

Competition Team 2023-2024

This schedule details Sunday training sessions for all levels, as well as seminars/events (green), competitions (blue), and days off (red).

Intermediate, Advanced and Elite level athletes also have Tuesday evening training on all Tuesdays when the dojo is open for classes.

September 2023

Int./Adv./Elite athletes: Tuesday evening training begins on Tuesday, September 12!

Sunday, Sept. 10 Saifa Kata Seminar

*Returning Novice/Intermediate athletes please attend!
Advanced and Elite athletes welcome!*

Tuesday, Sept. 12 Normal Schedule

Tuesday, Sept. 19 Normal Schedule

Sunday, Sept. 24 Team Tryouts

All new + returning team members MUST attend

Tuesday, Sept. 26 Normal Schedule

October 2023

Sunday, Oct. 1 Normal Schedule
+ Parents Meeting @ 4:30pm

Tuesday, Oct. 3 Normal Schedule

Sunday, Oct. 8 New York Open
(Valhalla, NY)

Tuesday, Oct. 10 Normal Schedule

Sunday, Oct. 15 Normal Schedule

Tuesday, Oct. 17 Normal Schedule

Sunday, Oct. 22 Normal Schedule

Tuesday, Oct. 24 Normal Schedule

Sunday, Oct. 29 Normal Schedule

Tuesday, Oct. 31 No Team Training
(Halloween)

November 2023

Sunday Nov. 5 Normal Schedule

Tuesday, Nov. 7 Normal Schedule

Sunday, Nov. 12 FIKA International Open
(Brooklyn, NY)

Tuesday, Nov. 14 Normal Schedule

Sunday, Nov. 19 FULL TEAM TRAINING
11:00am-12:30pm

Tuesday, Nov. 21 Normal Schedule

Sunday, Nov. 26 No Team Training
(Thanksgiving Weekend)

Tuesday, Nov. 28 Normal Schedule

December 2023

Sunday, Dec. 3 Normal Schedule

Tuesday, Dec. 5 Normal Schedule

Sunday, Dec. 10 FULL TEAM TRAINING
2:30pm-4:00pm

Tuesday, Dec. 12 Normal Schedule

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Sunday, Dec. 17	FULL TEAM TRAINING **2:30pm-4:00pm**	Tuesday, Dec. 19	Normal Schedule
Sunday, Dec. 24	No Team Training <i>[Christmas Eve]</i>	Tuesday, Dec. 26	No Team Training <i>[Holiday Break]</i>
Sunday, Dec. 31	No Team Training <i>[New Year's Eve]</i>		

January 2024

		Tuesday, Jan. 2	Normal Schedule
Sunday, Jan. 7	Normal Schedule	Tuesday, Jan. 9	Normal Schedule
Sunday, Jan. 14	No Team Training <i>[MLK Day]</i> <i>*Private Lessons Available!*</i>	Tuesday, Jan. 16	Normal Schedule
Sunday, Jan. 21	FULL TEAM TRAINING **11:00am-12:30pm**	Tuesday, Jan. 23	Normal Schedule
Sunday, Jan. 28	Schedule TBD <i>(Sensei Ben OOT)</i>	Tuesday, Jan. 30	Normal Schedule

February 2024

Sunday, Feb. 4	Normal Schedule	Tuesday, Feb. 6	Normal Schedule
Sunday, Feb. 11	Normal Schedule	Tuesday, Feb. 13	Normal Schedule
Sunday, Feb. 18	Garden State Championship <i>(Long Branch, NJ)</i>	Tuesday, Feb. 20	No Team Training <i>[Mid-Winter Break]</i>
Sunday, Feb. 25	No Team Training <i>[Mid-Winter Break]</i>	Tuesday, Feb. 27	Normal Schedule

March 2024

Sunday, Mar. 3	Normal Schedule	Tuesday, Mar. 5	Normal Schedule
Sunday, Mar. 10	JIC / USA Open Prep **11:30am – 1:30pm** FULL TEAM TRAINING **2:00pm – 3:00pm **	Tuesday, Mar. 12	Normal Schedule
	Saturday, March 16		Edge Martial Arts In-Dojo Tournament <i>(Dobbs Ferry, NY)</i>
Sunday, Mar. 17	EGN Open (Harlem, NY) JIC / USA Open Prep **Schedule TBD**	Tuesday, Mar. 19	Normal Schedule
Sunday, Mar. 24	JIC / USA Open Prep	Tuesday, Mar. 26	No Team Training

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**1:00pm – 3:00pm **

No Team Training

[Spring Break]

[Spring Break]

Thursday, March 28 – Sunday, March 31
Junior International Cup & USA Open (TBA)

April 2024

		Tuesday, Apr. 2	Normal Schedule
Sunday, Apr. 7	Normal Schedule	Tuesday, Apr. 9	Normal Schedule
Sunday, Apr. 14	Normal Schedule	Tuesday, Apr. 16	Normal Schedule
Sunday, Apr. 21	FULL TEAM TRAINING **11:00am-12:30pm**	Tuesday, Apr. 23	No Team Training <i>[Passover]</i>
Sunday, Apr. 28	Schedule TBD <i>(Sensei Ben OOT)</i>	Tuesday, Apr. 30	Normal Schedule

May 2024

Sunday, May 5	FULL TEAM TRAINING **2:30pm-4:00pm**	Tuesday, May 7	Normal Schedule
Sunday, May 12	Normal Schedule	Tuesday, May 14	Normal Schedule
Sunday, May 19	AAU New Jersey <i>(Hopatcong, NJ)</i>	Tuesday, May 21	Normal Schedule
Sunday, May 26	No Team Training <i>[Memorial Day Weekend]</i>	Tuesday, May 28	Normal Schedule

June / July 2024

Sunday, Jun. 2 AKR Open (Houston, TX)

Sunday, Jun. 9 FULL TEAM TRAINING
(Last Day of "Regular" Season)
**12:00pm – 1:00pm **
Nationals Prep
1:00pm – 3:00pm

Once we determine who from the team will be attending Nationals, we will lock down a more specific training schedule for June.

Saturday, June 22 — Sunday, June 23
Nationals Training Camp

Wednesday, July 10 – Sunday, July 14
2024 USA National Championships (Lafayette, LA)