

**2018 AAU West Coast Karate
Junior Olympic Games**
Sunday 29 July 2019
Univ. of Calif. San Diego



DATE: Sunday **29 July 2019**

TIME: 9:00 am

LOCATION: Univ. of Calif. San Diego, Main Gym

HOST: AAU Pacific Southwest

ENTRY DEADLINE: 20 July 2019

ENTRY FEE: \$60 ALL EVENTS
PRE-REGISTRATION ONLY

AGE: 5-18 Ages

- This event is license 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:

Ophira Bergman
(619) 846 - 9108
ucsdkarate@gmail.com
www.karate.ucsd.edu



Dear Athletes, Fans, Officials, Parents, and Volunteers:

Welcome to the 2019 AAU West Coast Karate Junior Olympic Games. Thank you for taking time to support our tournament. Our association has always enjoyed top-level athletes in all age categories, and we hope to continue surpassing our past achievements in our drive to this year's championship

PSA AAU always performs well at local, national, and international events as a result of the hard work and discipline of our athletes. I would like to thank the parents for their unwavering support and encouragement of our association and its athletes.

This year, we are continuing the use of modified rules for competition in Kata, Kobudo, and Kumite as well as an enforced code of conduct to ensure the practice of good sportsmanship at our tournament and other AAU events.

Thank you again for participating in this year's 2019 AAU Junior Olympic Games. I am confident that the competition will be a success and I wish everyone the best of luck!

Sincerely,

Alfonso Gomez

Chairperson, AAU PSA

AAU West Coast Karate Junior Olympic Games
Sunday 29 July 2019

Tournament Director

Ophira Bergman
7429 Volclay Drive
San Diego, CA 92119

Tournament Location

Univ. of Calif. San Diego Main Gym
9500 Gilman Dr.
La Jolla, Ca. 92037

Events: Kata, Kobudo, Kumite

Rules: Modified AAU Rules

Pre-registration ends: 20 July 2019

MUST PRE-REGISTER TO PARTICIPATE

Fees: Make all payments to: Okinawa Karate UCSD

Pre-registered: \$60 all events *Must pre-register for all events

Dress Code

- Traditional white gi. Traditional karate attire.
- All kumite safety equipment mandatory.
- Females may wear solid white T-shirt under gi. Males MAY NOT wear a solid white T-shirt under gi.
- **Beginners should wear a white belt, Novice a green belt, intermediate a brown belt, and Advanced a black belt.**

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.

KATA

Beginners must use a basic kata.

Novice must use an intermediate or basic kata.

Advanced/Intermediate may use any kata.

Mandatory Equipment

Youth: Mouth and fist guard.

Full faced headgear

(Males, groin protectors)

Schedule of Events

All Kobudo events begin at 9am

All Kata events begin at 9.30am

All Kumite events will follow at the appropriate time.

Ophira Bergman: (619) 846-9108

Dress Code



Beginners must wear White Belts



Novice must wear Green Belts



Intermediate must wear Brown Belts



Advanced must wear Black Belts

--All ages and levels **MUST** wear an AAU patch--

Safety Equipment



Please make sure that you have the proper equipment prepared if you intend on doing kumite.

- Kumite contestants **ages 5-18** must have AAU approved white head gear with plastic face shield (such as Mizuno or Macho Warrior).
- Approved fist guards are mandatory for **ALL** kumite divisions. White Naugahyde fist guards (pictured on left) are approved.
- Mouth guards are mandatory for **ALL** kumite divisions.
- Groin cups are mandatory for all **MALE** kumite competitors. The cup is to be worn underneath the Gi trousers.
- Chest protectors are **OPTIONAL** for all kumite divisions. Chest guard should be the authorized white or clear plastic. Must be worn underneath the Gi top.

For more information: <http://aukarate.org/Rules/KarateCompleteRules.aspx>

Sunday 29 July 2019
REGISTRATION FORM

Male or Female (CIRCLE)

CHECK THE AGE YOU WILL BE AS OF: 1 JULY 2018

5-6 7-8 9-10 11-12 13-14 15-16 17-18

LEVEL OF TRAINING

BEGINNER (up to 1 year) NOVICE (1-2 years) INTERMEDIATE (2-4 years) ADVANCE (more than 4 years)

EVENTS

KATA KOBUDO KUMITE

(Please Print)

Name: _____

Address: _____

Date Started Training: Month: _____ Year: _____ Number of Inactive Months: _____

Date of Birth: _____ AAU # _____

Dojo/Club Name: _____

E-mail Address: _____

Return forms to:

O. Bergman 7429 Volclay Drive, San Diego, CA 92119
Email: ucsdkarate@gmail.com Phone: (619) 846 - 9108
Make checks payable to: Okinawa Karate UCSD

Adult & Minor Amateur Athletic Union Waiver and Release of Liability

In consideration of being allowed to participate in any way in the AAU West Coast Karate Junior Olympic Games, 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 District 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, South Whittier School District, 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 West Coast Karate Junior Olympic Games 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

Karate Kobudo Weapons

- **Bo**—The Bo shall be made of hardwood. The length shall be a minimum of the competitor's height or longer. Competitors over 6 feet in height may use a standard 6 foot Bo. Competitors under 5 feet in height may use a minimum diameter of 7/8 inches. Competitors over 5 feet in height must use a Bo with minimum diameter of 1 inch. Adult competitors over 6 feet in height must use Bo with minimum 1 1/16 inches in diameter. **No Toothpick Bo**
- **Tonfa** (pair)—Tonfa must be made entirely of hardwood with a minimum length, when grasped by the handle, to reach the end of the competitor's elbow.
- **Eku** (Kai-bo)—Eku must be made of hardwood and have a length of eye level or higher. In addition, the Eku blade shall have a flat side and a rounded or beveled
- **Nunchaku** (pair)—One pair of Nunchaku constitutes two hardwood handles connected by a cord. In principle, a minimum handle length of 12 inches.
- **Sai** (pair)—Two Sais must be used (Sai Katas that use one Sai or three Sais are not allowed). Sai must be made of steel and when grasped in a normal fashion, the tip shall at a minimum extend to the competitor's elbow.
- **Kama** (pair)—Two Kamas are used . Kama handles are made of hardwood and the blades of unsharpened steel. No rope, cord, string, etc. are permitted nor Kamas with holes in blades.

Criteria for Decision for Kobudo Competition

- The contestants must properly use the body and footwork to extend the power (energy) into the weapons.
- The contestants must always maintain control of the weapons during the performance.
- Correct and consistent Kihon of the style of Kobudo being demonstrated.

Breaking Ties for Kobudo Competitors

- Competitors may repeat the same Kobudo kata, except in the Advanced division.
- In advanced division, the tie breaker MUST be a different kata. It may be of a different weapon but must stay within the long or short division.