

KARATE TOURNAMENTS:

There are **many benefits** to competing in karate tournaments.

Consider a few:

- With a focused goal, Students spend more time practicing! Improving themselves, and their techniques exponentially!
- Build Confidence through demonstrating Kata (forms) (To each other, and while competing).
- Build Friendships (with the Team, and competitors from other schools).
- Test your skills!
- Work through fears and doubts;
- and more!

(And, Parents & Friends enjoy the chance to see their child (or friend) demonstrating their skills at the competition too!)

Golden Crane offers the opportunity to ALL of our Students, of ALL ages & abilities, to get involved in Karate Tournaments. We regularly post upcoming tournaments & events for students to consider participating in, and offer practice time in class for them to get ready.

Recognizing that some students may wish to challenge themselves to compete at a higher level of performance and competition we have launched our 'Competition Program'.

Students in the Competition Program will be asked to push harder, and train more diligently under the watchful eyes of our Coaching Staff.

In turn, they will have the ability to successfully compete in Karate Tournaments at the Local, Regional, National, and even International levels (representing Our Country on Team USA!).



Participating in the Competition Program is a Choice that you can make... Please read on!

GOLDEN CRANE COMPETITION PROGRAM:

Enjoy Dedicated Instruction, and Support, with Our Competition Program:

It's no secret. To perform at their best, **athletes need dedicated space & time to train under the watchful eyes of experienced coaches, and train with like-minded students** who have the same goals: To improve themselves and excel in their performances.

Introducing: GC Competition Program (beginning Sept.1, 2023), a tuition based program.

Join us, and enjoy **Experienced Coaching from Instructors who have successfully competed at all levels of competition, including National and International Events.**

Some Benefits:

- Optimal training to develop the physical skills necessary to compete successfully.
- Fine-tuning of every technique and movement.
- Competition strategies and preparation.
- Mental readiness for the competition setting.
- Competition Specific Kata (Forms) that will be unavailable to the general student population.
- Coaching support onsite at the tournaments, and more...
- A Comprehensive Video Library available to support / supplement training.



If you have Questions, or would like to learn more about our Competition Program, please email us.