



Southeastern AAU Taekwondo Winter Grassroots Olympic Sparring Clinic

January 18, 2020

US Taekwondo Academy

1117 Stones River Ct.

LaVergne, TN 37086

Date: January 18, 2020

Time: 9:30 am Registration and Check-In
10:00 am Olympic Sparring Drills and Clinic
11:30 am Lunch Break
12:00 pm Olympic Sparring Practice

Cost: \$25 payable by cash or credit card at registration and check-in
ALL PARTICIPANTS MUST BE CURRENT 2020 AAU MEMBERS

Details Morning sparring drills with the opportunity to apply techniques and get practical ring experience in the afternoon. All advanced and black belts will have spar with KPnP electronic hogus for a portion of the afternoon and get experience in using this type of scoring in real ring environment. Officials will be training as well and you will get to have updated rules applied in the ring.

Equipment: Uniform, Belt, Forearm, Shin and Instep guards, Mouthpiece, Hogu, Groin Cup for Males
Advanced (Red and Brown Belts) and Black Belts will need KPnP e-Socks

Contact: Dustin Sands
U S Taekwondo Academy
615-506-7003
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- 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 an event. Due to background screenings, please allow up to 10 days for adult memberships to be processed.**
- Participants are encouraged to visit the AAU website www.aausports.org to obtain their membership.