

2025 AAU SUPER REGIONAL



KARATE CHAMPIONSHIP SATURDAY - MAY 31st, 2025

Ponchatoula Area Recreation District
19030 Ponchatoula Park Drive
Ponchatoula, LA 70454

Doors Open ...8:00 AM - 9:00 AM
Referee's Meeting...9:30 AM
Competition Begins...10:00 AM

DIVISIONS

Beginner...1 yr or less
Novice... 1 yr less than 2 yrs
Intermediate...2 yrs but less than 4 yrs
Advanced...4 yrs & Up

REQUIRED GEAR

*White Hand Pads, Headgear w/Face Shield,
Mouthguard, Groin Cup
(Boys/Men)*

AAU SANCTIONED EVENT

**All participants MUST BE a member of the AAU Karate Program
Visit: www.aaukarate.org to JOIN*

AAU NATIONAL KARATE CHAMPIONSHIPS
June 30th - July 5th, 2025 (Fort Lauderdale, Florida)

EVENTS

*Kihon (Less than 1 yr experience)
Kata, Kumite, Kobudo, & Team Kata*

ENTRY FEES

*1 Event...\$60
2 Events...\$65
3 Events...\$70
Team Kata...\$15 (\$5 per person)*

SPECTATOR FEE:

*\$5...Adult & Youth
Under 4 yr...FREE*

Contact Information:

*Joey Giluso
985-386-9062*

AAU Regional Chairman
*Rannie Ladner
228-493-4955*