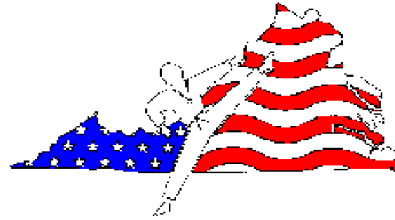


MEMORANDUM

To: AIM USA Self-Defense Instructors
From: AIM USA INC.
Re: Tournaments



Dear Instructors,

Tournament Rules: Enclosed is a copy of the tournament rules. Bring them with you the day of the tournament. Read over this information prior to the tournament and call if you have any questions.

It is imperative that everyone arrives on time the day of the tournament.

☆☆☆ *A successful day begins with you!* ☆☆☆



TOURNAMENT PROMOTION AND PAY

Please promote the tournament at each class. Explain that the tournament is very age appropriate. It is not like what you see on TV! All events are FUN, SAFE, and EXCITING. White Belts will not be competing directly with another student, some students are “scared” of the tournament. It is your job to get the point across that it is fun. “There is nothing to be afraid of, and it is a great learning experience.” Remember that Instructors receive \$75.00 for the day or \$1.00 per student, whichever is greater. You must be on time and attend pre-tournament meetings. This pay will be in your next check following the tournament. You should have received your tournament flyers. Be sure to pass them out at each class. Ask who was absent last week and give them the information.

PLEASE LABEL AND BRING 2 OF YOUR: BODY SHIELDS, BLOCKERS, FOCUS PADS DON'T FORGET TO TAKE THEM HOME WITH YOU.

MORNING SET UP

AWARDS TABLE/MC TABLE
EQUIPMENT TABLE
REGISTRATION TABLE
CONCESSIONS

Clean up is part of the schedule, please do not ask to leave early. Your help is greatly appreciated.

IN CLASS TOURNAMENT PREPARATION:

Please be sure you have your students review tournament events in class. Encourage all students to compete in the Tournament. Have all Tournament information available at every class until the Tournament day. Thank You!!

WHITE BELTS - Danger Alley, Best Punch & Kick

YELLOW BELTS - Sparring, Show What You Know

ORANGE BELTS - Sparring, Show What You Know

PURPLE BELTS & ABOVE - Sparring, Forms

Weapons all levels

Board Breaking all levels

END OF SESSION ADVANCEMENT & AWARDS

The end of the session is near. It's time to get *organized* for your advancement and awards activities.

Mark your calendar to identify:

Advancement Day: second to the last class.

Order Placement Day: ASAP after your Advancement Day. When placing your advancement order, (Belts, medals, certificates, etc.) **PLEASE ORDER BY LOCATION.** **Only order a few extra P.A. medals.**

Awards day: your last class

In order to do the best possible job, we must all be clear on what is expected of us. If you are uncertain about this or any information please bring it to our attention.

Thank you! Keep up the good work!

TOURNAMENT SPARRING - POLICIES & PROCEDURES

In each ring there will be a referee (Instructor). Impartial refereeing is vital and expected at all times. The referee seeing a point from his/her viewing perspective, states point red or point blue **to score a point, a kick or punch must land in the target zone with light contact. For Yellow Belts Ages 4-7, a point may be awarded if the kick or punch comes within 1-2 inches of the target zone, light contact is not necessary for this age group and level. The target zone is the mid-section of the body: above the belt and below the shoulders.**

Contact above the shoulders (face & head), below the belt (groin & legs):

1st offense	1 verbal warning
2nd offense	Disqualified

Penalties for guarding and running out of the ring will result in:

1st offense	1 warning
2nd offense	2nd warning
3rd offense	3rd warning and 1 point to the other competitor

No jumping kicks or sweeps.

1st offense	1st warning
2nd offense	2nd warning <u>and</u> 1 point to the other competitor
3rd offense	disqualified

Excessive force will result in IMMEDIATE DISQUALIFICATION!! This is a judgment call, and will be decided on an individual basis. If a student is disqualified in the finalist matches (1st-4th), they will not receive a place award. There will only be 3 awards in that case.

Go over all offenses and rules with competitors before the sparring begins: Target Zone, Illegal contact areas, Guarding, Excessive Force. No Flying Side Kicks, Jumping Front Snap Kicks, or Sweeping.

Explain the importance of Kiaing (tightens abdominal muscles in case a kick or punch comes in.)

Follow guidelines on awarding Byes.

Do not allow losers of each round to sit on the side of the ring. (except losers in the final rounds competing for 3rd or 4th place); immediately give them a competition ribbon tell them they did a GREAT job and send them off to their parents.

TOURNAMENT SPARRING - POLICIES & PROCEDURES CON'T

To keep the ring moving quickly, ensure the ringleader is doing their job! Make certain he/she has the competitors on deck ready to go; (hand pads, foot pads, & head gear) and when one match is completed, the only thing that needs to be exchanged is the chest protector/headgear and the next match begins immediately. When a match is finished, send the competitors to the RINGLEADER.

☆**YOU WILL BE REQUIRED TO TRAIN YOUR RINGLEADER AND SCORE/TIME KEEPER**☆

When beginning a match, have the competitors bow to one another and the Referee (You). Make sure the competitors are lined up properly in their starting position and command "SPARRING STANCE". DO NOT SHOUT "FIGHTING STANCE!" Look to the Time Keeper and ask "TIMER READY?" Then to the competitors, "READY BEGIN!"

DO NOT USE OLD SCHOOL TRADITIONAL VOCABULARY JUST USE READY BEGIN, POINT, BREAK, ETC.

The **first** competitor to reach **3** points wins. If no points have been scored, the Referee will decide the winner based on who executed the most effective blocks, kicks & punches. In the event of a tie at the end of 3 minutes, the first person to score a point, wins. When calling a point, yell "Break!", call out which competitor, "Point Red or "Point Blue!". (The red competitor is determined by the red side of the chest protector.) Return the competitors to their starting position to continue the match.

In the first round, it is acceptable to give verbal instruction to both competitors, saying: "**Keep your guard up.**" "Don't back out of the ring," "Throw some punches or kicks", etc. If a competitors wins within 60 seconds, announce the winner, but allow the match to continue until the three minute mark. Remember, for many of the competitors this will be their first exposure to competition of any kind! This is a learning experience, say "**Good Job**" to the loser after each match and give quick advise, "**Keep Practicing,**" etc. *The last thing we want is for a competitor to go home with a bad experience, especially losers in the first round!*

If a Spectator confronts you regarding a call, etc., while you are reffing, locate a Director to handle the dispute. (Send them to the awards table if no-one is in sight.) **Do not allow individuals to disrupt your ring.** A director will intervene on your behalf to handle the situation away from your ring.

As each competitor is eliminated, Please be sure they receive a Ribbon.

After the final match, the referee will escort the 1st - 4th place winners to the trophy table for presentation and pictures. Be sure the winner's list is filled out and ready to go when you get to the table hand list to MC!

TOURNAMENT - BYES

Competitors may receive only one bye. Referee appoints byes to competitors up to the final rounds, When there are 7 competitors, or less remaining, those never receiving a bye, pick a number between 1-15, competitor closest, gets the bye. (Referee should choose the number and write it down before competitors choose their numbers).

You will be in charge
Be sure you understand the following

WHEN YOU HAVE 7 REMAINING COMPETITORS:

1 RECEIVES A BYE, THE REMAINING 6 SPAR

1 BYE + 3 WINNERS = 4 FINALISTS

WHEN YOU HAVE 6 REMAINING COMPETITORS:

1) SPAR 6, (3 WINNERS & 3 LOSERS)

2) LOSERS BRACKET FOR 4TH PLACE:

A) REMAINING 3, ONE RECEIVES BYE

B) SPAR REMAINING 2

C) WINNER OF STEP 2B SPARS BYE FROM STEP 2A

D) WINNER OF STEP 2C - RECEIVES 4TH PLACE

3) WINNERS BRACKET FOR 1ST, 2ND, & 3RD PLACE:

A) REMAINING 3 - ONE RECEIVES BYE

B) SPAR REMAINING 2

C) LOSER FROM STEP 3B RECEIVES 3RD PLACE

D) WINNER FROM STEP 3C SPARS BYE FROM STEP 3A

WINNER RECEIVES - 1ST PLACE

LOSER RECEIVES - 2ND PLACE

WHEN YOU HAVE 5 REMAINING COMPETITORS:

1) 1 RECEIVES BYE

2) SPAR REMAINING 4

3) 2 LOSERS FROM STEP 2, SPAR FOR - 4TH PLACE

4) 2 WINNERS FROM STEP 2:

A) 1 RECEIVES BYE

B) WINNER SPARS BYE FROM STEP 1

LOSER RECEIVES 3RD - PLACE

C) WINNER OF STEP 4B SPARS BYE FROM STEP 4A

WINNER RECEIVES 1ST PLACE

LOSER RECEIVES 2ND PLACE

WHEN YOU HAVE 4 REMAINING COMPETITORS:

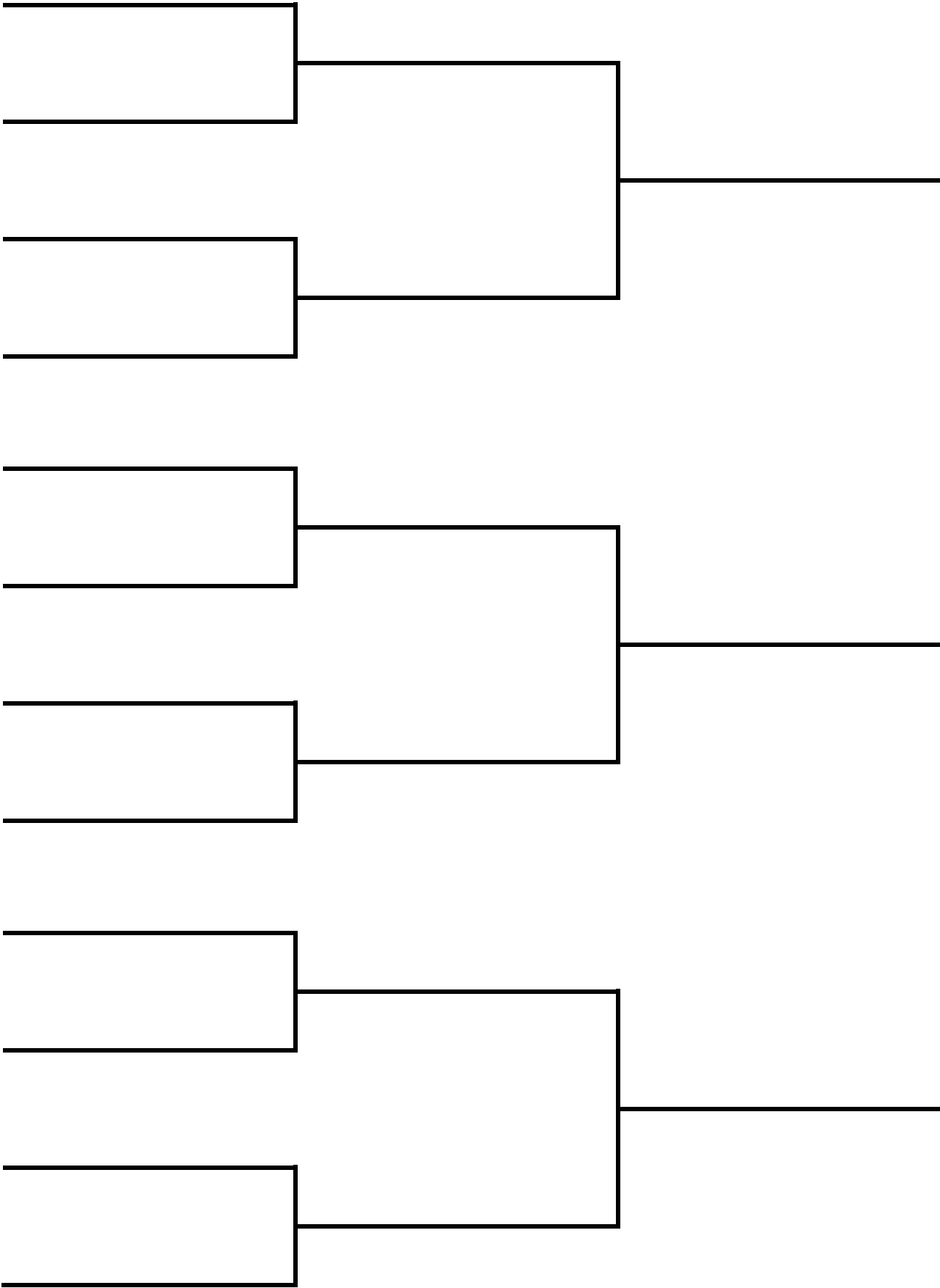
4 FINALISTS SPAR

2 WINNERS SPAR FOR 1ST & 2ND

2 WINNERS + 2 LOSERS:

2 LOSERS FOR 3RD & 4TH

HOMEWORK: WORK ON SCENARIOS OF 7, 6, 5, AND 4 REMAINING COMPETITORS.



AIM USA TOURNAMENT RING LEADER RESPONSIBILITIES

This is a **very important** position, as you will ensure the ring moves from match-to-match as quickly as possible.

YOUR JOB WILL CONSIST OF:

1. Preparing the competitors for their matches. (The Referee will help you pair-up the competitors for the first round, usually *according to height.*)
2. Be sure each competitor does not spar with someone they know. (Sibling)
3. Pair the competitors up, have them sit on one side of the ring
4. Write down the names of the winner of each round.
 - A) Be sure the competitors are on deck with pads on, ready to go. They can borrow ours if they do not have their own. One of the competitors must have a red sided chest protector on, clearly visible to the referee.
 - B) After each match, tell both competitors **"Good job, you both did great!"** Write down the last name and first initial of the winner of each round, and place him/her on the opposite side of the ring. (You do not need to write down the names of all the losers only the winners.) After each match. be sure to collect all pads that belong to AIM. The next competitors must be ready to spar as soon as the previous match is complete.
 - C) If you have an odd amount of competitors in a round, one will receive a bye into the next round. A competitor can receive only **one bye** in the tournament! The bye will be determined by the ring referee.
 - D) Each division will have 1st - 4th place winners. Keep eliminating until the final matches for 1st - 4th place. Fill out the winner sheet completely with Final match 1st - 4th place winners,.

After the final match, the Referee will escort the 1st - 4th place winners to the Trophy Table for presentation and pictures.

Thank you for assisting the AIM USA staff.

AIM USA TOURNAMENT SCORE AND TIME KEEPER RESPONSIBILITIES

The Score and Time Keeper is the person in charge of just that, keeping score and time! Each "Match" is a continuous **three-minute match**. Stop the clock when the Referee says "**Time Out!**", usually only for injury. Do not stop the clock for any other reason!

After each point, the Referee will yell "**Break!**" and, "One point red" / "One point blue" or "Warning red" / "Warning blue". At this time **mark the score** or warning (*indicated by a "w" on child's event coupon*). A 2nd or 3rd warning (depending on infraction), results in a point to the opponent.

Inform the Referee when a competitor receives a **2nd warning**. The Referee will inform you if a point is to be awarded to the other competitor.

The first competitor to reach **3 points wins**, or the competitor with the most points after 3 minutes. If after 3 minutes no points have been scored, the Referee will decide the winner based on who has executed the most effective block, kicks & punches. Ties after 3 minutes will continue until a point is earned deciding the winner. (*Use this rule with discretion*)

Please be sure that each competitor eliminated (loses), he/she receives a **ribbon** and are directed to sit with their parents in the bleachers. If At this time student is finished competing for the day they may go to the award's table and pick up their participation trophy.

Don't hesitate to call a "**Time Out**" if you didn't hear what the referee's count or call was.

Thank you for assisting the AIM staff.

TOURNAMENT - PROCEDURES (*BEST KICK & PUNCH, S.W.Y.K., FORMS*)

Have Competitors sit on the outside of ring and ask them to hold onto their Event Coupon until it is their turn to compete. Pull the appropriate (event) score sheet from your folder, follow the instructions on the score sheet. When student is called up to compete take their Event Coupon, position the competitors in the ring, with room to compete. The judge (you) writes down the competitors score on the students Event Coupon.

To quickly determine the winners: place student's Event Coupons with scores of 8 or higher in a separate stack. **In the event of ties**, follow this example to award 1st - 4th place:

Rob	9	1st
Bill	8↘	Compete for 2nd & 3rd
Judy	8↗	
Rod	7↘	Compete for 4th place
Mike	7↗	

After the 4 winners have been determined have a Parent Helper award the remaining competitors a **ribbon**. Don't forget to tell them they all did great job Complete the winners list, line up winners 1ST – 4TH escort them to the MC/Award table, hand the list to the MC. While MC calls out the results you present the awards.. Return to your ring for another division to start.

PURPLE BELTS & ABOVE FORMS EVENT

Judge students on:

- ☆ Good Form (Technique)
- ☆ Creativeness
- ☆ Coordination and Balance
- ☆ Focus
- ☆ Speed
- ☆ Power
- ☆ Kiai

Judge calls **ONE** student up at a time. (Unless you have 20 kids or more- then have two at a time.) Have student stand at attention and bow to you. Immediately after bow, student steps back into a Self-Defense Stance. The student has 30 seconds to perform the Form they have created using techniques appropriate for their rank. The Form must consist of techniques taught in the AIM USA Curriculum only. It is recommended that students move in all four directions. Score between 1 - 10 on overall actual performance:

1 2 3 4 5 6 7 8 9 10

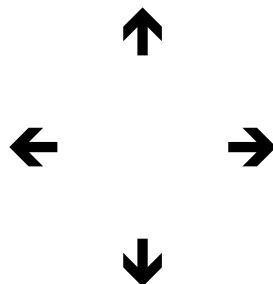
POOR

AVERAGE

OUTSTANDING

In the event of a tie call up those students, have them perform again. Follow tie procedures

PURPLE BELTS 14-16 Moves
GREEN BELTS 16-18 Moves
BLUE BELTS 18-20 Moves
RED BELTS 18-20 Moves
BROWN BELTS 20-25 Moves



ORANGE BELTS- S.W.Y.K. EVENT

Call up 2 Competitors at a time, using the appropriate (event) score sheet, ask the competitors to perform the technique twice (the competitors do this simultaneously).

Judge students on:

☆ Good Form (Technique) ☆ Coordination and Balance ☆ Focus ☆Speed ☆Power ☆Kiai

Call **two** students up at a time. Have them stand at attention and bow to you. Immediately after bow, student's step back into a Self-Defense Stance. Your command should be "**Leg back Self-Defense Stance**". Call out the name of the Blocks, Punches and Kicks to be performed in the order presented below. Example: "**Turning Roundhouse Kick/Jab/Reverse Punch, 1 2**", students will perform each technique twice. (Do not have students switch to perform techniques on the other side). Score between 1 - 10 on overall actual performance:

1
2
3
4
5
6
7
8
9
10
POOR
AVERAGE
OUTSTANDING

In the event of a tie, call the two participants up and go through the order of techniques again, follow tie procedures.

TECHNIQUE	Student on your left Student #1	Student on your right Student #2
1) Self-Defense Stance		
a) Turning Roundhouse Kick Stepping Forward/Jab/Reverse Punch		
b) Front Snap Kick Stepping Forward/Jab/Reverse Punch		
c) Skip Side Kick/Backfist		
d) Outside Block / Reverse Punch		
2) Ready Stance		
a) Combo-Mid Rear Elbow Strike/Low Rear Hammer Fist		
b) High Rear Elbow Strike		
3) Self-Defense Stance		
a) Combo Press Kick/Breakaway		
b) Knee Strike (Back Leg)		
c) Knife Hand Strike (Back Hand)		
d) Palm Heel Push (Back Hand)		
e) Crescent Kick-Out to In (Back Leg Stepping Forward)		

	Total for student #1	

		Total for student #2

YELLOW BELTS S.W.Y.K. EVENT

Call up 2 Competitors at a time, using the appropriate (event) score sheet, ask the competitors to perform the technique twice (the competitors do this simultaneously).

Judge students on: ☆Good Form ☆Coordination and Balance ☆Focus ☆Speed ☆Power ☆Kiai

Call **two** students up at a time have them stand at attention and bow to you. Immediately after the bow, student's step back into a Self-Defense Stance. Your command should be: **"Leg back Self-Defense Stance"**. Call out the name of the Blocks, Punches and Kicks to be performed in the order presented below. Example: **"High Block/Reverse Punch 1, 2"**, students performs each technique twice. Do not have students switch to perform techniques on the other side.

Score between 1 - 10 on overall actual performance:

1	2	3	4	5	6	7	8	9	10
POOR				AVERAGE					OUTSTANDING

Keep in mind these are Beginning Belt Level. In the event of a tie, call those participants up and go through the order of techniques again.

TECHNIQUE	Student on your left Student #1	Student on your right Student #2
1) Blocks		
a) High Block/Reverse Punch		
b) Low Block/Reverse Punch		
c) Inside Block/Reverse Punch		
d) Outside Block/Reverse Punch		
2) Punches		
a) Combo Backfist/Reverse Punch		
b) Combo Jab/Reverse Punch		
3) Kicks		
a) Front Snap Kick (stepping forward)		
b) Back Kick		
c) Round House Kick (Front Leg)		
d) Turning Round House Kick (Back Leg) (stepping forward)		
	_____	_____
	Total for student #1	Total for student #1

WHITE BELTS BEST KICK / PUNCH EVENT

Call up 2 Competitors at a time, using the appropriate (event) score sheet, ask the competitors to perform the technique twice (the competitors do this simultaneously).

Judge students on:

☆ Good Form (Technique)

☆ Speed

☆ Focus

☆ Power

☆ Kiai

Call **two** student's up at a time (give event slip to score/time keeper) have student stand at attention and bow to you. Immediately after bow, have student step back into a Self-Defense Stance. The student will do their best front snap kick twice, and their best Reverse Punch twice. Do not have students switch to perform techniques on the other side.

Score between 1 - 10 on overall actual performance:

1 2 3 4 5 6 7 8 9 10

POOR

AVERAGE

OUTSTANDING

IN THE EVENT OF A TIE FOLLOW PROCEDURES EXPLAINED EARLIER IN THIS MEMO call up the students which have the same score and have them perform their best kick twice again. Decide overall actual performance after the students have performed their kicks

TECHNIQUE	Student on your left Student #1	Student on your right Student #2
1) Front Snap Kick		
2) Reverse Punch		
	_____	_____
	Total for student #1	Total for student #1

WHITE BELT DANGER ALLEY EVENT

Judge students on:

☆Good Form (Technique)

☆Speed

☆Coordination & Balance

☆Focus

☆Power

☆Kiai (verbal skills)

☆**Reaction time**

C call one student up at a time (give event slip to score/time keeper) have them stand at attention and bow to you. Immediately after bow, have student step back into a Self-Defense stance. The student will then proceed through danger alley one time. Your scoring system should range between 1-10 :

1
2
3
4
5
6
7
8
9
10

POOR
AVERAGE
OUTSTANDING

IN THE EVENT OF A TIE FOLLOW PROCEDURES EXPLAINED EARLIER IN THIS MEMO call up the students which have the same score and have them proceed through danger alley one time. Judge them on over all performance and choose placement.

TECHNIQUES	STUDENT #1
Proper Form (Technique) Speed Power Focus Kiai (verbal skills) Reaction time	<hr style="width: 80%; margin: 0 auto;"/> Total for student #1

DANGER ALLEY DIAGRAM

END



4

BODY SHIELD
(KICK)



3

FOCUS PAD
(PUNCH)



2

BLOCKER
(BLOCK)



1

STRANGER DANGER
(PULL AWAY LET GO)

START

TOURNAMENT DEMONSTRATION

Please turn in ASAP

INSTRUCTOR:

LENGTH OF DEMO:

MUSIC?: YES NO

(must bring original source, positioned to go)

DESCRIPTION OF DEMO:

NARRATIVE DURING DEMO?:

PROPS USED?:

ASSISTANCE NEEDED?

OTHER:

AIM USA KARATE TOURNAMENT
LIABILITY RELEASE FORM

I, _____ Employee/Instructor do hereby acknowledge that there are risks involved in performing a Karate Demonstration, and agree to hold harmless and release all liability against ATHLETES IN MOTION, facility, and/or any sponsoring organization, due to injuries, accidents, negligence, or any other circumstance arising from participation in said Karate Demonstration, being held on this _____ day of _____, 20____.

Employee/Instructor

Director