

COVID-Specific FAQ (Competition Team)

1. Will my child be sparring or in physical contact with others?

Karate has two categories of competition: Kata (forms) and Kumite (sparring). At this time, our Competition Team focuses solely on Kata. Although we train and support one another as a team, Kata is typically an individual event. Kata is a non-contact event.

2. How will training be modified due to COVID-19?

Competition Team training will follow all of the same policies and procedures as our general classes, including: limited capacity for all training sessions; non-contact instruction; socially distanced training within the dojo; temperature screening, health questionnaire, and hand sanitizing on entry to the dojo; thorough cleaning and disinfecting of the training area and all equipment; etc. Due to the specialized nature of the training, there is NOT a Zoom option available; however, Competition Team members who are not comfortable training in a group setting at the dojo are eligible for discounted private instruction (in-person only, either at the dojo or in the park for as long as the weather stays nice).

3. What about competitions?

We will not be attending any competitions in-person this fall. We will try to participate in the occasional online/virtual tournament, as appropriate. We are hopeful that once a stable COVID-19 vaccine is widely available, it will be possible for regular tournaments to resume in a safe manner — but obviously this, like so many things, is a moving target and subject to guidance from the CDC, the State of New York, and some basic common sense.