

SC AAU State Karate Championships

April 28th & 29th 2017



Kumite Clinic with Tokey Hill

Date: Friday April 28, 2017
Cost: **\$25 Cash or check payable to: CFK Karate**
Location: Ben Lippen School 7401 Monticello Road, Columbia SC 29203
Award: Participation Certificate from Tokey Hill to all participants!
Clinic 1: 6:00-7:15pm 5-11 Year Olds
Clinic 2: 7:30-9:00pm 12+ years

Mr. Tokey Hill is an icon in American Karate History. He is the first in the USA to win the World Championships. Just to name a few, Tokey is a WKF World Champion, All Youth Japan Champ, 6 time National Champ, has appeared in many motion pictures. He was named as a member to the World Karate Federation Technical commission & Chairman of the Pan Am Karate Federation Technical committee.

Karate Competition

Date: Saturday April 29, 2017
Time: Host arrives 8am, **Doors open 8:30**, **Referees 9am**, Referee training 9:15am
Intro: 9:45 National Anthem and Dojo Recognition (call for staging, don't be late)

Events: 10am Karate Competition begins on time
Cost: **\$60 per athlete** (entry deadline April 22) (**Pay to CFK Karate**) or mail to
11 Jamie Ln Lugoff SC 29078)
Late Fee: \$75 after April 22 (at the door price) (Students can do group registration thru your dojo)

Attention: 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 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 screening, please allow up to 10 days for adult memberships to be processed. Participants are encouraged to go NOW to www.aausports.org to obtain their membership.

Host: Carolina Family Karate is the host school for this event.
Location: Ben Lippen School 7401 Monticello Road, Columbia SC 29203
(Campus of International University)

Levels: Beginner (0-1 yrs training), Novice (1-2 yrs), Intermediate (2-4 yrs), Adv (over 4 yrs)
Divisions: Traditional Weapons, Kata/Forms, and Sparring
Age Groups: 3-5 tots, 5-6, 7-8, 9-10, 11-12 (These groups go first and run straight thru)
18-34, then 35-39, 40-44, 45-49, 50-54, 55-59, 60 & over (we reserve the right to

Special: Special Needs Youth, & Special Needs Adult Divisions.
Teams: Synchronized Weapons/Kata/ Kumite (provided we have time)
Coaching: Anyone age 16 and over may be a coach, at a fee of \$25. Fee collected at the door.
Parents qualify to coach with 1. AAU background check, 2. AAU Membership & completed Positive Coaching Academy online certificate program. It's FREE and will only take about an hour and a half of your time.

Contact: Mrs Lee Montgomery 803-272-1327 cfkkarate@gmail.com Bob 803-243-6799
Facility: