

AAU Pacific Southwest District Championship

Saturday March 6, 2010

Tournament Director

Ophira Bergman
13223 Black Mountain Rd. suite 241
San Diego, CA 92129

Tournament Location

UC San Diego-Main Gym
9500 Gilman Drive
La Jolla, CA 92093

For Directions to the Main Gym (building 263) visit: <http://maps.ucsd.edu/Interactive.htm?Map=Visitor>

Events: Kata, Kobudo, Kumite

Rules: AAU

AAU membership required for all participants.

Pre-registration ends February 25nd, 2010

Fees: Make all payments to: KMA

Pre-registered: \$50 all events

At Door: \$65 all events

WARRIOR SPIRIT AWARD

in memory of Matt Holley

\$500 scholarships to top 15-18 yr. old male & female

Dress Code

- Traditional white gi.
- No rolling or cuffing permitted (pants must be at least $\frac{3}{4}$ length between knee and ankle, sleeves must be at least $\frac{1}{2}$ length between wrist and elbow).
- No jewelry permitted.
- Females may wear solid white T-shirt under gi. Males MAY NOT wear a solid white T-shirt under gi.
- **Beginners should wear a white belt, Novice a green belt, Intermediate a brown belt, and Advance a black belt.**

ALL Athletes MUST have an AAU membership! Register at : <http://www.aausports.org>

Admission is free for all spectators.

Mandatory Equipment

Adults: Mouth and fist guard.
(Males, groin protectors)

Youth: Mouth and fist guard.
Full faced headgear
(Males, groin protectors)

Optional Equipment

* White cloth shin pads
* NO instep pads allowed

Schedule of Events

All Kobudo events begin at 9:00 AM
Adult Black Belt compete at 9:00AM
All Kata events begin at 9:30 AM
All Kumite events will follow at the appropriate time.

Adult Black Belts compete FIRST! 9am SHARP!