



Edge Martial Arts Competition Team Frequently Asked Questions



What is the Competition Team? The EMA Competition Team is an opportunity for all students interested in kata competition at the regional, national, and international level. Although karate is not so much a sport as it is a way of life, and competition with others plays a very small role in your overall training, we encourage our students to consider tournament competition as one way to grow their skills and challenge their limits.

How do students join the Competition Team? Spots on the Competition Team are typically earned through competing at Team Trials. This year, due to social distance requirements, students will be asked to submit an application form and provide a single video submission as their “tryout” for the team this year. This applies to all returning team members as well. The deadline for both the video and the form to be returned is Friday, September 11th.

Is there also sparring on the Competition Team? Not at this time, but we hope to begin a pilot program in the near future, and students who are interested should speak with Sensei Eric and Sensei Ben.

How is the team structured? The team is divided into three groups, roughly by age and experience level. This provides students a peer group to train with, as well as more focused and individualized instruction.

What is the time commitment for competition team? The Competition Team trains on Sundays. The “Level 1” group trains from 11:00am-11:45am; the “Level 2” group trains from 12:00pm-1:00pm; and the “Level 3” group trains from 1:30pm-3:30pm.

Is attendance required at all team trainings? We recognize that illnesses and family obligations will come up, and that most team members will miss one or two practices over the course of the season. Please note that excessive absences will have a negative impact on a student’s readiness for competition.

What is the cost? The cost of participation on the team is \$399. This covers all team practices from September 2020 through June 2021. The cost of Team Training Camps is not included.



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What are the team training camps? Team Training Camps are intensive one-or-two day trainings designed to take a deeper dive into skill building and competition prep. We hold a Winter Training Camp around the Presidents' Week break, and a Summer Training Camp in late August. All team members are required to attend one of these events (and are encouraged to attend both). There is also a Nationals Training Camp held at the end of June, required for those students planning to compete at US Nationals.

What equipment is required? At all USANKF events, athletes are required to wear a plain white gi with a "WKF Approved" designation, and must have two belts: a red belt and a blue belt, which are used for scoring. We can order Punok or ProForce brand uniforms and belts for you at a discounted price, but you may purchase any brand that is WKF approved. Additionally, students will need to purchase a team jacket and training shirt.

Where are the tournaments held? Many USANKF-sanctioned events are held right in the local NYC area. Additionally, the team may compete at the Philadelphia Open in May and the Boston Open in June. At the national level, the team will compete at the Junior International Open and the US Open, and qualified students will have the opportunity to represent the team at US Nationals.

Do team members have to compete at every tournament on the schedule? No. Participation at all events is strongly encouraged; however, we expect that most team members will be unable to compete at or two events on the schedule.

Do team members have to travel to events outside the New York area? It is not required, however, we strongly encourage team members to plan to compete at the Junior International Open and US Open over Spring Break.

Do team members have to compete at national events? No. However, the goal of this program is to prepare students for that level of competition if they are so inclined, and we strongly encourage students to set the goal of competing at that level, and encourage parents to support those goals by considering making attendance at those events possible.



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What are national events? National events (or “Signature Events”) are hosted by the USANKF each year. There are three Signature Events: the Junior International Open and the US Open are held over spring break in Las Vegas each year. Team members are strongly encouraged to compete at these events in 2020. The third Signature Event is the US National Championships — in addition to being the culminating event of the competitive season, US Nationals are also the opportunity for athletes wishing to vie for a spot on the Junior National Team. Last year, 90% of our team qualified for Nationals over the course of the season.

How much do tournaments usually cost? Registration for events is typically between \$65 and \$85 depending on the size of the event.

What is the USANKF? The USA National Karate Federation is the major governing body of sport karate in the United States. The USANKF is a member of the US Olympic committee, and forms the Senior National Team and Junior National Team, which represent the country in international competition, including the 2020 Olympics, the World Championships, and the Pan-American Championships. The USANKF also hosts the US Open, the Junior International Open, and US Nationals, as well as sanctioning National Qualifiers around the country.

What is the USA Junior National Team? The Junior National Team represents the United States in international competition, including the Junior Pan-American Championships, Junior World Championships, and WKF Youth League events. The Junior National Team is comprised of athletes in the following age divisions: 12-13, 14-15, 16-17, and 18-20. (Eligibility for the Senior National Team in kata is 16-34, so athletes from 16-20 have the opportunity to represent the USA on one or both teams). Eligibility for the Junior National Team is determined by the top four athletes in each Elite Division at US Nationals – the gold, silver, and both bronze medal winners. The top two athletes (gold and silver) represent the USA at international events, with the opportunity extending to the bronze medal winners in the event that one or both of the top two are unable to attend the event.