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SEAAU GRASSROOTS SPARRING & TRAINING SESSION WITH GM DUSTIN SANDS

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US TAEKWONDO ACADEMY
NOVEMBER 2, 2024
11:30-12:00 CHECK IN
12:00-1:30 TRAINING
2:00-4:00 SPARRING PRAC WITH SCORING AND REFS
\$30 CARD OR \$25 CASH DISCOUNT
AAU MEMBERSHIP IS REQUIRED

1117 STONES RIVER COURT LA VERGNE TN 37086

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