



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 our 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 earned through competing at Team Trials.

Team Trials will be held on **Sunday, September 18<sup>th</sup>, 2022**. Registration for Team Trials must be completed no later than Thursday, September 15<sup>th</sup>; please submit the registration form and the \$20 participation fee by this date.

## What is the time commitment?

Team Training is on Sundays (and for advanced/elite level athletes also on Tuesday evenings).

Team members are expected to attend all team training sessions, barring illness or family obligations.

There is also an expectation that students are actively practicing at home using the **Google Classroom** platform.

Students with excessive absences (excepting illness), or who are not meeting their at-home practice obligations, may be put on probation.

## What is the cost?

The cost of participation on the team is \$449. This covers all team practices from September 2022 through June 2023. The cost of events (seminars, training camps, competitions, etc.) is not included in this.

Payment can be made by cash, check, or Venmo/Zelle.



## What equipment is required?

- ✓ A plain white gi.
- ✓ A red belt and a blue belt, which are used for scoring.
- ✓ A team jacket and team training shirt.

We are happy to take care of ordering the uniforms and belts through vendors with whom we have wholesale relationships, or we can provide a list of acceptable brands for you to shop on your own. We recommend discussing sizing with us prior to ordering.

## Where are the tournaments held?

Many USANKF-sanctioned events are held right here in the local Tri-State area, particularly in Queens, Long Island, Northern New Jersey, and Westchester County.

Additional events around the country will occasionally be added to the schedule; there is no expectation, especially of students at the Beginner and Novice levels, to travel outside of our immediate area – however, students interested in traveling farther for some events are encouraged to discuss with Sensei Ben.

## Is every event mandatory?

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.

## How much do tournaments usually cost?

Registration for events is typically between \$65 and \$85 depending on the size of the event.