



AAU Karate NY METROPOLITAN DISTRICT CHAMPIONSHIPS

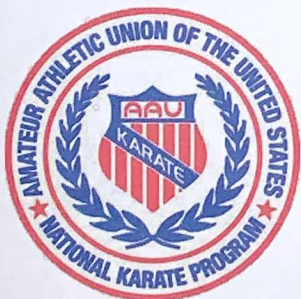
SUNDAY MARCH 22nd, 2020 at 9am

Francis Lewis High School

58-20 Utopia Parkway

Fresh Meadows, NY 11365

JAMES ESOP at KOKOROJUKU@AOL.COM



This event is licensed by The Amateur Athletic Union of the U.S. Inc.

All participants must have a current AAU membership

AAU membership must be obtained before the competition begins except where the event operator has a laptop available with an internet connect. Participants are encouraged to visit the AAU website www.aausports.org to obtain their membership.

AAU KARATE
NEW YORK METROPOLITAN
DISTRICT CHAMPIONSHIPS

Sunday, March 22, 2020

Competition Begins 9am Sharp!!



Francis Lewis High School
58-20 Utopia Parkway
Fresh Meadows, NY 11365

Hosted By: Kokoro Karate Center

James Esopo, AAU Karate NY Metro District Chairman

Cell Phone #: 347-526-6690

E-mail: kokorojuku@aol.com, Fax: 718-677-0053

Hi Sensei, Coaches, Competitors & Friends,

My name is James Esopo, of Kokoro Karate Center (Brooklyn, NY). I am happy to invite you and your students to join us on Sunday, **MARCH 22, 2020**, at our AAU Karate NY Metropolitan District Championships. The event will be held at Francis Lewis High School, 58-20 Utopia Parkway, Fresh Meadows, NY 11365. Opening Ceremony will commence at 8:45am and Competition will begin at 9am sharp!!

It would be an honor to have you and your students participate. We try to invite only those traditional dojos held in high regard, so that everyone enjoys a friendly, supportive, and competitive atmosphere enabling the event to run as efficiently as possible. Please feel comfortable bringing your most experienced competitors, as well as those students who may have little to no competitive experience. This is a developmental program creating an environment where those athletes who have never competed are given guidance and made to feel comfortable learning the foundations of competitive karate, while more experienced athletes can enjoy competing against some of the highest caliber karate athletes in the country and further progress in level with other elite competitors. Official AAU Copper Medals will be awarded to those competitors who do not place top 3 in any division, so all participants will receive a medal of the same size and quality.

With regard to registration, please feel free to **send applications** via **EMAIL: kokorojuku@aol.com**, **FAX: 718-677-0053** or **MAIL** to Ippon Ltd, P.O. Box 940002, Rockaway Park, NY 11694.

APPLICATIONS MUST BE RECEIVED BY TUESDAY, MARCH 17, 2020.
NO APPLICATIONS NOR PAYMENTS WILL BE ACCEPTED AT THE DOOR...
ABSOLUTELY NO EXCEPTIONS!!

Please make Certified Checks or Money Orders payable to Ippon Ltd. If it is more convenient, you may also make a payment via PayPal to kokorojuku@aol.com.

We are happy to be running a separate division for any students with special needs, as well. If you have a student who would like to participate in this division, please select this option on the registration form. This category will compete at 9am and will be staged at 8:30am!!

ATTACHED IS THE FULL TOURNAMENT PACKET FOR YOUR CONVENIENCE.

If you have any questions, please don't hesitate to call James Esopo at 347-526-6690 or email kokorojuku@aol.com.

We would be privileged to have your support and hope to see you on MARCH 22, 2020!!

Yours in Karate-Do,

James Esopo
Kokoro Karate Center
AAU Karate NY Metro District Chairman
Member AAU/USA Karate National Team Coaching Staff

AAU Karate New York District Championships
SUNDAY, MARCH 22, 2020

***ELIGIBILITY: This Event is a Mandatory Qualifier for:**

May 2020: AAU Karate Super Regionals: Albany, NY

2020 AAU Karate National Championships:
June 25 – 28 Disney Wide World of Sports
ESPN Complex in Orlando, Florida

2020 AAU Junior Olympic Games: August 1-2
Chesapeake, Virginia

*****Please Note:** *To be eligible for these great opportunities, you must have current AAU athlete membership in place by March 22, 2020 prior to the AAU Karate NY Metro District Championship****

****If you indicated on the enclosed tournament application to include AAU membership with your application fee, we will be happy to process and send you your membership ID.**

Or, Obtain your AAU Membership at www.aausports.org
Youth Memberships: (\$14) Adult Memberships are subject to background check (\$29)

From: AAU Karate aaukaratenationalprogram@gmail.com
Subject: Disney flyer
Date: Jan 15, 2020 at 1:17:35 PM
To: kokorojuku@aol.com



JUNE 25 – 28, 2020

ESPN WIDE WORLD OF
SPORTS COMPLEX

www.aaukarate.org



2020 AAU KARATE NATIONAL CHAMPIONSHIPS

PLAY IN THE MAGIC. STAY IN THE MAGIC.

★ **WALT DISNEY** World Resort ★

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REGISTRATION FORM
AAU New York Metropolitan District Championships
SUNDAY, MARCH 22, 2020

PLEASE CIRCLE: MALE or FEMALE

Please Check the Appropriate Age Division:

5 & under 6-7 8-9 10-11 12-13 14-15 16-17 18-34 35+

Please Check Experience Level:

<input type="checkbox"/> BEGINNER Up to 1 year (White, Yellow, Orange)	<input type="checkbox"/> NOVICE 1-2 years (Blue, Green, Purple)	<input type="checkbox"/> INTERMEDIATE 2-4 years (Brown Belt)	<input type="checkbox"/> ADVANCED 4+ years (Black Belt)
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Please Check your Events: **KATA** **KUMITE** **KOBUDO**

Ages 16-34 ADVANCED OPEN KATA (16 & 17 year-olds may compete in both their Junior 16-17 year-old advanced division and 16-34 year-old Advanced Open Kata)

TEAM KATA (\$30 per Team)

SPECIAL NEEDS DIVISION CATEGORIES: **KATA** **KUMITE** **KOBUDO**

PERSONAL INFORMATION (PLEASE PRINT)

NAME: _____ AGE: _____ DOB: _____ BELT _____

ADDRESS: _____

DOJO/SENSEI NAME: _____ HEIGHT _____ WEIGHT _____

EMAIL _____ AAU #: _____ Yrs./ Months Training _____

FEES (Includes All Individual Events): PRE-REGISTRATION ONLY BY TUESDAY, MARCH 17, 2020

Current AAU members: \$70 _____

Non-AAU Members: \$75 (includes one day event membership of \$5) _____

I Would Like to Include AAU Membership: Under 18 yrs. (\$14): \$84 _____ 18 and older (\$29): \$99 _____

Team Kata: \$30 Per Team _____ (Please include this Fee with completed Team Application)

RETURN FORMS TO: Ippon Ltd, P.O. Box 940002, Rockaway Park, NY 11694 **FAX:** 718-677-0053
Email: kokorojuku@aol.com **Certified Checks/Money Orders Payable to:** IPPON LTD.

Adult and Minor Waiver

In order for my child(ren) or me to participate in the 2020 AAU Karate NY Metropolitan District Championships, I agree to assume the risks incidental to such participation. I hereby for myself, my executor(s), my heirs forever and always agree to save and hold harmless: FRANCIS LEWIS HIGH SCHOOL, AMATEUR ATHLETIC UNION OF THE USA, AAU NY METROPOLITAN DISTRICT, IPPON LTD, KOKORO KARATE and FITNESS CENTER all of their officers, facility owners/lessees, employees, judges, referees, volunteers, coaches, staff, tournament directors, successors, affiliates, members, other participants and anyone else involved in the conduct of this tournament for any liability or injuries I may sustain by the way of my traveling to and from, participating in or other direct or indirect involvement in said karate event I have entered. I understand that this release and indemnity agreement includes any claims, actions, damages, costs or expenses of any nature based on the negligence, action or inaction of any of the above released parties and covers bodily injury (including death) and property damage, whether suffered by myself or my child(ren), before, during, or after such participation. In addition, I hereby for now and forever accept any and all responsibilities for any actions in conjunction with said event. I recognize that traditional karate is a dangerous sport and willingly participate in this event. Finally, I agree to allow the released parties, without compensation, the unrestricted use of any photographs, films, or videotapes of myself being involved in this event in any way.

Statement of Health/Insurance Coverage. 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. I fully understand that any medical treatment given will be of a first aid treatment type only.

The Tournament Director Reserves the right to change, combine, or split divisions. All entries and paid fees are final upon registration and non-refundable.

Signature of Contestant (if 18 or older)

_____ Date: _____

Print Name _____

Parent/Guardian Signature (Applicants Under 18)

_____ Date _____

Print Name _____

AAU Karate New York District Championships

SUNDAY, MARCH 22, 2020

TEAM KATA APPLICATION

- (1) Age of the **OLDEST** TEAM MEMBER determines the Team Participation Category.
- (2) Team Members **MAY NOT** compete in multiple Team Participation Categories (Athletes may not participate on more than one team)
- (3) All Teams May Combine Genders.
- (4) If a Team Participation Category is further divided by Rank, it shall be determined by the team member with the highest belt/rank.

Please Check Team Participation Category:

Ages 9 & Under Ages 10-12 Ages 13-15
 Ages 16-17 Ages 18 & Above

NAME	AAU # (if applicable)	AGE	BELT/RANK

TEAM NAME:

Team Kata: Adult and Minor Waiver and Release of Liability

In order for my child(ren) or me to participate in the 2020 AAU Karate NY Metropolitan District Championships, I agree to assume the risks incidental to such participation. I hereby for myself, my executor(s), my heirs forever and always agree to save and hold harmless: FRANCIS LEWIS HIGH SCHOOL, AMATEUR ATHLETIC UNION OF THE USA, AAU NY METROPOLITAN DISTRICT, IPPON LTD, KOKORO KARATE and FITNESS CENTER all of their officers, facility owners/lessees, employees, judges, referees, volunteers, coaches, staff, tournament directors, successors, affiliates, members, other participants and anyone else involved in the conduct of this tournament for any liability or injuries I may sustain by the way of my traveling to and from, participating in or other direct or indirect involvement in said karate event I have entered. I understand that this release and indemnity agreement includes any claims, actions, damages, costs or expenses of any nature based on the negligence, action or inaction of any of the above released parties and covers bodily injury (including death) and property damage, whether suffered by myself or my child(ren), before, during, or after such participation. In addition, I hereby for now and forever accept any and all responsibilities for any actions in conjunction with said event. I recognize that traditional karate is a dangerous sport and willingly participate in this event. Finally, I agree to allow the released parties, without compensation, the unrestricted use of any photographs, films, or videotapes of myself being involved in this event in any way.

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The Tournament Director Reserves the right to change, combine, or split divisions. All entries and paid fees are final upon registration and non-refundable.

Athlete's Signature (1)

Signature of Parent/Guardian
(if athlete's age is under 18)

Date

Athlete's Signature (2)

Signature of Parent/Guardian
(if athlete's age is under 18)

Date

Athlete's Signature (1)

Signature of Parent/Guardian
(if athlete's age is under 18)

Date

AAU Karate New York District Championships

SUNDAY, MARCH 22, 2020

- **TIME:** Opening Ceremony @ 8:45am / Competition Begins @ 9am SHARP!
 - **LOCATION:** Francis Lewis High School, 58-20 Utopia Parkway, Fresh Meadows, NY 11365
 - **PRE-REGISTRATION ONLY:** Applications & Fees Must be RECEIVED by Tuesday, March 17
Absolutely NO Registration at the Door – NO EXCEPTIONS!
 - **ENTRY FEE:** All Individual Events: \$70 for Current AAU Members; \$75 Non-AAU Members
Certified Checks/Money Orders Payable to: IPPON LTD
Email applications to kokorojuku@aol.com
Fax applications to 718-677-0053
Mail Applications / Fees to Ippon Ltd., P.O. Box 940002, Rockaway Park, NY 11694
 - **SPECTATOR FEES:** Teens/Adults: \$10, Children \$5, Toddlers: FREE
 - **AWARDS:** 1st, 2nd, 3rd & 3rd Place Competitors Receive Official AAU Medals in all Divisions
**Official AAU Copper Medals given to 11 yrs. & under who do not place top 3 in any division
 - **COMPETITOR DRESS CODE:** Traditional White Gi, No Jewelry/metal hair clips, Trimmed nails, No Glasses (athletic safety goggles may be worn), all mandatory kumite equipment, and appropriate belt representative of experience level (Will be provided at each ring)
**BELTS: Each of the 4 experience levels are represented by one specific color:
*Beginner Division: Solid White Belt; *Novice Division: Solid Green Belt;
*Intermediate Division: Solid Brown Belt; *Advanced Division: Solid Black Belt
 - **REFEREE DRESS CODE:** White Dress Shirt, Gray Slacks, Blue Tie, Blue Blazer, Black Shoes
 - **COACH DRESS CODE:** AAU Registered Coach: White Gi pants, AAU Red/Blue Polo Shirt
OR all other coaches may wear Dojo/Club Tracksuit; 2020 NYTKL coach pass accepted
 - **EQUIPMENT:** *Mandatory: White Foam Headgear (under 19), Mouth Guard, Naugahyde Fist Guards Aka: Red; Shiro: White/Blue), Groin Protector (Males); White Cloth Shin/Instep or Naugahyde shin/instep (white/red/blue)
Optional: Chest Protector (male/female), Highly Recommended (under 18): AAU Face shield
- ***If you are currently NOT an AAU Member, and would like to discuss the benefits and opportunities of joining AAU, please contact:**
- **TOURNAMENT DIRECTOR:** James Esopo; kokorojuku@aol.com; 347-526-6690

2020 AAU KARATE NY DISTRICT CHAMPIONSHIPS

COMPETITION FORMAT & RULES

- **ORDER OF EVENTS:** Special Needs Division Will Begin at 9am Sharp!
Followed By: All 18-34; 35+ male and female divisions
All 5 & under; 6-7 & 8-9 year-old male and female divisions
All 10-11 & 12-13 year-old male and female divisions
All 14-15 & 16-17 year-old male and female divisions
- **RULES:** Modified AAU Rules: Kata Flag System, Shobu Sanbon Kumite, Kobudo (Scoring)
***Refer to www.aaukarate.org (Click on Rules then Karate Complete Rules)
****Please Do Not Hesitate to Contact James Esopo with any questions or Concerns****
- **KUMITE:** **Shobu Sanbon for all Divisions** (Wazari: 1/2 point, Ippon: 1 full point)
 - 18-34 Advanced: 2 minutes
 - All other Adult divisions & Ages 12-17: 1 ½ minutes
 - 11 and under: 1 minute
 - All Matches are Stop Time.
 - 3 Full Points (6 Wazari) wins bout
 - Ties decided in Enchosen (Extended match in which first score wins)
- **SCORING:** A full point (Ippon) is awarded for: (1) controlled kick to the head/face or (2) break of balance / safe takedown immediately followed by a scoring technique.
 - All other techniques to scoring areas will be awarded ½ Point (Wazari)
- **PENALTY CATEGORIES:** (1) Hansoku – Prohibited actions and behaviors, including Contact and non-contact penalties; (2) Jogai - Out of bounds
(3) Mubobi – defenseless behavior.
(4) Shikkaku (disqualification or expulsion from the event/competition)
 - **PENALTY LEVELS:** Each Penalty Category has 3 levels:
(1) Chukoku (warning), (2) Hansoku Chui (penalty), (3) Hansoku (disqualification)

****FACE CONTACT:** For Beginner and Novice Divisions (kick/hand technique): Face contact is prohibited and may be penalized. Skin touch (kick) to side/back of head is permitted.

*For Intermediate and Advanced Divisions (kick/hand technique): “skin touch” is permitted, but transfer of energy to the face area is prohibited and will be penalized.

2020 AAU KARATE NY DISTRICT CHAMPIONSHIPS

COMPETITION FORMAT & RULES

- **KATA:** **Flag System Utilized for All Divisions**

 - ** All Divisions May Repeat Kata Through the Final Round (Except 18-34 Advanced)

 - ** 18-34 Advanced Must Perform a Different Kata in Each Round (Bracket Format)

AAU RULES: **Beginner:** Must Perform Basic Kata Only

Novice: May Perform Basic/Intermediate Level Kata

Intermediate: May perform any kata

Advanced: May Perform any Kata

- **KOBUDO:** **Numerical Scoring System;

 - In the event of a tie, the competitors may perform the same kobudo kata, EXCEPT in an Advanced Division. To break a tie in an advanced division, the competitors must perform a different kata (it may be a different weapon).

 - In a combined Intermediate and Advanced division, competitors may perform the same kata, in the event of a tie.

- **TEAM KATA:** *All three team members must start and end the Kata facing in the same direction and towards the Referee.

 - They shall start and finish in a triangular formation.

 - All three members shall perform the same kata.

 - The performance must be synchronized.

 - Team Kata uses the individual scoring system with the winner being the contestant (team) with the highest total score.

 - One round of competition shall determine the winners in team kata.

- **SPECIAL NEEDS DIVISION:** Competitors in this division may choose to compete in Kata, Kumite, and/or Kobudo. If applicable, Competition shall be Divided by Age, Rank and Gender. We may combine categories To create a competitive division.

*This event is sanctioned by the Amateur Athletic Union of the USA, Inc.