



# SEAAU Taekwondo Olympic Style Sparring Clinic

## Olympic Style Sparring Workshop (Training & Drills) and AAU Taekwondo Tournament Olympic Style Sparring Scrimmage

Saturday, February 19, 2011

Hosted by:

US Taekwondo Academy

1117 Stones River Court

La Vergne, TN 37086

John Oakley - (615) 213-8532

Both the workshop and the scrimmage will be under the direction of Master Katherine Wiczerza, sports chair for the Southeastern AAU Taekwondo program. Master Wiczerza holds 7th Dan ranking from the AAU, as well as AA certification as an official. She is widely experienced and recognized as a leader in both the Olympic Style and Point Taekwondo communities. This event will offer you a not-to-be-missed opportunity to work with one of the most experienced Taekwondo Master Instructors in the Southeastern United States.

**This event is sanctioned by the Amateur Athletic Union of the U.S., Inc. All participants MUST have a current AAU membership. AAU membership is not included as part of the entry fee to the event and must be obtained before the competition begins except where the event operator has a laptop available with an internet connection. Participants are encouraged to visit the AAU website [www.ausports.org](http://www.ausports.org) to obtain their membership.**

**An AAU 2011 Officials Clinic will also be offered from 9:00 to 4:00 in conjunction with this event.**



## ***Basic Information***

### **Competition Olympic Style Sparring Workshop 12:00 pm to 2:00 pm**

Conducted by Master Katherine Wiczerza, this workshop will cover a range of Olympic sparring tactics and combinations, successful counter-fighting techniques, and match play strategies for victory. Add new elements to your repertoire, and polish what you already know. Bring your sparring gear, and be prepared to make notes during the breaks.

### **AAU Taekwondo Tournament Olympic Sparring Scrimmage 2:00 pm to 4:00 pm**

The scrimmage will focus on Olympic Style sparring competition and will allow athletes, coaches, and officials to participate in real time events. The matches will be scored as in a normal tournament, but no trophies or medals will be awarded. Participants will be allowed to stop proceedings at any point to ask questions about match procedures, strategies to score more points, and how tournament rules are interpreted and applied. Participants will also be given constructive critiques, noting areas of existing strength and also where improvement will be worthwhile. Questions are encouraged!

### **AAU Taekwondo Officials Clinic 9:00 pm to 4:00 pm**

The classroom part of the clinic will be from 9:00 to 11:00 am with the practical component taking place during the sparring scrimmage. Cost for the Officials Clinic only is \$35 and payable to Katherine Wiczerza in check or money order the day of the event.

#### **Directions:**

**From Knoxville:** I40 West toward Nashville. Take Exit 226 – Mt Juliet Rd. Highway 171. Turn left at light off exit ramp and go south on Mt Juliet Rd/ Highway 171 go 4.1 miles and prepare for a slight right as the road becomes Hobson Pike/Highway 171. Go another 7.1 miles. Turn left onto Murfreesboro Road/US HWY 70S and go 2.5 miles. Turn right on Stones River Road go .2 miles and take 2<sup>nd</sup> left (you will cross RR tracks) onto Stones River CT. Building is on your left.

**From Chattanooga:** Take I24 West toward Nashville. Take Exit 64 to LaVergne. Turn right off exit onto Waldron Road. Go 2 miles – road becomes Parthenon Blvd. Continue .3 miles to light. Turn right onto Murfreesboro Road/US HWY 70S and go 2.5 miles. Turn right on Stones River Road go .2 miles and take 2<sup>nd</sup> left (you will cross RR tracks) onto Stones River CT. Building is on your left.

**From Memphis:** Take I40 East to I24 East. I24 East toward Chattanooga. Take Exit 64 to LaVergne. Turn right off exit onto Waldron Road. Go 2 miles – road becomes Parthenon Blvd. Continue .3 miles to light. Turn right onto Murfreesboro Road/US HWY 70S and go 2.5 miles. Turn right on Stones River Road go .2 miles and take 2<sup>nd</sup> left (you will cross RR tracks) onto Stones River CT. Building is on your left.

**SEAAU Taekwondo Olympic Sparring  
Tournament Practice & Scrimmage  
Saturday, February 19, 2011**

**Entry Fee: \$25**



Money order or cashiers check payable to: US Taekwondo Academy  
Please mail completed entry form and fee to:

Mailed application should be received by Thursday, February 17, 2011  
Registration also available on-line at [www.tourneyreg.net](http://www.tourneyreg.net)

Questions? e-mail: [john@ustaekwondoacademy.us](mailto:john@ustaekwondoacademy.us) or call [615-213-8532](tel:615-213-8532)

***Please fill application out completely!***

Name: \_\_\_\_\_

Gender: M F Age: \_\_\_\_\_ Rank: \_\_\_\_\_

Participating as: Athlete Coach Official  
Phone #: \_\_\_\_\_ e-mail: \_\_\_\_\_

Martial Arts School: \_\_\_\_\_ Instructor's Name: \_\_\_\_\_

**2008 AAU Membership #:**

*you must be a current AAU member to participate. Register online at [www.aausports.org](http://www.aausports.org).*

I, the undersigned, to hereby voluntarily submit my application for attendance and participation in the SEAAU Taekwondo Tournament Olympic Sparring Practice, and do hereby assume full responsibility for any and all damages, injuries, or losses that I may sustain or incur, if any, while attending or participating, and I hereby waive all claims against the promoters, officials, or sponsors of said SEAAU Taekwondo Tournament Olympic Sparring Practice individually or otherwise, for any claim for injuries that I might sustain. I fully understand that any medical treatment given me will be of a First Aid treatment only. I understand the fee paid is non-refundable.

Date: \_\_\_\_\_ Signature: \_\_\_\_\_

Parent or Guardian: \_\_\_\_\_

(Required if under 18 years of age)

# Officials' Clinic Application



**Clinic Administrator: Master Katherine Wiczerza**

**Clinic begins at 9:00 am with classroom instruction until 11:00. During the Sparring Scrimmage; the clinic will contain practice of rule application and hand signals.**

The certification fee for Officials is \$35. This fee and participation in this annual clinic will validate the official's classification until the end of the current AAU's competition year. Officials wishing to also coach during the current competition year must take the Coaches' Online Certification Course prior to attending an Official's Clinic. By presenting the Coach's Certification Card at the Officials Clinic the Official will not be required to pay the \$35 Official's Clinic fee.

**Name:** \_\_\_\_\_  
(first) (middle) (last)

**Address:** \_\_\_\_\_  
(street) (city, state, and ZIP)

**Email:** \_\_\_\_\_ **Phone:** \_\_\_\_\_

**AAU# (current membership required):** \_\_\_\_\_

**Gender:** M or F **Age:** \_\_\_\_\_ **Birthdate:** \_\_\_\_/\_\_\_\_/\_\_\_\_  
(age you will be on August 31, 2011) mm dd yyyy

AAU Taekwondo Officials Certification Class (circle one): AA A B C D E

Official's ID No. \_\_\_\_\_

Coach's On-line certification taken prior to clinic Yes No

**MUST BRING COACHES ON LINE CERTIFICATION CARD TO AVOID PAYING \$35 CLINIC FEE.**