

*Traditional Karate North Central Region  
Presents:*

# 2019 AAKF NATIONAL SEMINAR

**April 26-27, 2019**

**Instruction of Traditional Karate with Applications to Kata and Kumite  
With the AAKF Technical Committee**

Location:

Mpls Dojo, 1200 Plymouth Ave N, Mpls. MN 55411 ph: (612) 870-1795

<https://www.midwestkarate.org/>

## **Friday, April 26 (Kata)**

**12PM – 3:30PM**

**Kata - Concentration on judging aspects<sup>1</sup>**

**4:15PM – 8PM**

**How to improve your kata**

## **Saturday, April 27 (Kumite)**

**8:00 – 10AM**

**Kumite - concentration on judging aspects<sup>1</sup>**

**10AM – Noon**

**Kumite Timing Hand Techniques**

**1:00 – 2:30PM**

**Kumite Timing Leg Techniques**

**2:30-4:00PM**

**How to improve your kumite**

**4:00-6:00PM**

**Dan Ranking & Technical Qualification Exams**

**Seminar for All Ranks, All Ages.**

<sup>1</sup>All participants are welcome to attend judging sessions.  
Attendees may participate in one or both classes each day.

<b>Participant's FEE</b>	<b>Entire Camp</b>	<b>One Day</b>	<b>One Session</b>
<b>By April 22</b>	<b>\$100</b>	<b>\$70</b>	<b>\$40</b>
<b>After April 22, or At the Door</b>	<b>\$120</b>	<b>\$80</b>	<b>\$50</b>

- Fees are for registered AAKF Members belonging to a registered AAKF Club.
  - Non-AAKF Members will pay \$40 in addition to fees listed.
- All current USA Team Members can participate free of charge.
  - Families of two or more pay a maximum of \$195.00

# American Amateur Karate Federation (AAKF) 2019 Spring National Seminar

- Dates & Times**      **Friday- Kata**, April 26: 12:00-3:30 pm & 4:15-8:00 pm  
**Saturday-Kumite**, April 27: 8:00-10:00am, 10:00am-noon,  
1:00pm-2:30pm, 2:30-4:00pm; 4:00-6:00pm (dan exam)
- Location**            Minneapolis Dojo, 1200 Plymouth Ave N, Minneapolis.MN 55411  
Phone: (612) 870-1795 <https://www.midwestkarate.org/>
- Instructors**        Members of AAKF Technical Committee and other instructors
- Examinations**      Dan Rank Exams and Technical Qualifications Exams on Saturday,  
April 27 at 4PM. Examination fees in accordance to AAKF fee  
schedule and in addition to seminar participation fees.
- Cost**                    • AAKF Members Early Bird Registration **by April 22:**  
                                 \$100 for the entire seminar, \$70 per day, \$40 per session  
• AAKF Members after April 22 or at the door:  
                                 \$120 for entire seminar, \$80 per day, \$50 per session  
• Families of two or more pay a maximum of \$195  
• Non-AAKF Members will add \$40 to above fees.  
• Free for 2018/2019 AAKF National Team Members.

**Payment**            Click here to [register and pay online](#) or mail checks or money  
orders, *payable to NCR*; together with the waiver/registration form  
below to:

**NCR – 2019 AAKF seminar**  
**762 E 7<sup>th</sup> St.**  
**St. Paul, MN 55106**

**Contact**            Art Wong 612 834-9900 [art.wong@comcast.net](mailto:art.wong@comcast.net)

**Precautionary note**      Due to road construction at the intersection of Highways 35W and 94 West,  
going from the MSP airport hotel area to the Mpls dojo will have some detours therefore plan for the  
delay. Going back to MSP airport area from the Mpls dojo will take you on a different route back. If you  
are staying at one of the hotels downtown Mpls, the Mpls dojo is only 3-4 miles away. Use your  
smartphone and Google map to get around.





# 2019 AAKF Spring Seminar, April 26-27, Mpls, MN

## Waiver & Registration Form for Participation

**PLEASE READ CAREFULLY BEFORE SIGNING**

### Release of liability for all risks of bodily injury, death, or damages

I, the undersigned, do hereby voluntarily submit my application for attendance and participation in the AAKF National Spring Seminar on April 26-27, 2019, hosted by the Traditional Karate North Central Region (NCR). I assume full responsibility for any and all damages, injuries and/or losses that I may sustain or incur while attending, participating, or while traveling to and from the above event.

I hereby waive all claims against the - NCR, its officers, agents and employees, the AAKF Board of Directors, the officers and members of the AAKF, the management, promoters, instructors, students and volunteers, individually or otherwise, for any injuries, damages, losses or death that I may sustain.

If I am injured while participating in the above-mentioned event, I give permission to the above-mentioned party to provide medical and/or athletic training attentions, emergency medical services and transportation to any facility as warranted. Immediate medical attention may include First Aid treatment only and I fully waive all claims for injuries or damages, which may result from such treatment and rehabilitation that may result from injuries sustained from my participation in this event.

I further consent that pictures furnished by me or any pictures or video taken of me in connection with the above event can be used for publicity, promotion, television, and commercial use, and I waive compensation in regard thereto.

\_\_\_\_\_, 2019 \_\_\_\_\_  
NAME - print first and last name of participant Date Signature  
Participant's e-mail: \_\_\_\_\_ Participant's Phone: \_\_\_\_\_

Emergency Contact Name: \_\_\_\_\_ Contact Phone: \_\_\_\_\_

AAKF Member? Y / N AAKF Number: \_\_\_\_\_ Sex: F / M Age: \_\_\_\_\_

Rank: \_\_\_\_\_ Dojo: \_\_\_\_\_ State: \_\_\_\_\_

Active student: Y / N US Team: Y / N Day(s) attending: Fri \_\_\_\_\_ Sat \_\_\_\_\_

Seminar Fee: \_\_\_\_\_ Payment Method: \_\_\_\_\_ Check # \_\_\_\_\_

**If the participant is younger than 18 years of age, a parent or a guardian must sign below:**

\_\_\_\_\_, 2019 \_\_\_\_\_  
Print first and last name of parent or guardian Date Signature