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**SC District Championships April 18th - GREENVILLE, SC!**

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# 2026 AAU Karate SC District Championships Saturday April 18th

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 **Register:** Registration opening soon!

 **Location:** Greenville Senior High School, [1 Vardry St, Greenville, SC 29601](https://www.google.com/maps/place/1+Vardry+St,+Greenville,+SC+29601)

**Tournament starts 9am**

 **Pass Pick-up:** Friday, April 17, 6–8 PM

Highly Recommend - Purchase your spectator tickets (\$10) and pick-up athlete passes on Friday to skip lines Saturday!

 **Stay with Us – Official Host Hotel**

We've partnered with a local hotel to offer a discounted group rate for competitors, families, and coaches. Stay close to the action and enjoy the convenience of pass pick-up right at the hotel!

Volunteer with us, no experience needed! Students, friends, family, and neighbors welcome. We sign hour sheets for volunteer hours. Your time, even one hour, matters! Enjoy free entry, t-shirts, and lunch!

### **Volunteer Sign Up Form**

#### **Make a Weekend of It!**

Greenville's award-winning downtown offers:

**Over 200 restaurants** along Main Street

The iconic **345' suspension bridge** overlooking a stunning waterfall

A walkable, family-friendly atmosphere full of charm



#### **Athletes, Coaches & Spectators – Be Prepared**

Check the flyer for full uniform and equipment guidelines and coach requirements. [Download and view the Bulletin](#)

We can't wait to see you there!

Train hard. Compete with heart. Represent South Carolina!



## **ATHLETES UNIFORM AND EQUIPMENT**

The uniform and safety gear will continue to be the same as past years ([Rules](#)):

White uniform with only the AAU patch on the left chest, no piping.

Belts should be white, green, brown, or black only.

white (beginner 0-1 years of training),

green (novice, 1-2 years of training)

brown (intermediate, 2-4 years of training)

black (advanced, 4+ years of training)

Required for all: White mitts and mouthguard

Youth requirement: helmet with clear face shield is required for youth (athletes ages 18 & under).

Required for males of all ages: groin cup.

Optional: Shin protectors for all ages, chest protectors for females, foot covers are permitted for youth.

Traditional Weapon must be wooden bo, eiku, metal sai, tonfa, nunchaku with a rope connector (not metal or chain link), or unsharp/safe kama, properly sized to the athlete.

## **COACHES**

Coaches may be instructors, athletes, and parents - with or without karate rank - who know the rules and can guide, advocate for, and cheer on karate athletes of any age. At our state event AND at the national championship, coaches may sit immediately next to the ring where an athlete is competing. Only registered coaches may enter the ring when the officials permit, no parents or instructors unless registered as a coach.

The standard uniform for coaches is black (90% black) track pants, socks and sneakers, and a Red polo Shirt for Technical Coaches and Navy Blue polo shirt for Administrative Coaches. If you do not have an AAU official polo shirt, please wear a solid color polo shirt with a collar. Each coach at the SC state championship can register Friday or Saturday morning.

## **OFFICIALS**

If you are a black belt and 14 years or older, you are eligible to begin officiating (as a arbitrator, mirror judge, chief referee, or one of several kata and kobudo judges). NCAAU Karate has a corps of world class officials who will help train you on rules, vocabulary, teamwork, and how we see the points. We will help you become a respected, decisive, and accurate judge.

See the photo of the late Sensei Eggleston, Robinson, and Wilson for the official uniform (blue blazer, white collared shirt, short or long sleeved, red or red and blue striped tie, gray slacks, and flat bottom black shoes, white lanyard and whistle. (Don't forget that whistle!)

**Hosted and Sponsored by:**



# **CAROLINA KARATE**

**FITNESS CENTER**

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