


AIM USA STATE TOURNAMENT

Phone 804-403-3902 Fax 804-403-3905 Email info@aimusainc.com Web www.tournament.aimusaimc.com

WHO: All AIM USA students

WHAT: AIM USA Self-Defense Tournament

WHERE:  Meadowbrook High School: 4901 Cogbill Rd. Richmond, VA 23234.

WHEN: Saturday, January 23RD 2010

WHY: A great learning experience for all students (*especially beginners*) as it promotes fun, good competitive spirit, self-confidence, good sportsmanship & courage!

HOW: Please do not turn in your tournament registration / payment at class. Pre register online at www.tournament.aimusainc.com or by mail to receive a discount or pay full price at the door.



ALL PRE REGISTRATIONS MUST BE RECEIVED BEFORE 1-12-2010.

NOTE: Please no smoking on school property & no food, drink or hard sole shoes in the gym. Thank you for your cooperation.

★ HUNDREDS OF AWARDS WILL BE PRESENTED! ★

Including: A participation trophy that is over a ½ foot tall! (awarded to all participants) 1st - 4th place awards for each age division and event group. Those who do not place receive a ribbon.



1ST Place Tournament Trophy

2ND Place Tournament Trophy

3RD Place Tournament Trophy

4TH Place Olympic Size Medallion



★EVENTS - PURPLE BELTS & ABOVE ★

SPARRING - As in weekly class, this event is for points only. It is very light contact. Excessive force results in disqualification. Chest protectors and headgear provided. Please bring and label any personal sparring gear. *Mouthpieces are mandatory and boys must wear groin cups.* (There will be a Safety Rules seminar/demonstration prior to sparring competition.)

OPEN FORMS - Contenders have 20 - 30 seconds to perform any form learned in class or a string of techniques they put together from techniques taught in class appropriate for their rank. Contenders will be judged on technique, coordination, balance, focus, speed, power and kiais.

★EVENTS - YELLOW AND ORANGE BELTS ★

SPARRING - As in weekly class, this event is for points only. It is very light contact. Excessive force results in disqualification. Chest protectors and headgear provided. Please bring and label any personal sparring gear. *Mouthpieces are mandatory and boys must wear groin cups.* (There will be a Safety Rules seminar/demonstration prior to sparring competition.)

SHOW WHAT YOU KNOW – While the judge calls out different techniques (Kicks, punches and block combinations, taught in class.) Contenders demonstrate them. Students perform twice. Judges look for effort, good technique, coordination, balance, focus, speed, power and kiai.

★EVENTS - WHITE BELT ★

DANGER ALLEY - In this exciting event contenders work their way through four “would be” attackers using their Self-Defense skills (break aways blocks, punches, kicks, and verbal skills). Judges look for effort, good technique, coordination, balance, focus, speed, reaction time, power, kiai and verbal skills.

BEST KICK & PUNCH - In this event contenders twice perform their best *front snap kick and reverse punch*. Judges look for effort, good technique, coordination, balance, focus, speed, power and kiai.

★ AIM USA STATE TOURNAMENT REGISTRATION/SCHEDULE ★

(Times are approximate and subject to change.)

- 7:30 AM Set up
- 10:15 AM Registration Green belts and Above all ages
Registration Purple belts all ages
- 10:30 AM Forms Green belts and above
Forms Purple belts
- 10:45 AM Registration Orange belts all ages
- 11:00 AM Sparring Safety and Rules Seminar
- 11:15 AM Sparring Orange belts and Above
- 12:30 PM Show What You Know Orange belts
- 12:45 PM Registration Yellow belts all ages
- 1:00 PM Show What You Know Yellow belts
- 1:45 PM Sparring Safety and Rules Seminar
- 2:00 PM Yellow Belts Sparring
- 2:45 PM *Afternoon Parent Helper Meeting*
- 3:00 PM Registration White belts all ages
- 3:30 PM Best Punch & Kick White belts
- 4:30 PM Danger Alley White belts
- 5:30 PM Ending Ceremonies and clean up



**IF YOU HAVE RECEIVED YOUR NEW BELT RANK WITHIN THE LAST 4 WEEKS
YOU WILL BE COMPETING IN YOUR PREVIOUS BELT RANK DIVISION**

Example: Yellow Belt earned in the last 4 weeks will participate in White Belt events.

★ DIVISIONS ★

BROWN & BLACK BELTS & BROWN & BLACK BELTS WITH DEGREE STRIPES		GREEN, BLUE & RED BELTS & GREEN, BLUE & RED BELTS WITH DEGREE STRIPES		PURPLE BELTS & PURPLE BELTS WITH DEGREE STRIPES		ORANGE BELTS & ORANGE BELTS WITH DEGREE STRIPES		YELLOW BELTS & YELLOW BELTS WITH DEGREE STRIPES		WHITE BELTS	
										BOYS	GIRLS
BOYS	GIRLS	BOYS	GIRLS	BOYS	GIRLS	BOYS	GIRLS	BOYS	GIRLS	BOYS	GIRLS
AGES	AGES	AGES	AGES	AGES	AGES	AGES	AGES	AGES	AGES	AGES	AGES
All Ages	All Ages	6-8	6-8	5-7	5-8	5-7	5-8	4-5	4-5	4	4-5
		9-10	9-11	8-9	9-10	8-9	9-10	6	6-7	5	6-7
		11-UP	12-UP	10-11	11-UP	10-11	11-UP	7	8-10	6	8-9
				12-UP		12-UP		8	11-UP	7	10-UP
								9-10		8	
								11-UP		9	
										10-UP	

EVERYONE GOES HOME A WINNER!

WWW.AIMUSAINC.COM

★FEES★

PRE-REGISTER TO RECEIVE HUGE DISCOUNTS - SAVE \$5.00 from the “at the door event fees” listed below. Pre register online at www.tournament.aimusainc.com or by mail to receive a discount or pay full price at the door. **All pre registrations must be received before 1-12-2010.** Please make checks payable to AIM. TWO phone numbers must be on checks. Please do not turn in your tournament registration / payment at class. ❄❄❄ **PRE-REGISTERED STUDENTS MAY PICK UP THEIR ENTRY FORMS AND PAPERWORK ON 1-23-2010 AT MEADOWBROOK SCHOOL ❄❄❄**

NOT PRE REGISTERING? Please bring your completed registration slip with you on 1-23-2010.

★AT THE DOOR FEES★

COMPETITION FEES - Both events pay only - \$35.00 Single event - \$25.00

SECOND CHILD OR MORE IN FAMILY - both events pay only \$30.00 Single event - \$20.00

SPECTATORS FEE - ADULT - \$2.00; CHILDREN AGES 5-15 - \$1.00; 4 & UNDER - FREE.

COMPARE THE SAVINGS!!!

PRE REGISTRATION FEES		AT THE DOOR FEES	
Both events	\$30.00	Both events	\$35.00
Single event	\$20.00	Single event	\$25.00
SECOND CHILD OR MORE IN FAMILY		SECOND CHILD OR MORE IN FAMILY	
Both events	\$25.00	Both events	\$30.00
Single event	\$15.00	Single event	\$20.00

TOURNAMENT PATCHES ONLY \$5.00 - Whether you are adding to your tournament patch collection or just starting, now is the time to order as supplies are limited.



EQUIPMENT - Uniforms, Hand Pads, & Foot Pads are highly recommended for the Sparring competition. All merchandise will be available for purchase at the tournament while supplies last. Equipment ordered at class **will not** be at the tournament for pickup.

PARENT HELPERS - Receive 25%, 50% **even 100%** off tournament fees! There are several positions available. Don't wait they are going fast! Positions include: Helping the night before loading and setting up, score and time keepers, registration, ring leaders, directors assistants, building trophies, clean up crew, inventory preparation, equipment table, office help, and much more. Email AIMUSAREPORTS@aol.com for detailed information. *(Discount rates vary according to duration, position and availability.)*

PHOTOGRAPHY – A professional photographer will be on site the day of the Tournament. Additional fees apply

THE WEB - Please visit us on the web at www.tournament.aimusainc.com to printout registration forms, download tournament practice sheets, get driving directions, and much more.

★AIM USA TOURNAMENT REGISTRATION FORM★

I, the undersigned, as parents/legal guardian of the child registered on this form do hereby voluntarily submit their application for attendance and participation in the Athletes in Motion, LLC / AIM USA, INC. Tournament and hereby assume full responsibility for any and all damages, injuries, or losses that they may sustain or incur, if any, while attending or participating, and I waive all claims against the promoters, or operators, or sponsors of Athletes in Motion, LLC / AIM USA, INC. individually or otherwise for any claim or injuries that they may sustain. I fully understand that any medical treatment given to my child will be of a first aid treatment type only. I consent that any pictures furnished by me or my child or any pictures taken of me or my child in connection with the tournament can be used for publicity, promotion, videos or television show, and I waive compensation in regards thereto.

SIGNED _____ DATE _____ 20____
Parents/Guardian

STUDENTS NAME: _____		AGE: _____	SEX: M /
F			
BELT COLOR: W Y O P G BL R BR BLK		DEGREE STRIPES: 0 2 3 4	
INSTRUCTOR: _____		LOCATION: _____	
<u>PURPLE BELT & ABOVE</u>	<u>ORANGE BELT</u>	<u>YELLOW BELT</u>	<u>WHITE BELT</u>
<input type="checkbox"/> SPARRING	<input type="checkbox"/> SPARRING	<input type="checkbox"/> SPARRING	<input type="checkbox"/> DANGER ALLEY
<input type="checkbox"/> FORMS	<input type="checkbox"/> S.W.Y.K.	<input type="checkbox"/> S.W.Y.K.	<input type="checkbox"/> BEST KICK & PUNCH

EVENT FEE(S) \$ _____ + SPECTATOR FEE(S) \$ _____ + TOURNAMENT PATCH YES \$5.00 NO \$0.00

TOTAL PAID \$ _____

METHOD OF PAYMENT ✓ ONE

Master Card, Visa, American Express, Cash, Check, Money Order

Credit Card # _____ Expiration Date _____

BILLING ADDRESS

Printed Name _____

Address _____

City _____ State _____ Zip _____

Home Phone _____ Other Phone _____

Signature _____ E mail _____

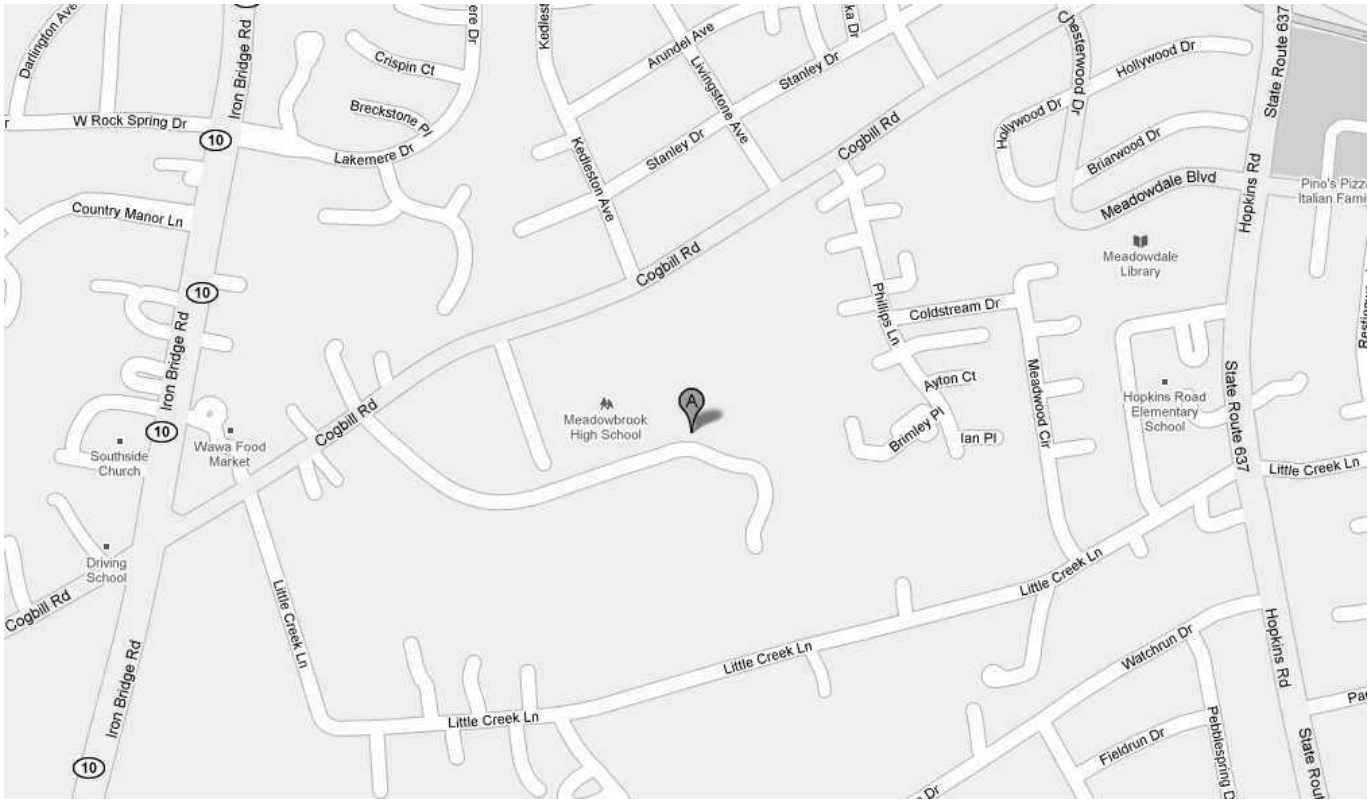
ALL PRE REGISTRATIONS MUST BE RECEIVED BEFORE 1-12-2010

PLEASE SEND PAYMENT WITH COMPLETED REGISTRATION SLIP TO:

AIM USA 2434 NEW DORSET CIRCLE POWHATAN, VA. 23139

PLEASE MAKE CHECKS PAYABLE TO AIM (Provide two phone numbers on check.)

SORRY NO REFUNDS.



Directions are from I-64, with instructions from I-95 beginning in step #4.

- Step 1. Take the I-95 S/5TH STREET exit, exit number 190, on the left towards PETERSBURG/DOWNTOWN/COLISEUM. 0.3 miles (0.5 km)**
- Step 2. Turn SLIGHT LEFT to take the I-95 S ramp. 0.4 miles (0.6 km)**
- Step 3. Merge onto RICHMOND PETERSBURG TURNPIKE. 6.8 miles (11.0 km)**
- Step 4. RICHMOND PETERSBURG TURNPIKE becomes I-95 S. 0.1 miles (0.1 km)**
- Step 5. Take the VA-150 N/CHIPPENHAM PKWY exit towards US-60/US-360 W. 0.5 miles (0.7 km)**
- Step 6. Merge onto CHIPPENHAM PKWY. 2.4 miles (3.9 km)**
- Step 7. Take the VA-637/HOPKINS RD exit. 0.2 miles (0.3 km)**
- Step 8. Turn LEFT onto HOPKINS RD/VA-637. 0.2 miles (0.4 km)**
- Step 9. Turn RIGHT onto MEADOWDALE BLVD. 0.2 miles (0.3 km)**
- Step 10. MEADOWDALE BLVD becomes CHESTERWOOD DR. 0.1 miles (0.2 km)**
- Step 11. Turn LEFT onto COGBILL RD. 0.4 miles (0.7 km) Please visit www.tournament.aimusainc.com for door to door driving directions.**

OVERNIGHT ACCOMMODATIONS

Hampton Inn Richmond South West Hull St.
 3620 Price Club Blvd.
 Midlothian, VA 23112
 (804) 675-0000

Country Inn & Suites by Carlson
 2401 Willis Rd.
 Richmond VA 23237
 Phone (888) 201-1746

Super 8 Motel
 10300 Hull St Rd.
 Hull St & Courthouse Rd
 Midlothian, VA 23114 US
 Phone: 804-276-3900

Sleep Inn
 2321 Willis Rd.
 Richmond, VA, 23237-2947
 Phone: (804) 275-8800