### Competition Team 2022-2023

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

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

### **SEPTEMBER 2022**

Sunday, September 11	Pre-Season Seminars (@ E 11:30am - 1:00pm 1:30pm - 4:30pm	Edge Martial Arts) Seiyunchin Chatanyara Kushanku
Friday, September 16	Elite Athletes – Save the I	Date!
Sunday, September 18	Team Trials 12:00pm - 2:	DOpm
Sunday, September 25	Normal Schedule + Paren	ts Meeting [4:30pm on Zoom]

### OCTOBER 2022

Sunday, October 2	Normal Schedule
Sunday, October 9	New York Open (Valhalla, NY)
Sunday, October 16	Normal Schedule
Sunday, October 23	Normal Schedule
Sunday, October 30	FULL TEAM TRAINING 11:00am-11:45am FIKA Tournament Prep 12:00pm-1:30pm

### **NOVEMBER 2022**

Sunday, November 6	FIKA International Open (West Hempstead, NY)
Saturday, November 12	AJKL Open (Miami, FL)
Sunday, November 13	No Team Training (Veterans Day Weekend)
Sunday, November 20	FULL TEAM TRAINING 11:00am-12:30pm
Sunday, November 27	No Team Training (Thanksgiving Weekend)

### DECEMBER 2022

Sunday, December 4	Normal Schedule
Sunday, December 11	FULL TEAM TRAINING 2:00pm-3:30pm
Sunday, December 18	Normal Schedule
Sunday, December 25	No Team Training (Christmas Day)

## Competition Team 2022-2023

## **JANUARY 2023**

Sunday, January 1	No Team Training (New Years Day)
Sunday, January 8	Normal Schedule
Sunday, January 15	No Team Training (MLK Day Weekend)
Sunday, January 22	Normal Schedule
Sunday, January 29	Normal Schedule

# **FEBRUARY 2023**

Sunday, February 5	Normal Schedule
Sunday, February 12	Normal Schedule
Sunday, February 19	Garden State Championships (Long Branch, NJ)
Sunday, February 26	No Team Training (Presidents Week Break)

# **MARCH 2023**

Sunday, March 5	EGN International Open (West Hempstead, NY)
Sunday, March 12	Normal Schedule
March 17-19	Elite Kata Training Camp (TBD, NY)
Sunday, March 19	No Team Training
Sunday, March 26	Normal Schedule

# **APRIL 2023**

Sunday, April 2	JIC / USA Open Prep <i>(No Regular Team Training)</i>
April 6 – April 9	Junior International Cup & USA Open (Las Vegas, NV)
Sunday, April 9	No Team Training (Spring Break)
Sunday, April 16	Normal Schedule
Sunday, April 23	FULL TEAM TRAINING 11:00am-12:30pm
Sunday, April 30	Normal Schedule

### Competition Team 2022-2023

# MAY 2023Sunday, May 7FULL TEAM TRAINING 2:00pm-3:30pmSunday, May 14No Team Training (Mothers Day)Sunday, May 21Normal ScheduleSunday, May 28No Team Training (Memorial Day Weekend)JUNE 2023Saturday, June 3Sunday, June 4Boston Open (Marlboro, MA)Sunday, June 4Normal Schedule

Sunday, June 11 FULL TEAM TRAINING 12:00pm-1:30pm (Last Day of Regular Competition Team Training)

June 24 – June 25 Nationals Training Camp (@ Edge Martial Arts)

# JULY 2023

July 5 – July 9

USA National Championships (Location TBD)