



# Competition Team Parents Meeting

An introduction to "Sport" Karate and the EMA Competition Team

# Introduction

1. Overview of the USA National Karate Federation
2. Divisions (based on age and experience)
3. Very general competition rules overview
4. Walk-through of time commitment and program structure
5. Program goals
6. Required equipment

# Introduction

空手道は一つ！ルールは一つ！目指せオリンピック！

## KARATE INTO THE OLYMPICS

- World Karate Federation (WKF)
- USA National Karate Federation (USANKF)
- Karate in the Olympics ~~2020~~ **2021**



Member, U.S. Olympic Committee

# USA National Karate Federation (USANKF)

- USANKF Tournament Structure:
  - Regional Tournaments
  - National Qualifiers
  - “Signature” Events
    - US Open & Junior Int’l Cup
    - US Nationals
- Three categories of competition:
  - **Individual Kata**
  - Team Kata
  - Kumite (Sparring)





# USANKF Divisions

<b>Beginner</b>	5 & Under	6-7	8-9	10-11	12-13	14-15	16-17	18-34	
<b>Novice</b>	5 & Under	6-7	8-9	10-11	12-13	14-15	16-17	18-34	
<b>Intermediate</b>		6-7	8-9	10-11	12-13	14-15	16-17	18-34	
<b>Advanced</b>		6-7	8-9	10-11	12-13	14-15	16-17	18-34	
<b>Elite*</b>					12-13	14-15	16-17	16-34	18-20

*\*For "Signature Events," National Team Trials, and International Events only*

Generally speaking:

**Beginner** = Blue Belt - Green Belt

**Novice** = Green Belt – Purple Belt

**Intermediate** = Purple Belt – Adv. Brown Belt

**Advanced/Elite** = Adv. Brown Belt – Black Belt

# USANKF Divisions

## **BEGINNER/NOVICE**

- Competitors are limited to BASIC kata. They cannot compete with any advanced kata. In *goju-ryu*, that's Gekisai dai Ichi and Gekisai dai Ni.
- Competitors can repeat the same kata in all rounds (they only need one kata to compete).
- All rounds are done with two competitors performing at a time.

## **ADVANCED**

- Competitors may compete with any kata on the WKF's recognized kata list.
- Competitors need a different kata in the finals. (May compete with the same kata in all preceding rounds.)
- All rounds are done with two competitors performing at a time, if competitors are 15 years old or younger. 16+ usually competes one-at-a-time.

## **INTERMEDIATE**

- Competitors have a wider selection of kata they may compete with; however, a number of advanced kata are not permitted in these divisions.
- Depending on the rules of the event, competitors may be able to use the same kata in all rounds, or may need a different kata in the finals.
- All rounds are done with two competitors performing at a time.

## **ELITE**

- Competitors may compete with any kata on the WKF's recognized kata list.
- Competitors need a different kata in each round. (I like all students to have 5 kata prepared – four rounds + a tie break if needed.)
- All rounds are done with competitors performing one at a time, regardless of age group.

# Structure & Scoring



- **AKA** and **AO**
- Flag scoring vs Point scoring
- Brackets vs Pools



# Flag Scoring

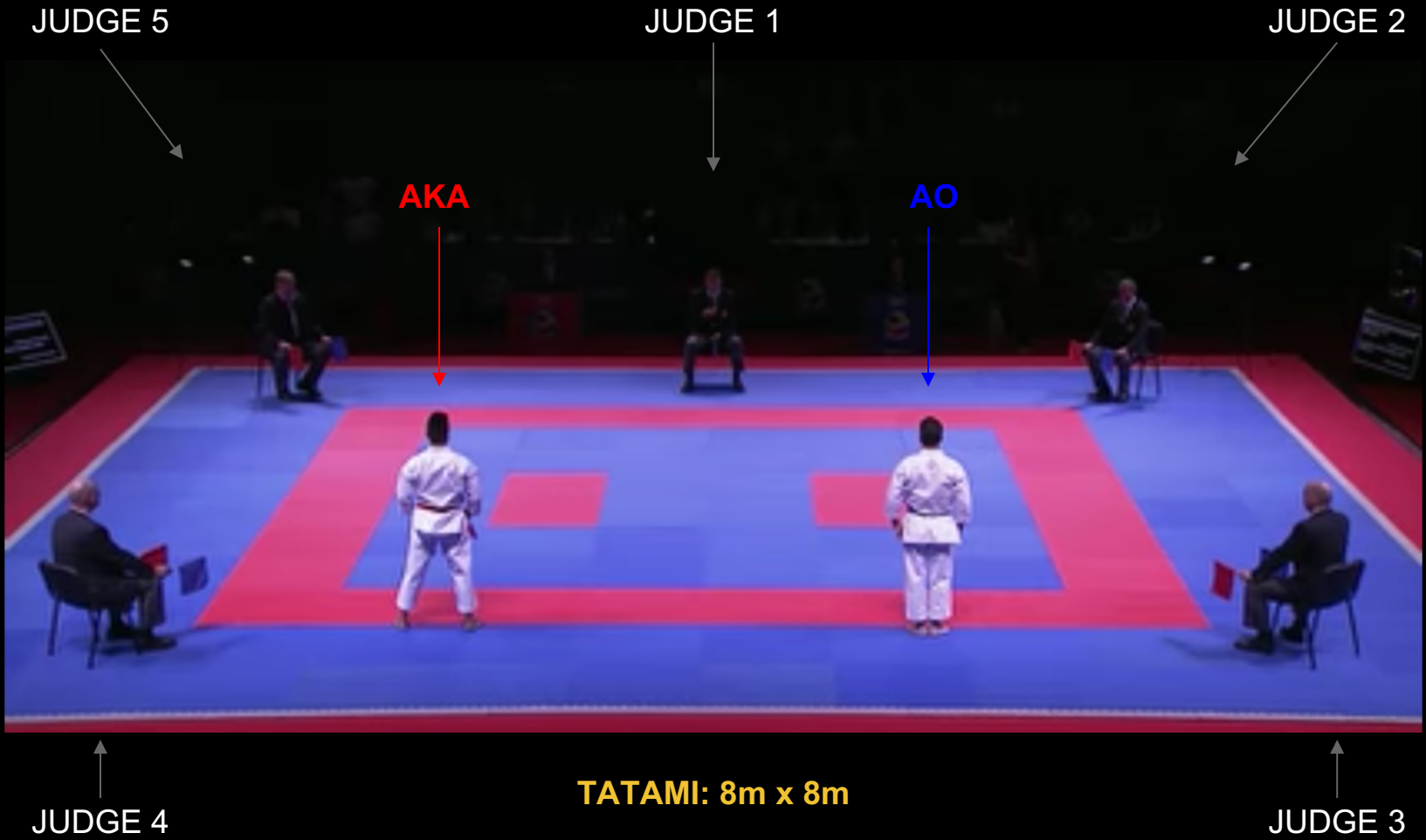
- Competitors are paired off, bracket-style (*more on that in a moment*).
- One competitor wears his/her/their red belt (**AKA**), the other wears his/her/their blue belt (**AO**).
- The judges each have a corresponding red flag and blue flag, and sit along the perimeter of the *tatami* (mats on the competition area).

# Flag Scoring

- The winner of the round is the one who wins the most flags in their favor.
- The score could be **3-2**, **4-1**, or **5-0** — and any of those scores could indicate a very close match-up, or that each judge thought there was a clear winner.

# Flag Scoring

- The bracket determines who you face in each round.
- The top person on the bracket (in each pairing) is the **AKA** (red belt) and the bottom person in the pairing is the **AO** (blue belt).
- In regional competition, there's a lot of "luck of the draw." The best two competitors could face each other in round 1 by accident, and that's just tough luck.
  - In national competition, the top-4 ranked competitors are usually "seeded" to avoid this.
  - In all levels of competitions, brackets are set to avoid same-dojō match-ups (assuming the division has more than 4 competitors).



JUDGE 5

JUDGE 1

JUDGE 2

AKA

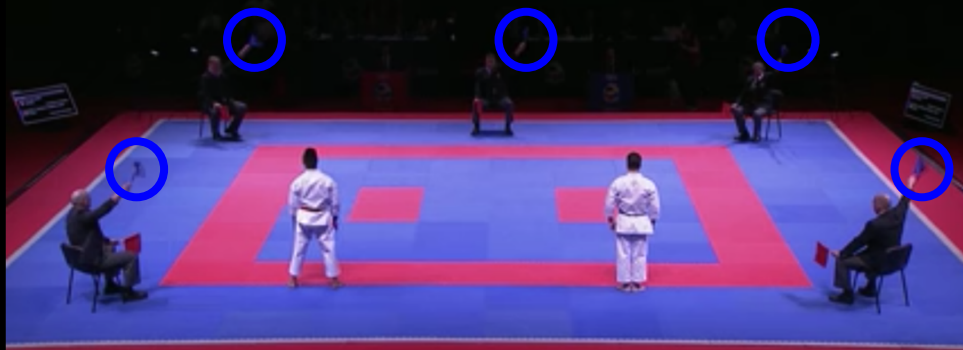
AO

JUDGE 4

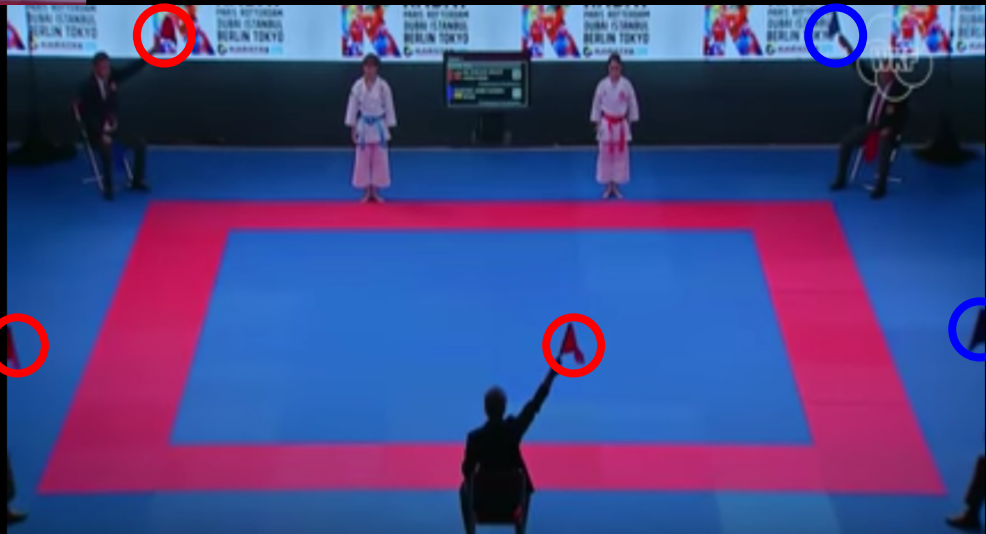
TATAMI: 8m x 8m

JUDGE 3

0-5



3-2



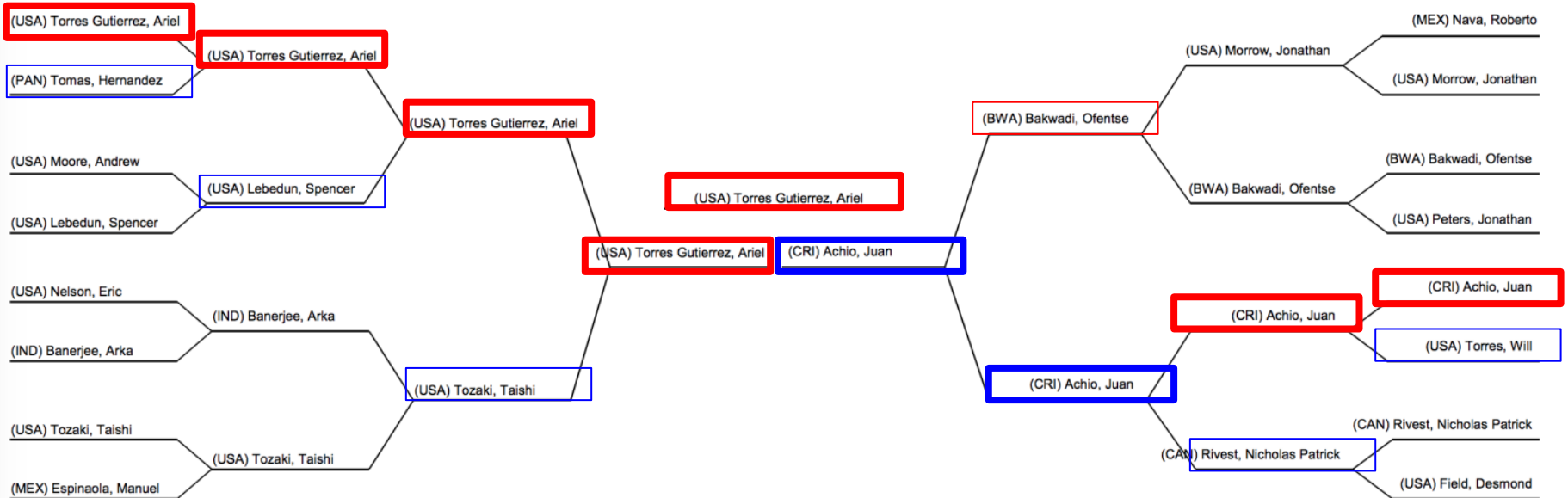


Event: 2018 USA Open  
 Location: Las Vegas, NV  
 Date Start: 3/31/2018 Date End: 4/1/2018  
 Coordinator: USA Karate

**Division: EK270**  
**16-34 Male Elite Kata**



Competitors : 32  
 Byes : 0  
 Ring# \_\_\_\_\_ Ring 1 \_\_\_\_\_



# Point Scoring

- Competitors are set into groups or “pools” – ideally 8 competitors in each, but depends on the overall size of the division.
- One competitor wears his/her/their red belt (**AKA**), the other wears his/her/their blue belt (**AO**).
- The judges awards two scores (out of 10.0) – one for Technical ability and one for Athletic ability, and sit at a table the front of the tatami.

# Point Scoring

- Technical and Athletic Scores are “weighted” differently. Technical scores are worth 70% of the overall, and Athletic scores are worth 30% of the overall.
- The highest and lowest scores (of each type) are thrown out to ensure fairness.
- The top four scores from each pool move on to the next round.

# Point Scoring

- Pools/Groups combine for subsequent rounds, as they are cut in half.
- There's less luck of the draw involved, since you can progress by scoring in the Top 4. So, if the two best competitors end up in the same pool together, there's still a pathway for both to medal.

# PARIS OPEN 2020 – ROUND 1

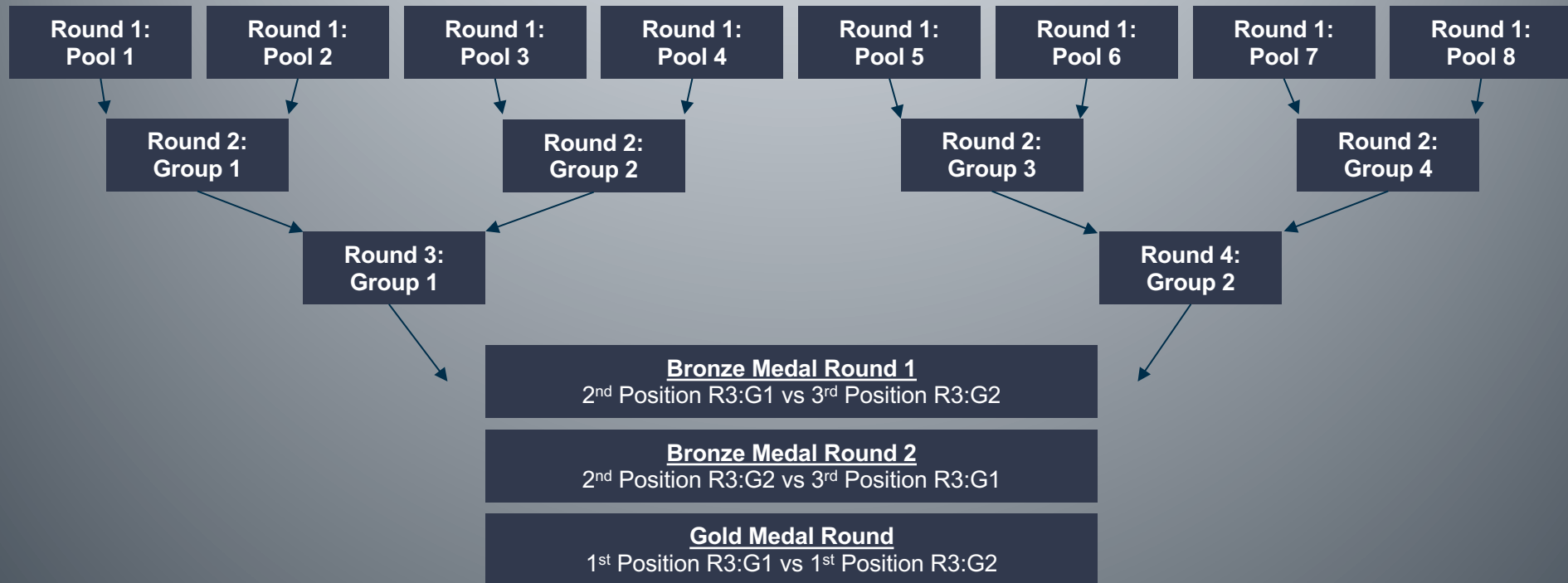
Pool: 1 / 8

1	TARATTANAKUL MONSICHA (THAILAND,THA)	092 SUPARINPEI	TEC	7,2	7,8	7,6	6	8	7,2	7,6	*0.7	15.68	22.16
			ATH	7,2	7,6	7,2	6,4	7,8	7,2	7,2	*0.3	6.48	
2	PEZZETTI MICHELA (GRUPPO SPORTIVO FIAMME ORO,ITA)	008 CHATANYARA KUSHANKU	TEC	7,6	7,4	6,4	8	7,4	7	7	*0.7	15.26	21.98
			ATH	7,6	7,4	6	7,8	7,6	7,4	6,8	*0.3	6.72	
3	BALCIAROVA DOROTA (SLOVAKIA,SVK)	068 PAPUREN	TEC	8	7,6	7,6	7,4	7,2	7,4	7,4	*0.7	15.68	22.46
			ATH	8	7,6	7,8	7,4	7,4	7,6	7,4	*0.3	6.78	
4	ESCUDERO SOLIS NURIA (CLUB DEPORTIVO PABLO ARMENTEROS,ESP)	068 PAPUREN	TEC	7,8	7,6	7,8	6,8	7	7,2	7,2	*0.7	15.40	22.06
			ATH	7,8	7,4	8	6,8	7,2	7,4	7,4	*0.3	6.66	
5	VAN LOKVEN SAMANTHA (SPORTSCHOOL RAYMOND SNEL,NED)	008 CHATANYARA KUSHANKU	TEC	7	7,2	6,2	7,2	8,2	7,2	6,8	*0.7	14.98	21.46
			ATH	7	7,4	6,4	7,4	8,4	7,2	6,8	*0.3	6.48	
6	RADULOVIC BISERKA (BUDUCNOST,MNE)	020 GOJUSHIHO DAI	TEC	6,8	6,6	7,4	8,2	8,4	7,6	7,8	*0.7	15.96	22.86
			ATH	6,8	7,2	7,8	8,6	8,6	7,4	7,8	*0.3	6.90	
7	MARK MELINDA (KEN SHI KAI KARATESCHULE SCHWAMENDINGEN / ZÜRICH,SUI)	008 CHATANYARA KUSHANKU	TEC	7,4	6,4	6,8	7,4	6,6	7,6	7,4	*0.7	15.12	21.54
			ATH	7,4	6,2	6,4	7,4	6,8	7,6	7,2	*0.3	6.42	

Pool: 2 / 8

1	KIUK VLATKA (CROATIA,CRO)	001 ANAN	TEC	7,2	6,8	6,4	6,8	7	6,8	6,8	*0.7	14.28	20.46
			ATH	7,4	6,8	6,4	6,8	7,2	7	6,8	*0.3	6.18	
2	WONG ADA (REPUBLIC OF KOREA,KOR)	068 PAPUREN	TEC	8	6,6	7,4	7,2	7,4	7,6	7	*0.7	15.40	21.94
			ATH	8,2	6,6	7,4	7	7,4	7,4	7	*0.3	6.54	
3	FURSAVA MARYIA (BELARUS,BLR)	068 PAPUREN	TEC	8	7,6	7,6	7	6,8	7,4	7,6	*0.7	15.82	22.48
			ATH	8	7,6	7,4	7,2	6,6	7,4	7,4	*0.3	6.66	
4	JUETTNER JASMIN (GERMANY,GER)	078 SANSAI	TEC	6,6	7,8	7,8	7	7,8	7,8	8,4	*0.7	16.38	23.22
			ATH	7,2	7,8	7,6	6,8	8,4	7,4	7,8	*0.3	6.84	
5	MLADEZIC BOJANA (TIKVARA BACKA PALANKA,SRB)	021 GOJUSHIHO SHO	TEC	7,6	7,2	8,2	7,2	7,6	6,6	8	*0.7	15.68	22.34
			ATH	7,6	7,2	8	7	7,4	6,8	8	*0.3	6.66	
6	RUTHVEN EMMA (SHITOKAI SCOTLAND,SCO)	092 SUPARINPEI	TEC	7,2	6,4	6,8	7,2	6,6	7,2	7,6	*0.7	14.84	21.08
			ATH	7	6,4	6,8	7	6,4	7	7	*0.3	6.24	
7	BOTTARO VIVIANA (ITALY,ITA)	009 CHIBANA NO KUSHANKU	TEC	9	8,2	8,4	7,4	8,4	8	8	*0.7	17.22	24.6
			ATH	8,8	8,2	8,2	7,2	8,2	7,8	8,4	*0.3	7.38	

# Point Scoring (Chart)





# Program Goals

- Competition with others is not the primary goal of traditional karate training.
- Diversifying reasons why students enjoy their training.
- Exposing students to other styles of karate and the diversity of its practitioners.
- Accelerating technical proficiency for students with interest and aptitude.
- Opportunities for national and international level competition.



# Time Commitment



- Sunday Training Sessions & At-Home Practice
- Consistency & Attendance Policy
- Training Camps
- Competitions

# Training vs Practice

## TRAINING (SUNDAY TRAINING SESSIONS)

- In the dojo
- With a Sensei / coach
- High intensity
- Focus on entire kata
- Priorities:
  - Learning
  - Feedback and Correction
  - Asking questions

## PRACTICE (MONDAY-SATURDAY)

- At home / in dojo on your own time
- Self-motivated
- Low intensity – technique-focused
- Focus on short sequences
- Priorities:
  - Repetition
  - Understanding and Discovery
  - Generating questions

# Google Classroom



- Guidance for At-Home Practice
- Drill of the Week
- Accountability for at-home practice

# Keeping a Journal

- Training log
- What works, what doesn't?
- Questions and ideas.
- “I saw something cool...”



# Attendance Policy

## *What's the difference between success and failure? Consistency.*

- Inconsistent attendance not only has a negative impact on competitive success, but also undermines the work ethic, discipline, and perseverance we try to instill in all our students.
- I expect everyone will miss a Sunday or two over the course of the year. Sickness, family emergency, etc. happens. When it happens, please communicate with me in advance (even just that morning) to let me know. Or, even better, treat it as an opportunity for the kids to practice that kind of communication themselves.
- Motivation vs Discipline
- Attendance Contract

# Team Training Camps



## **WINTER TRAINING CAMP**

Sunday, February 21, 2021

## **NATIONALS TRAINING CAMP**

June 26-27, 2021 (Saturday-Sunday)

- Only for athletes planning to attend Nationals

## **SUMMER TRAINING CAMP**

Saturday, August 28, 2021

# Competition Schedule

## 2020

September - AJKL Virtual Tournament #1

October - AJKL Virtual Tournament #2

November - AJKL Virtual Tournament #3

December - AJKL Virtual Tournament #4

## 2021

January - EGN International Open\*

March - New York International Open\*

**April - Junior International Cup & US Open**

April - Shobukan Cup

May - Shotojuku Invitational

**June - Boston Open\***

June - LaPuppet Memorial Classic

**July - US Nationals**

\* = National Qualifier

**Bold = Travel Required**



# Required Equipment

## Uniform & Belts



Arawaza  
 Shureido  
 Seishin  
 Hirota  
 Tokaido  
 Punok  
 MACS  
 Wesing  
 Adidas  
 Venum  
 ProForce

## Team Jacket



LOGOSPORTSWEAR  
 THE CUSTOM APPAREL EXPERTS

LOGOSPORTSWEAR  
 THE CUSTOM APPAREL EXPERTS



# STUDENT AREA

**PASSWORD: DobbsFerry**



WELCOME PACKET



REGISTER FOR CLASSES



CLASS SCHEDULE



CURRICULUM



COMPETITION TEAM



## COMPETITION TEAM

Competition Team 2020  
from Edge Martial Arts

**COMPETITION TEAM 2020-2021**  
OPEN TO BLUE BELTS & ABOVE

LEARN MORE AT [EDGE-MA.COM/COMPETITION](https://edge-ma.com/competition)

00:37

video

FREQUENTLY ASKED QUESTIONS

COMPETITION TEAM CALENDAR

USANKF WEBSITE

TOURNAMENTINABOX WEBSITE

UVENTEX WEBSITE

### UPCOMING

- SEP-11 - TEAM TRYOUTS DEADLINE
- SEP-13 - TEAM PRACTICE
- SEP-20 - TEAM PRACTICE
- SEP-25 - AJKL VIRTUAL TOURNAMENT DEADLINE
- SEP-27 - TEAM PRACTICE

### NEXT EVENT: REGISTRATION INFORMATION

**Check this area all year for details about our upcoming competitions (date, time, and how to register)!**

Our next event is the **AJKL Virtual Tournament: Bogota** on **Saturday, September 26!** Video submission should be completed by Friday, September 25. Registration can be completed at: <https://myuventex.com/#login?id=122600>

ATHLETE RESOURCES

PARENT RESOURCES

COMPETITION VIDEOS

# COMPETITION TEAM CALENDAR

Please visit: <https://calendar.google.com/calendar/ical/classroom104494759936805689692%40group.calendar.google.com/public/basic.ics> to add this calendar to your iCal.

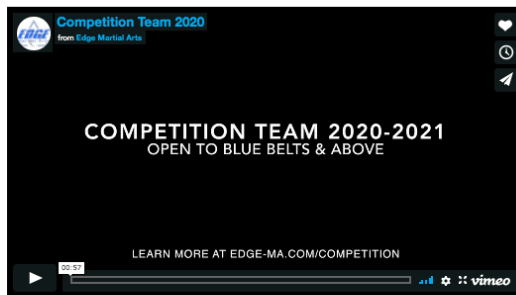
## EMA Competition Team 2020-2021

Today **September 2020** Print **Week** **Month** **Agenda**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
30	31	Sep 1	2	3	4	5
6	7	8	9	10	11 5pm Team Tryout De	12
13 11am Team Training 12pm Team Training 1:30pm Team Trainir 4:30pm Parents' Mee	14	15	16	17	18	19 Assignment: Drill c
20 11am Team Training 12pm Team Training 1:30pm Team Trainir	21	22	23	24	25 5pm AJKL Virtual To	26
27 11am Team Training 12pm Team Training 1:30pm Team Trainir	28	29	30	Oct 1	2	3



## COMPETITION TEAM



FREQUENTLY ASKED QUESTIONS

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ATHLETE RESOURCES

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# ATHLETE RESOURCES

[GOOGLE CLASSROOM](#)[USANKF KATA COMPETITION RULES](#)[BOWING ORDER & TERMINOLOGY](#)[PRE-PERFORMANCE ROUTINE](#)[COMPETITION PACKING LIST](#)

# PARENT RESOURCES

[COMPETITION TEAM FAQ](#)[PARENTS' MEETING PRESENTATION](#)[COMPETITION TEAM ATTENDANCE POLICY](#)[COMPETITION PACKING LIST](#)[USANKF WEBSITE](#)[TOURNAMENTINABOX.COM VIDEO TUTORIAL](#)[UVENTEX VIDEO TUTORIAL](#)



Any questions?

