



**NY METROPOLITAN AAU KARATE  
DISTRICT CHAMPIONSHIPS  
SUNDAY, JUNE 11, 2023**

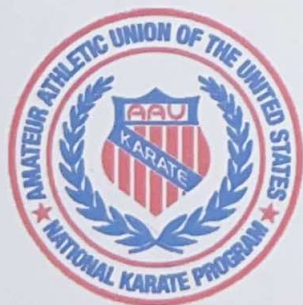
**CONTACT: JAMES ESOP**

**CELL: 347-526-6690; DOJO: 718-253-0303**

**EMAIL: kokorojuku@aol.com**

**Kingsborough Community College  
2001 Oriental Blvd.  
Brooklyn, NY 11235**

**Register at [www.tournamentinabox.com](http://www.tournamentinabox.com)**





Hi Sensei, Coaches, Competitors & Friends,

My name is James Esopo, of Kokoro Karate Center (Brooklyn, NY). I am happy to invite you and your students to join us on **Sunday, June 11, 2023**, at our NY Metropolitan AAU Karate District Championships. **The event will be held at Kingsborough Community College, 2001 Oriental Blvd, Brooklyn, NY 11235.** Opening Ceremony will commence at 8:45am and Competition will begin at **9am sharp!!**

At Kingsborough Community College, we will enjoy the benefits of:

- \*10,000 Square Feet of Competition Area**
- \*Attached Bleachers on 2 sides running the full length & width of the gym for spectators**
- \*Locker rooms accessible from the gym floor**
- \*Tons of free parking on campus right behind the gym**
- \*Located on the water minutes from world-famous Coney Island and famous landmark restaurants, such as Brennan & Carr, Roll-N-Roaster, L&B Spumoni Gardens, etc.**

It would be an honor to have you and your students participate. We try to invite only those traditional dojos held in high regard, so that everyone enjoys a friendly, supportive, and competitive atmosphere enabling the event to run as efficiently as possible. Please feel comfortable bringing your most experienced competitors, as well as those students who may have little to no competitive experience. We make a sincere effort to create an environment where more experienced athletes can enjoy competing against some of the highest caliber karate athletes in the country and further progress in level with other elite competitors, while those athletes who have never competed are given guidance and made to feel comfortable as they participate in competitive karate.

**ATTACHED IS THE FULL TOURNAMENT PACKET FOR YOUR CONVENIENCE, INCLUDING A DETAILED OVERVIEW OF THE RULES.**

If you have any questions, please don't hesitate to call James Esopo at 347-526-6690 or email [kokorojuku@aol.com](mailto:kokorojuku@aol.com).

We would be privileged to have your support and hope to see you on JUNE 11, 2023!!

Yours in Karate-Do,

James Esopo  
Kokoro Karate Center  
AAU Karate NY Metro District Chairman  
Member AAU/USA Karate National Team Coaching Staff



# NY Metro AAU Karate District Championships

## SUNDAY, JUNE 11, 2023

- **TIME:** OPENING CEREMONY @ 8:45AM / COMPETITION BEGINS @ 9AM SHARP!
  - **LOCATION:** Kingsborough Community College, 2001 Oriental Blvd, Brooklyn, NY 11235
  - **PRE-REGISTRATION ONLY** at: [www.tournamentinabox.com](http://www.tournamentinabox.com)
    - REGISTRATION CLOSES 11:59pm on THURSDAY, JUNE 8, 2023
- \*\*\*ABSOLUTELY NO REGISTRATION AT THE DOOR – NO EXCEPTIONS!\*\*\***
- **ENTRY FEE:** 2 Events: \$80 for Current AAU Members  
\$90 Non-AAU Members  
Additional (3<sup>rd</sup>) Event: \$10; Team Kata: \$45 per Team
- PARTICIPATION IN THIS EVENT QUALIFIES CURRENT AAU MEMBERS FOR:**
- \*\*AAU KARATE NATIONAL CHAMPIONSHIPS: FORT LAUDERDALE, FL (July 6 – 8, 2023)\*\*
  - \*\*AAU JUNIOR OLYMPIC GAMES: DES MOINES, IA (July 27 – 28, 2023)\*\*
- TO BECOME AN AAU MEMBER VISIT: [www.aausports.com](http://www.aausports.com) and Click on “Join AAU”**
- AAU Youth Athlete Memberships: \$14**
  - AAU Adult Athlete Memberships: \$29**
- **SPECTATOR FEES:** Teens/Adults: \$10, Children: \$5, Toddlers: FREE
  - **AWARDS:** Official AAU District Championship Medals
    - 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> for Kata, Kobudo, Team Kata
    - 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup>, 3<sup>rd</sup> for Kumite
    - Special Awards for Male & Female Kumite Grand Champions
  - **COACHES' PASSES:** \$30 per COACHING PASS
  - **COACH DRESS CODE:** AAU Coaches: White Gi pants, Official AAU Red/Blue Coach Polo Shirt OR all other coaches Must wear Dojo/Club Tracksuit. Coaches must wear this event's valid Coaching Pass, always keeping it visible.
  - **REFEREE DRESS CODE:** White Dress Shirt, Gray Slacks, AAU Tie, Blue Blazer, Black Shoes
  - **EQUIPMENT:** \*\*MANDATORY: White Foam Headgear (under 18), Mouth Guard, Naugahyde Fist Guards (Aka: Red; Shiro: White/Blue), Groin Protector (Males)
    - \*Optional: Chest Protector (male/female),  
White Cloth Shin/Instep or Naugahyde shin/instep (white/red/blue)  
Highly Recommended (under 18): AAU Face shield



- **COMPETITOR DRESS CODE:** Traditional White Gi, No Jewelry/metal hair clips, Trimmed nails, No Glasses (athletic safety goggles may be worn), all mandatory kumite equipment, and appropriate belt representative of experience level (will be provided at each ring)
  - **BELTS: EACH OF THE 4 EXPERIENCE LEVELS ARE REPRESENTED BY ONE SPECIFIC COLOR:**
    - \*Beginner (Under 1-Year Training; White, Yellow, Orange): **Solid White Belt**
    - \*Novice (1-2 Years Training; Blue, Green, Purple): **Solid Green Belt**
    - \*Intermediate (2-4 Years Training; Brown): **Solid Brown Belt**
    - \*Advanced (4+ Years Training; Black): **Solid Black Belt**
  - **DIVISIONS:** For a positive competitor experience, any division with more than 16 athletes, may be split. The tournament director reserves the right to combine/split any division.
 

*\*\*\*If you are currently NOT an AAU Member, and would like to discuss the benefits and opportunities of joining AAU, please contact:*
  - **TOURNAMENT DIRECTOR:** James Esopo; [kokorojuku@aol.com](mailto:kokorojuku@aol.com); 347-526-6690
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## **2023 NY METRO AAU KARATE DISTRICT CHAMPIONSHIPS**

### **COMPETITION FORMAT & RULES**

- **ORDER OF EVENTS:** 8:45am National Anthem, Opening Ceremony  
 9am All Kobudo, Team Kata, Adult Advanced, Inclusive Karate Divisions  
 Followed by:  
 Individual Kata & Kumite Divisions Ages 5 – 17  
 Individual Kata & Kumite Divisions Ages 35 – 44 & 45+  
 Individual Kata & Kumite Divisions Ages 18 – 34  
 Male & Female Kata Grand Championship  
 (Winners of Advanced Kata ages 16-17, 18-34, 35-44, & 45+)
- **RULES:** Modified AAU Rules: Kata Flag System, Shobu Sanbon Kumite, Kobudo & Team Kata (Numerical Scoring)
 

\*\*\*Refer to [www.aaukarate.org](http://www.aaukarate.org) (Click on Rules then Karate Complete Rules)

***\*\*Please Do Not Hesitate to Contact James Esopo with any questions or Concerns\*\****



## KUMITE:

- **SHOBU SANBON** for all Divisions (Wazari: 1/2 point, Ippon: 1 full point)
- **DURATION OF MATCHES:** MATCHES ARE STOP TIME IN ALL DIVISIONS
  - All Divisions 2 minutes Stop Time EXCEPT 18 - 34 Advanced: 3 - minutes
  - 3 Full Points (Combining Wazari & Ippon) wins bout
  - Ties decided in Enchosen (Extended match in which first score wins; 1-min.)
- **SCORING:** A full point (Ippon) is awarded for two techniques only:
  - (1) controlled kick to the head/face OR
  - (2) break of balance / safe takedown immediately followed by a scoring technique.
  - All other permissible techniques to scoring areas will be awarded ½ Point (Wazari)
- **PENALTY CATEGORIES:**
  - (A) Hansoku – Prohibited actions and behaviors, including Contact & Non-Contact penalties
  - (B) Mubobi – defenseless behavior.
  - (C) Shikkaku (disqualification or expulsion from the event/competition)
    - **PENALTY LEVELS:** Each Penalty Category listed above has 3 levels:
      - (1) Chukoku (warning), (2) Hansoku Chui (penalty), (3) Hansoku (disqualification)
  - (D) JOGAI – OUT OF BOUNDS; **JOGAI HAS 4 PENALTY LEVELS:**
    - (1) Jogai Ichi (Warning)
    - (2) Jogai Ni (Warning)
    - (3) Jogai Hansoku Chui (Penalty)
    - (4) Jogai Hansoku (Disqualification)
- **FACE CONTACT:** For all **BEGINNER/NOVICE DIVISIONS** (kick/hand technique):
  - Face contact is strictly prohibited and may be penalized.**
  - If worn, a face-shield shall be considered the face. “Skin touch” without any transfer of energy (kick) to the side/back of head is permitted.
  - \*For **INTERMEDIATE AND ADVANCED DIVISIONS** (kick/hand technique): “Skin Touch” is permitted, but transfer of energy to the face/head area is prohibited and will be penalized.

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## KATA:

- **AGES 5 – 34 BEGINNER, NOVICE, INTERMEDIATE DIVISIONS:** AAU FLAG SYSTEM (2 -\_ROUNDS)
    - **May Repeat** (or change) **Kata** in each match. In round 1, competitors will come up 2 at a time performing kata simultaneously. The winner of Round 1 (undefeated) will be awarded 1<sup>st</sup> Place. The runner-up from Round 1 is guaranteed no less than 3<sup>rd</sup> Place. The same process will be repeated in Round 2. Then, the winner of Round 2 will compete against the runner-up from Round 1. The winner of that match is awarded 2<sup>nd</sup> Place and the loser is awarded 3<sup>rd</sup> Place. In this system, every competitor will have the opportunity to have, at least, two matches.
  - **Ages 35+ Beginner, Novice, Intermediate, Advanced:** NUMERICAL SCORING
  - **AGES 18-34 ADVANCED:** OPEN FLAG KATA; MUST CHANGE KATA EACH ROUND
  - **AGES 8-17 ADVANCED:** FLAG SYSTEM (UTILIZING BRACKETS; SAME PROCEDURE AS KUMITE)
    - MAY REPEAT (or change) KATA EACH ROUND
  - **AAU KATA RULES:** Beginner: **Must Perform Basic Kata ONLY**  
Novice: **May Perform Basic/Intermediate Level Kata ONLY**  
Intermediate: **May Perform any kata**  
Advanced: **May Perform any Kata**
  - **\*\*KATA GRAND CHAMPIONSHIPS\*\*:** ONE FREE KATA (NUMERICAL SCORING)
    - **WINNERS OF MALE ADVANCED: 16-17, 18-34, 35-44, 45+**
    - **WINNERS OF FEMALE ADVANCED: 16-17, 18-34, 35-44, 45+**
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## KOBUDO:

- **ALL AGES & LEVELS:** NUMERICAL SCORING SYSTEM
    - In the event of a tie, the competitors may perform the same Kobudo Kata, EXCEPT in an Advanced Division. To break a tie in an advanced division, the competitors must perform a different kata (it may be a different weapon).
    - In a combined Intermediate and Advanced division, competitors may perform the same kata, in the event of a tie.
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## TEAM KATA:

- All three team members must start and end the Kata facing in the same direction and towards the Referee.
  - They shall start and finish in a triangular formation.
  - All three members shall perform the same kata.
  - The performance must be synchronized.
  - Utilizes the numerical scoring system. The winner will be the team with the highest total score.
  - One round of competition shall determine the winners in team kata.
  - Age of the **OLDEST** TEAM MEMBER determines the Team Participation Category.
  - Team Members **MAY NOT** compete in multiple Team Participation Categories (Athletes may not participate on more than one team)
  - All Teams May Combine Genders.
  - If a Team Participation Category is further divided by Rank, it shall be determined by the team member with the highest belt/rank.
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## INCLUSIVE KARATE COMPETITION:

- At the discretion of the tournament director, Inclusive Division(s) will be divided by Inclusive Category, Age, Gender, &/or Experience Levels. To foster and promote competition, the tournament director may elect to forego dividing competitors by Category, Age, Gender, &/or Experience Levels. We may combine categories to create a competitive division.
- Competitors in this division may choose to compete in Kata and/or Kobudo.

\*This event is sanctioned by the Amateur Athletic Union of the USA, Inc.\*

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NY Metro AAU Karate District Championships  
SUNDAY, JUNE 11, 2023

***\*ELIGIBILITY: This Event Serves As a Qualifier for:***

**\*\*AAU KARATE NATIONAL CHAMPIONSHIPS IN FORT  
LAUDERDALE, FL (July 6 – 8, 2023)\*\***

**\*\*AAU JUNIOR OLYMPIC GAMES IN DES MOINES, IA  
(July 27 – 28, 2023)\*\***

**\*\*\*Please Note:** *To be eligible for these great opportunities, you must have current AAU athlete membership in place by JUNE 11, 2023 prior to the NY Metro AAU Karate District Championships\*\*\**

Obtain your AAU Membership at [www.aausports.org](http://www.aausports.org)

**Youth Memberships:** (\$14)

**Adult Memberships:** are subject to background check (\$29)



**NEW YORK METROPOLITAN  
AAU KARATE  
DISTRICT CHAMPIONSHIPS**

**Sunday, June 11, 2023**

**Competition Begins 9am Sharp!!**



**Kingsborough Community College  
2001 Oriental Blvd.  
Brooklyn, NY 11235**

**Hosted By: Kokoro Karate Center**

**James Esopo, AAU Karate NY Metro District Chairman**

**Cell Phone #: 347-526-6690**

**E-mail: [kokorojuku@aol.com](mailto:kokorojuku@aol.com)**