

We would like to welcome everyone to the Pacific Northwest AAU Regional Tae Kwon Do Championship. Thank you all for the support and participation which has made our previous championships successful. Our primary goal at this event is to promote a spirit of GOODWILL amongst all martial artists and qualify for the AAU National Championship. Our divisions have been arranged to give a fair and safe learning opportunity to all competitors. We hope that this is a wonderful event for all of you, and we will try to make this a memorable and enjoyable Championship.

GOOD LUCK TO ALL OF YOU,
BEST WISHES
MASTER RIC GORDON

All qualifying competitors must be currently registered with the AAU for 2007-2008. AAU members have personal injury coverage. Annual dues are \$12.00 for children and \$22.00 for adults. This is an AAU National qualifier competition. Only AAU sanctioned and qualifying events will advance to the AAU Nationals. See tournament director for details. All athletes, coaches and officials must be current Individual Members of the AAU and must present their membership card at check-in.

TOURNAMENT DIRECTORS: MASTER RIC GORDON,
MASTER PAUL INGLIS,

DATE: SATURDAY, APRIL 30, 2005

PLACE: Spanaway Lake High School
1305 168th Street East
Spanaway, WA 98387

TIME: REGISTRATION BEGINS AT 8:00 AM
OFFICIALS MEETING AT 9:00 AM
COMPETITION STARTS AT 10:00 AM

ENTRY FEE FOR TWO EVENTS: \$70.00 ALL REGISTRATIONS RECEIVED
PRIOR TO APRIL 19, 2008
\$80.00 PRIOR TO APRIL 25, 2008
\$90.00 AT THE DOOR APRIL 26, 2008
Team Competition Additional \$60.00 in Advance
(All entry fees are non-refundable)

EVENTS: DIVISIONS: Team Poomse, Open Style and Olympic Poomse
OLYMPIC - Tae-Geuk, Pal-Gwe, Pinans
OPEN - ITF, ATA, Tang Soo Do

SPARRING RULES: White, Yellow, Orange, Purple, Green, Blue, Brown, Red Belts (Olympic)
CONTACT Modified USTU Jr. Olympic Championship rules will apply.

- 1 - No heavy face contact.
- 2 - Body contact with protectors.

Adult Black & Red Belts - AAU Adult Rules

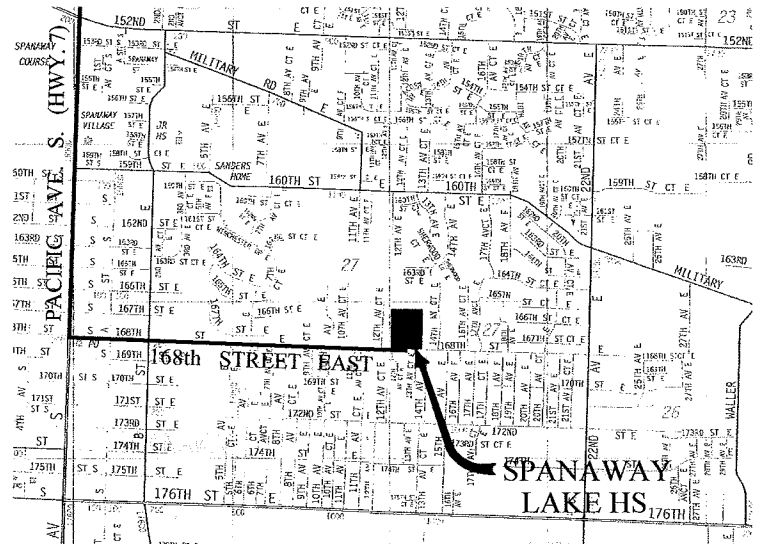
- 1 - Face contact, kicking only. No punching to the face.
- 2 - Body contact with protectors.
- 3 - No groin attacks.

Current AAU and local rules apply. Masters and Black Belt instructors from all schools will govern, emphasizing fairness to all involved.

SPARRING ROUNDS: All Black Belts - 2 minutes, 2 rounds
All Colored Belts - 1 min. 30 sec., 2 rounds (30 second rest period, All Belts)

REQUIRED EQUIPMENT: UNIFORM, HAND AND FOOT PADS,
GROIN PROTECTOR, HEAD AND CHEST PROTECTORS, MOUTHPIECE.

WINNERS: Qualify to compete at the AAU Nationals and Junior Olympic events.



DIRECTIONS:
North and South Bound I-5 exit:
Take exit 127 (Puyallup) onto the 512 Freeway (East) to the Pacific Ave. (Hwy. 7) exit. At the light turn right onto Pacific Ave. Follow Pacific Ave. to 168th St East. At the light, turn left onto 168th St. East. Continue for approximately 1 mile and Spanaway Lake High School will be on your left.

PROCEEDS: To support AAU schools, local organizations that promote safety and the well-being of youth and families; and to PNWAAU Headquarters.

ADMISSION FEE: Adults: \$8.00 Children: \$5.00, age 5 and under: free.
20% OFF GROUP ORDERS OF 10 OR MORE.

METHOD OF PAYMENT: Cash Check Visa MasterCard

Card Number _____

Exp. Date _____

Print Name _____

Signature _____

NOTE: ONLY ADVANCED AND BLACK BELTS WILL BE ALLOWED TO ENTER POINT AND OLYMPIC SPARRING