

# Pacific Northwest AAU Karate District Championships & Regional Qualifier

Tournament Date: Saturday, March 3, 2007

Location: Shorecrest High School Gymnasium (**NEW LOCATION!**)  
15343 25<sup>th</sup> Ave NE  
Shoreline, WA 98155

Entry Deadline: Entries received after February 20, 2007 will be assessed a \$20.00 fee.  
Complete both the **Individual Registration & Athlete Waiver Forms** and return with fees to:

**USA Karate Club**  
**1535 NE 177<sup>th</sup> St. Shoreline, WA 98155**

**Registration Fees:** Registration fees received before or on February 20, 2007 are:  
1 Event - \$50.00      Each Additional Event = \$10.00

**Team Fees:** Synchronized team fees are \$30.00 per team

Please make checks payable to USA Karate Club.  
(USA Karate Club is recognized as a 501 (c) 3).  
A \$25.00 fee will be charged for all returned checks.

**Spectator Fees:** Adult 13 & Up \$5.00    Children Ages 6 & up \$3.00  
5 & Under FREE

**Rules:** AAU Karate Rules. The official AAU National Karate rulebook may be downloaded from the AAU National Karate website: [www.aaukarate.org](http://www.aaukarate.org)

**Dress Code:** All contestants must wear a solid white gi. The official AAU Karate patch or NO PATCH must be worn on the left chest.  
All officials must wear gray slacks, white shirt, blue or maroon tie, black shoes and blue blazer.  
Coaches must wear white gi pants, white shoes, and a team or coaches' shirt or jacket.

**AAU Membership:** All athletes and officials must be members of the AAU and be able to present their current AAU membership card at time of check-in. You can purchase your AAU membership card online at <http://www.aausports.org> or you may purchase your membership at the door.  
Youth memberships: \$14.00 Adults Memberships: \$27.00

**Mandatory Equipment:** Either Dipped Foam open face headgear or MIZUNO Helmets (face shields mandatory) for juniors 5-18., mouth guards for all sparring, groin cups for all males sparring, naugahyde mitts preferably white (type by Kamikaze, Adidas, or Tokaido). Proper uniform and mandatory equipment required to participate.

**Optional Equipment:** Shin and instep guards for juniors 5-18, shin pads for adults 19- & Up., chest protectors for female & junior fighters that fit under the gi, and certified prescription safety glasses with strap or soft contact lenses.

**Disallowed:** Standard glasses are forbidden in the sparring divisions. Headbands, jewelry, colored t-shirts, metal hair clips. Rolled up sleeves and pant legs, long and/or dirty fingernails, are not allowed. Finally, lettering on gis is not permitted.

## DIVISIONS

Athletes may qualify for the Regional Championships in the following divisions: Kata, Kumite, Kobudo, Synchronized Kata, by attending the Pacific Northwest AAU Karate District Championships & Regional Qualifier.

There will be a break down for each age group according to karate experience. Each athlete must wear the \*designated belt color for their level of experience.

The experience level for which an athlete competes in kata and kumite is the same level an athlete must compete in kobudo.

The divisions shall apply to male and female separately. There shall be no mixed genders in individual kumite, kata, or kobudo for this event.

Note that junior kata teams may combine males and females. All kata teams consist of 3 members. Adult divisions may not mix genders.

Free selection (Tokui) kata may be performed in each kata and kobudo category. 19 – 34 advanced athletes can qualify for one of the two compulsory kata (Shitei) categories, Mandatory (Shotokan, Shito Ryu, Shorin Ryu, Goju Ryu or Wado Ryu) Mandatory WKF kata division.

Advanced junior athletes that are 16 years and older may elect to compete in both their age specific kata division and 1 Mandatory kata category as outlined above.

\*Designated belt colors for karate experience:

Experience	Level	Belt Color
Less than 1 year	BEGINNER	WHITE
1 year less than 2	NOVICE	GREEN
2 years less than 4	INTERMEDIATE	BROWN
4 years or more	ADVANCED	BLACK

## AGE GROUPS

Junior Athletes 5-18      Adult Advanced Athletes 19-21      Adult Athletes 19-34  
Senior Athletes 35-39      Senior Athletes 40-44      Senior Athletes 45-49  
Senior Athletes 50-54      Senior Athletes age 55& UP

The tournament directors reserve the right to combine divisions in cases where there are less than 6 athletes. When divisions must be combined, every effort is made to make the combination of divisions fair and equitable for all concerned.