

### The Amateur Athletic Union

The AAU is one of the largest non-profit volunteer organizations in the United States dedicated solely to the promotion and development of amateur sports. Established in 1888 by sports leaders who collectively became the first to define amateurism and create standards for amateur athletes in the country.

### Benefits Of The AAU

- An opportunity to follow in the footsteps of former AAU athletes: Mark Spitz, Shaquille O'Neal, Elisa Au, Keri Struggs, Chamique Holdsclaw, George Kotaka, Greg Louganis, Ryan Klesko, Dan Gable, John Fonseca, Carl Lewis, Jackie Joyner Kersee, and many others.
- Membership that includes insurance coverage.
- Ability to participate at the world famous ESPN Wide World of Sports, and other great facilities throughout the country.
- Travel, make new friends, continuing education, and unforgettable memories.
- Membership in an organization long recognized for its position in amateur sports.

### Positive Coaching Alliance (PCA)

The AAU has partnered with PCA to become the first national sports organization to require all its coaches to obtain PCA Double-Goal Coach® training and certification. PCA will provide training at no cost. Please visit [www.aausports.org](http://www.aausports.org) in order to get more information on how you can become a PCA Double-Goal Coach.

### How To Become A Member

- Visit [www.aausports.org](http://www.aausports.org) and click "JOIN NOW".
- Call 1-800-AAU-4USA and this will connect you with your District Office.

### Say Yes To AAU!

Join millions of athletes, coaches, and volunteers across the country, as they strive to achieve their dreams as athletes and valued citizens of your communities.

### Insurance

A benefit of AAU membership is the athletic accident and liability insurance program. For specific information regarding coverage, please refer to the current insurance brochures, found under insurance at [www.aausports.org](http://www.aausports.org).

# AAU KARATE

For up-to-date information  
on AAU Karate, please visit  
our web site at

[www.aaukarate.org](http://www.aaukarate.org)

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our web site at [www.aaukarate.org](http://www.aaukarate.org) for a  
listing of our District Directors.



**Getting Involved In AAU Karate** - The AAU Karate Program is a national network for amateur athletes and sports administrators dedicated to improving and promoting the sport of amateur Karate. As a member you'll have the advantage of participating in exclusive AAU programs and events, networking with fellow practitioner's and Karate enthusiasts, improving your overall image and standards, and expanding your Karate group's activities.

Consider the advantages the AAU National Karate Program can offer you!

- **National Championships** - Since 1972, the AAU Karate Program has annually conducted the AAU Karate National Championships. With over 2,000 athletes, this event has quickly become and remains the most prestigious karate event in the United States today. This event is generally held in a different geographical location each year and held primarily toward the end of June or the first week of July. Kumite (sparring), Kata (forms), and Kobudo (weapons) competitions are open to beginner, novice, intermediate, and advanced level athletes' ages 5 years and older.
- **AAU Junior Olympic Games** - The AAU Junior Olympic Games are the largest national, multi-sport event conducted annually for youth in the United States. They are the showcase event of the AAU Sports Program.
- **Super Regional Events** - Please contact Jennifer Miles, AAU Karate Sports Manager, at [jennifer@aausports.org](mailto:jennifer@aausports.org) or (407) 828-3704 for more information.
- **Clinics & Seminars** - Karate offers seminars and clinics for youth and adults.
- **Dan Ranking** - The black belt or Dan grades are divided into Yudansha (shodan thru yondan) and Kodansha (godan thru jyudan) categories.
- **Official & Coach Licensing** - Official licensing program for officials and coaches by the AAU National Referees' Council. Rigorous certification standards set by the AAU ensure the highest caliber of AAU Karate tournaments recognized by athletes throughout the country.

### **Interested In Sports?**

Then the AAU is for you! We have something for everyone. Athletic programming in over 34 sports for athletes from 4 to 80 years of age and older, male and female, from Baseball to Wrestling, from Gymnastics to Golf. We're one of the world's largest non-profit multi-sport organizations. Each year we sanction over 15,000 local, regional and national competitions.

### **"Sports For All, Forever"**

The AAU offers National Championships in the various sports, sponsors the AAU Junior Olympic Games, the AAU James E. Sullivan Memorial Award along with the AAU Complete Athlete Program. Two of the AAU's flagship programs, which are administered for the President's Council on Physical Fitness and Sports are the President's Challenge and the Presidential Sports Award.

### **Coaches' Education & Certification Program**

This acclaimed standards program is designed to improve the instructor's tournament coaching and dojo skills. Coaches are educated in sports and taught AAU coaching rules and training methods.

### **Referee Certification**

The AAU administers the foremost national referee licensing program in the country. Rigorous certification standards set by the AAU ensure the highest caliber of AAU karate tournaments recognized by athletes throughout the country. Officials must be certified by the National Referees' Council and awarded a rank to officiate any District, regional, national or AAU Junior Olympic Games karate event.

### **Dan Ranking**

The AAU National Karate Program has established a prestigious ranking system and welcomes all karate styles (who qualify) to participate. The black belt or dan grades are divided into the Yudansha (shodan thru yondan) and Kodansha (godan thru jyudan) categories. Participants below the black belt are awarded kyu certificates.

### **How You Can Learn More**

The AAU has developed a comprehensive Web Site, [www.aausports.org](http://www.aausports.org) for your convenience. This offers our members up to the minute news stories, an event calendar, including competitions at the ESPN Wide World of Sports, as well as individual sport web sites, which provides you with rules, results, updates, and more.

## **NATIONAL SPONSORS OF THE AAU**

