



presents

The First Annual **IOWA** **KARATE** **CUP 23**



THIS IS AN
AAU LICENSED EVENT

SATURDAY JULY 15, 2023

DOOR OPEN: 9AM | COMPETITION BEGINS AT 11AM

OUTLETS OF DES MOINES

801 BASS PRO DR NW SUITE 325. ALTOONA, IA 50009.

BEGINNER | NOVICE | INTERMEDIATE | ADVANCED | ALL AGES

KATA & KUMITE

EARLY BIRD REGISTRATIONS MAY 24-JUNE 12

NORMAL REGISTRATIONS JUNE 12-JULY 12

LATE REGISTRATIONS JULY 12-JULY 15

SPECTATOR ADMISSION IS FREE

REGISTER AT: WWW.IOWAKARATE.COM OR USE QR CODE BELOW

AAU MEMBERSHIP NEEDED TO REGISTER. VISIT WWW.AAUSPORTS.ORG TO BECOME A MEMBER

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 MEMBERSHIPS TO BE PROCESSED. PARTICIPANTS ARE ENCOURAGED TO VISIT THE AAU WEB SITE WWW.AAUSPORTS.ORG TO OBTAIN THEIR MEMBERSHIP.

