

**USA KARATE™**

# **COACHING CERTIFICATION PROGRAM**



**KARATE**



This document outlines the official coaching levels within USA Karate, specifying the requirements and access privileges for each level.

The objective is to maintain a structured coaching development pathway, ensuring high standards in training and competition environments.







EFFECTIVE

# SENIOR TEAM TRIALS

# 2027



# COACH EDUCATION & CERTIFICATION

Coach education and certification are incredibly important for a team, impacting everything from athlete safety and development to team performance and overall success. It creates a foundation for a positive and productive environment where athletes can thrive, both on and off the field.

## ATHLETE SAFETY & Wellbeing

- Certified coaches are trained in first aid, CPR, concussion protocols, and injury prevention strategies. This knowledge is crucial for providing a safe environment, responding effectively to emergencies, and minimizing risks for athletes.
- Education helps coaches recognize signs of overtraining, burnout, and mental health struggles in athletes. They learn to create supportive environments that prioritize athlete well-being.
- Certified coaches are aware of their legal obligations and responsibilities, helping to protect the athletes and the organization from potential litigation.

## ENHANCED PERFORMANCE & SKILL DEVELOPMENT

- Coach education provides coaches with a deeper understanding of exercise physiology, biomechanics, and sports psychology.
- Certified coaches learn about game strategy and tactical approaches which can improve athlete performance in competition.
- Coaches are taught how to set goals, motivate athletes, and foster a growth mindset, leading to improved focus and perseverance.
- Understanding different learning styles and athlete needs allows certified coaches to tailor their approach, maximizing the potential of each individual on the team.

## POSITIVE TEAM CULTURE & ATHLETE DEVELOPMENT

- Education emphasizes effective communication techniques, helping coaches clearly convey instructions, provide constructive feedback, and build strong relationships with their athletes.
- Certified coaches are trained to be positive role models, instilling values like discipline, teamwork, respect, and sportsmanship.
- Coaches who understand athlete psychology can create an environment where athletes feel safe to take risks, learn from mistakes, and express themselves without fear of judgment.

## CREDIBILITY & PROFESSIONALISM

- Certification demonstrates a coach's commitment to their craft and their dedication to providing a high-quality experience. This builds trust with athletes, parents, and the organization.
- The sports world is constantly evolving. Ongoing coach education ensures that coaches stay informed about the latest trends, research, and best practices in their sport.
- Certification can give coaches an edge in the job market and open doors to more advanced coaching roles.





# COACHING LEVELS

REGIONAL LEVEL

LEVEL 1

NATIONAL LEVEL

LEVEL 2

ELITE LEVEL

LEVEL 3

INTERNATIONAL  
LEVEL

LEVEL 4

NATIONAL  
TEAMS

LEVEL 5



LEVEL 1

# REGIONAL LEVEL COACH



## REQUIREMENTS

- USA Karate **LEVEL 2** Membership
- SafeSport Trained
- Background Check (Required for individuals 18+)
- Minimum Age - 16 years
- Valid CPR and First Aid Certification
- Positive Coaching Alliance Certification
- Attend **LEVEL 1** USA Karate Coaching Workshop
- USA Karate **JUDGE D** License



## ACCESS PRIVILEGES

Coaching access on the field of play at local and regional competitions.

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LEVEL 2

# NATIONAL

## LEVEL COACH

### REQUIREMENTS

- **LEVEL 1** Requirements
- USA Karate **LEVEL 3** Membership
- Attend **LEVEL 2** USA Karate Coaching Workshop
- Minimum Age – 16 years
- USA Karate **JUDGE C** License
- Officiate at least one local or regional USA Karate tournament in the past year
- Successful completion of a written exam



### ACCESS PRIVILEGE

- All **LEVEL 1** privileges
- Coaching access at USA Karate Signature Events (Non-Elite Categories)



LEVEL 3

# ELITE LEVEL COACH



## REQUIREMENTS

- **LEVEL 2** Requirements
- USA Karate **LEVEL 4** Membership
- Attend **LEVEL 3** USA Karate Coaching Workshop
- Completion of USA Karate Kata or Kumite Coach Technical Training
- WKF (World Karate Federation) Rules and Regulations Training
- Minimum Age – 18 years
- Successful completion of a written exam
- USA Karate Dan Certification



## ACCESS PRIVILEGES

- All **LEVEL 2** privileges
- Coaching access at all USA Karate events, including Elite Categories at Signature Events
- Coaching access at USA Team Trials events
- Right to submit protests on the field of play
- Authorization to conduct video review challenges (where applicable)

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LEVEL 4

# INTERNATIONAL LEVEL COACH



## REQUIREMENTS

- **LEVEL 3** Requirements
- WKF Accredited Coach License
- Participate in 2 Regional Training Camps led by USA National Team Coaches



## ACCESS PRIVILEGES

- All **LEVEL 3** privileges
- Eligibility for international coaching assignments





LEVEL 5

# NATIONAL TEAMS

## REQUIREMENTS

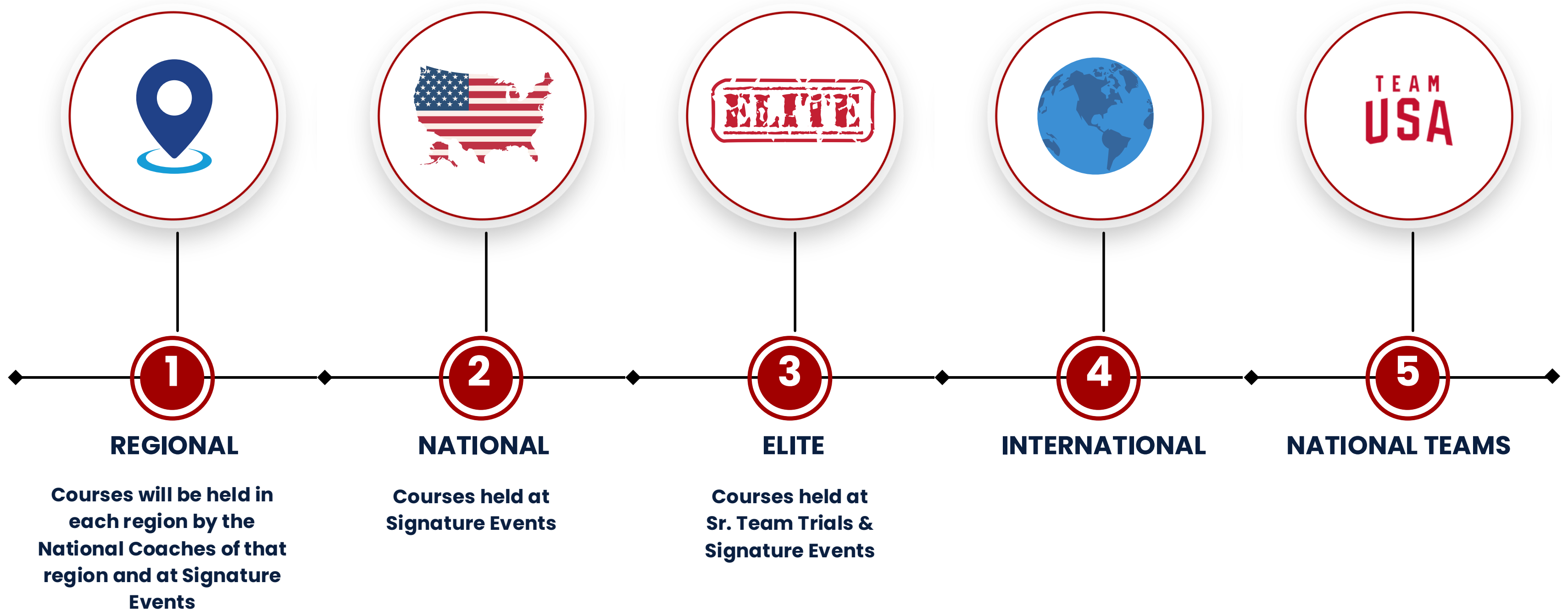
- Level 4 Requirements
- Completion of the USPOC Coaches Education Course (CAP Course) or equivalent
- Extensive experience coaching elite athletes
- WKF Level 2 Coach License
- Assist National Coaching Staff at Regional or Quarterly National Team Training Camp

## ACCESS PRIVILEGES

All Level 4 privileges  
Eligibility to be part of the  
National Team Coach Pool



# COURSES







**ALL** LICENSES  
ARE VALID  
FOR **2 YEARS**



# GENERAL GUIDELINES



# COMPLIANCE



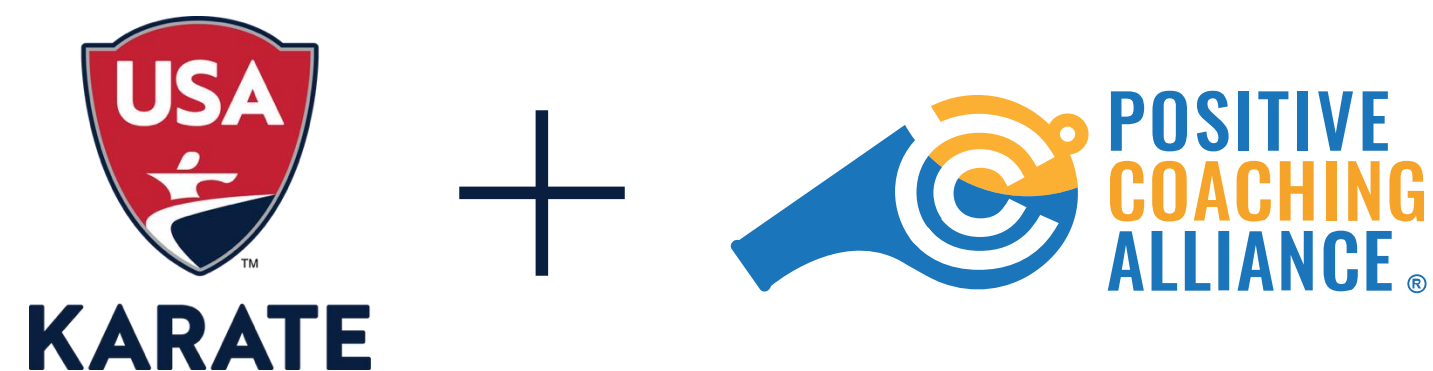
**All coaching  
certifications must  
be renewed  
periodically per  
USA Karate  
guidelines.**

**Coaches are  
expected to  
uphold the ethical  
and professional  
standards of USA  
Karate.**

**Any violations of  
SafeSport policies or  
competition  
regulations may result  
in the revocation of  
coaching credentials.**



# NATIONAL PARTNERSHIP



USA Karate is proud to announce a national partnership with Positive Coaching Alliance (PCA), a nationally recognized nonprofit dedicated to developing better athletes, better people through character-building youth and Olympic and Paralympic sport experiences.

This new collaboration will offer all USA Karate members—including athletes, coaches, referees, and parents—access to exclusive resources, discounted training opportunities, and a proven framework for supporting personal growth, competitive excellence, and values-based leadership.





# Required PCA Courses

**Coaching for  
Winning and Life  
Lessons**

**Culture, Practices  
and Games**





**KARATE**

**THANK  
YOU**