!

1117 STONES RIVER COURT, LA VERGNE TN, 37086

615.213.8532

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: Non-Athlete memberships for Coaches are not 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 web site www.aausports.org to obtain their membership