



Title;

EKNGB Performance and Coaching Manual (National and Regional) Kumite, Kata and Para – Document 1

Implementation;

Shared 2025 – Implemented 2026

Programme Directors, Head of Area, Consultants and Staff

Performance Director (Overall) - PS / DG
Performance Co-ordinator/Kata Performance KS
Performance Referee Director - DG
Performance Sports Medicine/Medical - DI
Performance Para/Anti-Doping - MH
Performance Stats - AE
Performance Admin - SH/KS
Performance Cognitive/ Counsel - TBC 26
Performance Consultant Karate - TBC 26
Performance Sport Sci/S&C - University TBC 26
Chief Referee – Interim PB
Assistant Chief Referee – Interim GH
Championship Co-ordinator - RB

Head National Coach Kumite - Interim PH
Head National Coach Kata - Interim AG
Head National Coach Para – Interim LE

Head Northern Regional Coach - TBC 25
Head Midland Regional Coach - TBC 25
Head Southern Regional Coach - TBC 25



National Coaches

PAUL HARRIS – Interim Head Kumite

TBC - Assistant Kumite Coach

TBC – Assistant Kumite Coach

ADY GRAY –Interim Head Kata

TBC - Assistant Kata Coach (Specific Style)

TBC – Assistant Kata Coach (Specific Style)

TBC – Head Para-Karate coach

Regional Coaches (Northern, Midlands, Southern)

Northern TBC – Head Kumite Coach

Northern TBC – Assistant Kumite Coach

Northern TBC – Head Kata Coach

Midlands TBC – Head Kumite Coach

Midlands TBC – Assistant Kumite Coach

Midlands TBC – Head Kata Coach

Southern TBC – Head Kumite Coach

Southern TBC – Assistant Kumite Coach

Southern TBC – Head Kata Coach



Overview for manual

The following manual is a comprehensive breakdown of the systems and procedures which will help the performance benchmarks for the EKNGB by the performance department. The outlook of English Karate when the new board was formed in July 2025 was disjointed with a lack of cohesion between the many factors that make up the departments in any modern sport.

From the outset, September/October 2025, the Board, and newly formed Performance Department brought together the National coaching, regional coaching, referees department and any outside consultants together in the primary focus of the three cycles.

Cycle 1 - Senior World Individual Championships (2 year) – Senior Team World Cup (2 year)

Cycle 2 - U21 (14-20) World Championships (2 year)

Cycle 3 – Olympic Youth Games (4 years - In line with BKF)

Cycle 4 – Virtus Global Games (4 years in line with BKF)

The cycle importance is its relation to the above number.

The 2025 World Individual Championships qualification event will be used as the primary championships to start the project of 'change' in English Karate. The main aims in the build-up to the World Championship qualification event to assist in making the athletes experience more professional in the short time we have. To help the National Coaches do their job better. Also, to use it as an assessment of where the National team are in relation to the rest of the World and our current structure. Paris qualification event in October 2025.

This was the beginning of bringing the Board, referees, coaching and athletes closer together to meet the EKNGB's targets.

When looking at the EKNGB strategy for providing funding and the targets for the National Team. The emphasis of the EKNGB Board and Performance team must be to become World Champions again. This being in respect to the male and female Kumite Team. Working towards this will bring the individual medals and champions alongside.



The following is not a finished product but the initial draft of the broader but focused plan until the end of 2027. The first reflection and assessment of this will be in the Spring 2026.

There will be then another assessment after the European Senior Championships in May 2026 and a full assessment in December 2026 after the cycle of major championships for Para, U21 and Senior championships by the directors of the programme and the overall EKNGB Board.

1.0 Blueprint for Regional and National structure

See Document 2 – EKNGB Administration, Regional and National Structure July 2025

2.0 Kumite and Kata National and Regional framework calendar with explanation

2026 EKNGB Kumite National and Regional Calendar



EKNGB National & Regional Calendar 2026				
Date	Venue	Event	Training/ Competition / Selections	Important Notes
Jan Sun 4 th	Midlands? TBC	National Squad Training	Training	
Jan Sun 18 th	Wakefield	Regional North KATA / PARA	Training	
Jan Sun 18 th	Wakefield	Regional North KUMITE	Training	
Jan Sun 18 th	Leicester	Regional Mid KATA / PARA	Training	
Jan Sun 18 th	Leicester	Regional Mid KUMITE	Training	
Jan Sun 18 th	Rochester	Regional South KATA / PARA	Training	
Jan Sun 18 th	Rochester	Regional South KUMITE	Training	
Jan 9 th -11 th	Tbilisi, Georgia	K1 -Series A	Competition	
Feb 6 th -8 th	Limassol Cyprus	Cadet, Junior & U21 European Championships	Competition	
Feb 12-15 th	Fujairah, UAE	K1 Youth League	Competition	
Feb Sun 22 nd	North? TBC	National Squad Training	Training & Selections	
March 13-15 th	TBC	K1 Premier League	Competition	



Date	Venue	Event	Training/ Competition / Selections	Important Notes
March Sun 8 th	Rochester	National Squad Training	Training & Selections	Kata /Para 9-11 Kumite 11-1 12.30pm - Referees Kata / Para 1- 3.30pm Selections Kumite 3.30-5.30 Selections 6pm finish
March 13-15 th	Rome	Premier League	Competition	
March Sun 22 nd	Wakefield	Regional North KATA / PARA	Training	
March Sun 22 nd	Wakefield	Regional North KUMITE	Training	
March Sun 22 nd	Leicester	Regional Mid KATA / PARA	Training	
March Sun 22 nd	Leicester	Regional Mid KUMITE	Training	
March Sun 22 nd	Bath	Regional South KATA / PARA	Training	
March Sun 22 nd	Bath	Regional South KUMITE	Training	
April 10-12 th	TBC	K1 Premier League	Competition	
April Sun 19 th	Midlands? TBC	National Squad Training	Training	
April 24-26 th	TBC, Spain	K1 Series A	Competition	



Date	Venue	Event	Training/ Competition / Selections	Important Notes
May 2 nd & 3 rd	Scotland	BKF 4 Nations	Competition	
May Sun 10 th	North TBC	National Squad Training	Training	
May 14-17 th	Manila, Philippines	K1 Youth League	Competition	
May Sun 17 th	Wakefield	Regional North KATA / PARA	Training	
May Sun 17 th	Wakefield	Regional North KUMITE	Training	
May Sun 17 th	Leicester	Regional Mid KATA / PARA	Training	
May Sun 17 th	Leicester	Regional Mid KUMITE	Training	
May Sun 17 th	Rochester	Regional South KATA / PARA	Training	
May Sun 17 th	Rochester	Regional South KUMITE	Training	
May 17-24 th	Frankfurt, Germany	EKF Senior Championships	Competition	
June 12-14 th	Rabat, Morocco	K1 Premier League	Competition	
June Sun 21 st	South, London	National Squad Training	Training	



Date	Venue	Event	Training/ Competition / Selections	Important Notes
June/July 29-1 st	Porec, Croatia	WKF Youth Camp	Training	Non-Compulsory
July 2-5 th	Porec, Croatia	K1 Youth League	Competition	
July Sun 12 th	Midlands	National Squad Training	Training & Selections	
July Sun 19 th	Wakefield	Regional North KATA / PARA	Training	
July Sun 19 th	Wakefield	Regional North KUMITE	Training	
July Sun 19 th	Leicester	Regional Mid KATA / PARA	Training	
July Sun 19 th	Leicester	Regional Mid KUMITE	Training	
July Sun 19 th	Bath	Regional South KATA / PARA	Training	
July Sun 19 th	Bath	Regional South KUMITE	Training	
July 16-19 th	TBC, Columbia	K1 Series A	Competition	
August 29 th & 30 th	Sheffield	BKF International Open	Competition	
September Sun 6 th	North	National Squad Training	Training	



Date	Venue	Event	Training/ Competition / Selections	Important Notes
September 17-20th	TBC, Mexico	K1 Youth League	Competition	
September 26 th & 27 th	TBC	EKNGB Children's Championships	Competition	
October 2-4 th	Salzburg, Austria	K1 Series A	Competition	
October Sun 11 th	South, Rochester	National Squad Training	Training	
October 14-18th	Rabat, Morocco	World Cadet, Junior & U21 Championships	Competition	
October Sun 25 th	Wakefield	Regional North KATA / PARA	Training	
October Sun 25 th	Wakefield	Regional North KUMITE	Training	
October Sun 25 th	Leicester	Regional Mid KATA / PARA	Training	
October Sun 25 th	Leicester	Regional Mid KUMITE	Training	
October Sun 25 th	Rochester	Regional South KATA / PARA	Training	
October Sun 25 th	Rochester	Regional South KUMITE	Training	
Oct/Nov 31-3 rd	Dakar, Senegal	Youth Olympic Games	Competitions	



Date	Venue	Event	Training/ Competition / Selections	Important Notes
November 5 th -8 th	Scotland	Commonwealth Championships	Competitions	
November Sun 15 th	TBC	EKNGB Presidents Cup	Competitions	Regional
November 20-22 nd	Hangzhou, China	WKF Karate World Cup	Competitions	
December Sun 6 th	Midlands	National Squad Training	Training & Selections	
December 10-13 th	Venice, Italy	K1 Youth League	Competitions	
EKNGB National & Regional Calendar 2027				
January Sun 10 th	TBC	EKNGB Senior National Championships	Competitions	



3.0 Olympics Youth TBC

The EKNGB have set this as cycle 3 for our performance team.

3.2 Youth Olympics Overview TBC

All athletes

DOB to fall within:

It seems looking at WKF rankings the athletes will need to be winning medals at these championships. We have all championships still to come.

We inform athletes at the up-and-coming ENGLAND A Squad (14-20) about this information so they are aware of this Youth Olympics and how they may obtain qualification in 3 weight categories male as 3 weight categories female.

3.3 Olympic Youth Qualification TBC

It seems the qualification period is.

TBC

This means, going on championships that are included in England's eligible WKF ranking.

TBC

4.0 Direct performance stats and data collection for England representatives at International Level

- Individual Premier league Results
- Major Championship Individual Results
- WKF Individual Ranking



- WKF Country Ranking
- Used for monitoring programme of the National team for Para, U21 and Senior.
(internal department and board use only)

Complied and Updated by EKNGB Performance Department (Kumite and Kata)

Dutch Open Premier League

Competitors Name	Cat	1st Rnd	2nd Rnd	3rd Rnd	4th Rnd	5th Rnd	Qrt	Semi
ATHLETE 1		0-5 loss						
ATHLETE 2		1-0 win	0-0 win	2-0 win	1-2 loss			
ATHLETE 3		2-2 loss						
ATHLETE 4		1-9 loss						
ATHLETE 5		Disqualifed						
ATHLETE 6		5-0 win	7-1 win	1-5 loss				
ATHLETE 7		0-0 loss						
ATHLETE 8		0-1 loss						
ATHLETE 9		1-7 loss						
ATHLETE 10		1-2 loss						
ATHLETE 11		1-4 loss						
ATHLETE 12		1-3 loss						
ATHLETE 13		4-4 win	1-5 loss					
ATHLETE 14		1-7 loss						
ATHLETE 15		5-0 win	3-0 win	1-0 win	4-2 win	0-5 loss		
Kata Athletes								
ATHLETE 16			0-5 loss					



4.1 Direct performance indicator for England 'A' Squad Kumite and Kata (athletes)

The above stats and data collection allows for the EKNGB Board and performance department to look at real and direct results from the WKF sports data system.

The Direct Performance Indicators will also be necessary to evaluate the National coaching staff, EKNGB Performance system and support consultants.

Even though the indirect indicators monitor areas explained in 3.2 we need to see the 'true' reality of the team's endeavours.

Winning is the sole purpose of elite performance sport i.e performing at an international level, WINNING MEDALS! Not turning up. This is not a decision of lifestyle design.

4.2 Indirect performance indicator for England 'A' Squad Kumite and Kata (athletes)

The monitoring of the performance needs to also be considered through other measures. This is important due to where the England Squad was in terms of the 'dressing room' culture, behaviour and compliance to the National Coach and the ethos he/she was trying to create.

The following must be considered in an objective manner and not in isolation. You would expect all elite athletes to have these traits.

Due to this, changes need to take place in the recognising of these characteristics in the current England 'A' Squad.

- Attitude
- Compliance
- Ability to monitor personal progression
- Follow and carry out comprehensive training routines in cycles.



5.0 Monitor: online diary for athlete

It is critical in monitoring the athlete on-going training. The athlete will be given a template of how to fill it out and the information needed. This is compulsory for all selected athletes. The suggestion would be for Seniors, the 'Tier 1' of the ENGLAND A Squad.

5.1 Software

An online calendar and diary by TEAMUP.com as an example, will be used for the Performance group 'Tier 1' as well as any extra athletes that may form the pool of athletes for the male or female team (Kumite or Kata).

This allows for the selected athletes to upload their data for each day and for all coaches to see this.

The software 'ADDAERO' as an example, allows for an online writing of programmes for each area of the athlete's preparation.

The National Coaches can then prepare technical or conditioning programmes for the athletes. This will be used in preparation to a Championships. The start championships may be a designated Premier League in the winter period. It is not ideal to test run this at a major championship.

Also, as this is for seniors the level of compliance and motivation to complete this will need to be monitored. At this level it should not be a problem but we have examples that contradict this.

5.1.2 Form smart technology for Injury and athlete monitoring

The National programme will incorporate 'FORMSMART' to monitor injuries and rehabilitation. Also, for coaches to see any new athletes that are brought to their attention for National Squads.



Medic form – Injury form so can put straight through to medical provision.

National form - All new athletes to National Squads need to fill in forms for National Coaches

6.0 National coaching monitor and feedback for National cycle 1 and 2.

The new systemic approach to the EKNGB National team means that all National Coaches must receive feedback from the programme directors.

6.1 Feedback of direct performance indicators

The indicators to measure the performance of the coaches and athletes needs to be given through verbal meetings so that context can be delivered and discussion can take place to make sure the performance targets and goals are achieved in the three cycles.

The regular assessment of this is done through daily/weekly discussion but also when the performance team meets

- POST EUROPEAN SENIOR CHAMPIONSHIPS 2026 (at Performance Team Day/weekend)
- POST WORLD U21 CHAMPIONSHIPS 2026 (at Performance weekend)
- EARLY 2026 (at National Children's Championships) TBC
- POST EUROPEAN SENIOR CHAMPIONSHIPS 2026 (at Performance weekend/day)
- POST WORLD SENIOR CHAMPIONSHIPS 2025 (at Performance Day)

6.2 Feedback of indirect performance indicators

This needs constantly monitoring until we feel that the indicators are met through the main Tiers.



6.3 Procedure for needs of National coaches

The meetings of the National Coaches and Programme Directors allow for the National Coaches to discuss their needs for the next period. What needs to be considered for proposals to the EKNGB Board.

It is important that this is when the National Coaches consider their recommendations and proposals to the Programme directors. This will cover an array of areas including programme layout, championships/events, team schedule, weekend training hubs etc.

6.4 Direction of training and athlete needs from performance indicators.

The outcomes will then be used by the National coaches to set the next phases of the National training programmes for either Kumite, Kata, Para.

7.0 Professional development for EKNGB performance coaching (Kumite and Kata)

The EKNGB Performance department will run two performance training weekends per year to assist and collaborate with the EKNGB performance coaches. See an example below of framework. The content will be decided depending on assessment of current progress and outcomes of performance indicators. The technical, strategic and tactics of Kumite and/or Kata.

7.1 Performance weekend kumite schedule (Example)

TBC

Meeting National Coaches and Programme directors

Venue: Midlands

Time: AM

Agenda:



Meeting Performance Team TBC

Venue: Midlands

Time: PM

Agenda: TBC

Meeting EKNGB Coaches (Regional and National) – Taken by National Coaches TBC

Time: PM

Venue: Midlands

Agenda: TBC

Typical Daily Schedule

Breakfast

AM – Session 1 (10am to 11-30am)

PM – Session 2 (12pm to 1-30pm)

Lunch

PM – Session 3 (2-30pm to 3-30pm)

PM Meetings – Performance Directors from board, Sports Medicine, Chief Referee and any other relevant parties



7.2 Overall performance team meeting and weekend training (assessment)

The National Coaching meetings allow for performance indicators to be assessed, discussion and new targets to be set. Along with this the overall meeting of the full team including;

All EKNGB Coaches (National, Assistant National, Regional), Performance Consultants and Programme Directors)

7.3 Regional coach meeting -performance day/weekend (See 7.1)

(Kumite, Kata and Para)

- Meetings Saturday
- Training and Coaching Sunday

8.0 Targets for seniors 2026 (TEAM) 2027 (INDIVIDUAL) (cycle 1)

The Cycle targets need to be discussed by the Programme and Performance Directors with National Coaches. The EKNGB Board also need to be informed and any views considered.

Example Targets to be set

8.1 Targets for U21

The Cycle targets need to be discussed by the Programme and Performance Directors with National Coaches. The EKNGB Board also need to be informed and any views considered.

Example Targets to be set.

9.0 Selection framework for National KUMITE and KATA

9.1 Selection framework for National kumite (all ages)

The selections for all ages are based on the WKF competition format but exclude 'comforts' of normal competition. The athletes are expected to follow their warm-up and cool down routines and compete without personal coaching.



Example

EKNGB National Cadet, Junior, and U21 Selections

Date: DATE

Venue: Honeywell, Barnsley

Age: 14-20 years

Category: Male and Female Individual categories

Event: 9-45am to 5pm

Doors Open: 9-45am

Event: WKF World Cadet, Junior, and U21 Championships

Restrictions: Invited athletes only. All athletes will receive an invite from EKNGB Administration office.

This is an 'invite only' selection.

Please note: This is a closed door selection. Only EKNGB Board, Performance Department, Coaches, Referees, Medical and Staff will be allowed in selection hall.

Equipment: All athletes need to bring and wear full WKF equipment.

Structure and Timing on Day:

The Day will involve 2 x tatami's.

All athletes will be expected to warm-up themselves. You must be punctual and ready when called to fight.

There is no limit to the amount of contests you be asked to compete in. So no minimum or maximum.

The day will involve fight-offs for the World Cadet, Junior and U21 Championships.



Selection Results: The EKNGB senior coaching and selection panel will be assessing all 14-20 England A Squad. The selected team for the World Championships will be published on EKNGB website within five working days of selection.

Registration: Please register at EKNGB desk. EKNGB licence check. After you register you need to prepare yourself and go to warm up area, then warm-up. Around 15 minutes before the start you will be briefed by EKNGB Senior National Coaches and EKNGB Chief Referee and then given order of contests/weight classifications.

Order of Day on all age groups

Tatami 1 - Female

Tatami 2 - Male

EKNGB selected regional coaches will be helping warm up and prepare athletes for selections.

EKNGB Cadet Selection Schedule

Cadet male - 1 place (per individual weight)

Cadet female - 1 place (per individual weight)

9-45am 14-15 Athletes Registration

10-00am 14-15 Athletes Warm-up

10-45am Brief by Coaches

11-00am Fight-Off's Start (Selections)



WKF 14-15 CADET categories

Male Individual Kumite: -52 kg, -57 kg, -63 kg, -70 kg, +70 kg (5)

Female Individual Kumite: -47 kg, -54 kg, +54 kg (3)

EKNGB Selection Schedule Junior

Junior male - 1 place (per individual weight)

Junior female - 1 place (per individual weight)

11-45am 16-17 years Athletes Registration

12-00pm 16-17 years Athletes Warm-up

12-45pm Brief by Coaches

1-00pm Fight-Off's Start (Selections)

WKF 16-17 Junior Categories

Male Individual Kumite: -55 kg, -61 kg, -68 kg, -76 kg, +76 kg (5)

Female Individual Kumite: -48 kg, -53 kg, -59 kg, +59 kg (4)

EKNGB U21 Selection Schedule

U21 male - 1 place (per individual weight)

U21 female - 1 place (per individual weight)

1-15pm - 18-20 yrs Athlete Registration

1-30pm - 18-20 yrs Athletes Warm-up

2-15pm Brief by Coaches



2-30pm Fight-Off's Start (Selections)

WKF 18-20 U21 Categories

Male Individual Kumite: -60 kg, -67 kg, -75 kg, -84 kg, +84 kg (5)

Female Individual Kumite: -50 kg, -55 kg, -61 kg, -68 kg, +68 kg (5)

- All Selections must be followed by cool-down.
 - The cool-down can be completed when the male and female complete group has finished as a whole. You need to stay in contest ready condition until the EKNGB National Senior coaches and panel have told you the Female or Male group has finished, as you will not know if you may be asked to fight again. Please be professional and conduct your own cool-down properly. The cool-down is crucial now as at major championships athletes may have multi-days of competing and recovery will play a major role in the following days performance.
-



9.2 Selection framework for kata

Day Layout

TO BE ADDED

9.3 Criteria for kata selection and panel with examples

The nature of Kata means that there is a great deal of subjectivity in the competition element of Kata. Even though this is the case, objectivity must have its place. Technical expertise but also an athlete's attitude, focus, compliance and character needs to be considered in the selection criteria. All of which are important in leading Kata athletes.

As well as this the general performance of a Senior Kata at International level they must have key components to stand a reasonable chance of being considered an elite standard Kata athlete.

For this reason, the selection of Kata athletes must have an objective and subjective approach taken in the selecting of athletes.

The need for a Selection panel allows for considerations to be considered by a variety of expert opinion. Important Note: This is not just about technical aspects but the overall picture of the EKNGB competition team and the strategic model that the EKNGB Board and Performance team have put in place.

EKNGB KATA SELECTION PANEL

National Coach (Depending on age group) – Main Selector and Kata Expert

Chief EKNGB Referee – Opinion of International Referee (provides both an objective and subjective view), allows for perspective on the referee and judging thoughts.

Programme Director – allows for perspective on conflicts of interest, EKNGB Board considerations, to chair debate and provide feedback to the Board and Performance department.

Key Selection criteria (Set by Head National Coach and Performance Department)

Example: For both selections, four athletes registered for the selection. There were many points taken into consideration mainly



- Correct attitude
- Kime
- Difficulty of the Kata
- Conformance
- Breathing
- Timing
- Stances
- Balance
- Rhythm
- Strength
- Speed
- Technique
- Athleticism
- Transitional movement

Example of breakdown of selections for Kata Athlete's

Correct attitude

Both athletes showed this correctly at the selections.

Kime

Athlete 1 had better Kime, finishing the movements with more definition. Athlete 1 also finished her body Kime in synchronisation to the hand and stance technique, whereas Athlete 2 was slightly unbalanced due to unsynchronised body and leg co-ordination.

Difficulty of the Kata

Both athletes performed a high skilled level of difficulty with the choices of Kata.
Conformance

This is to show the standards of the applicable school and style of the kata being performed. All kata's have a meaning, and this must be demonstrated within the performance. Athlete 2 was performing two different styles of Katas at selections one style being Goju-ryu and the other style being Shito-ryu. They are different schools (styles) of karate which should be performed showing the meaning and understanding of the respective style. Athlete 2



performed the Goju-ryu style with the same feeling and technique as her Shito-ryu style which is incorrect. This would be noticed by the senior tatami chief and referee panel at the highest-level championships.



Athlete 1 did perform the correct conformance to the history and meaning of the style of Kata chosen. Athlete 1 performed two different styles of katas at selections one style being shito-ryu and the other style being Ryuei-ryu.

Breathing

Both athletes performed the correct breathing on the fast movements in their kata's. When performing the slow movements the correct breathing is to breathe in through the nose on the preparation and out through the mouth on the execution. There was a slight difference with Athlete 1 showing this better than Athlete 2.

Timing

Both athletes performed very good timing in all of their performances.
Stances

Karate has many different stances, each used to create power, flexibility and movement. Some stances focus more on mobility than stability, and visa versa. The three most common stances for the style of Kata's that Athlete 1 and Athlete 2 performed are: Shiko Dachi (sumo stance) Neko Ashi Dachi (cat stance) and Morka Dachi front stance. Both athletes had good stances, to be critical in the slight differences between the two standards of stances.

Shiko Dachi

- 1 - 80% - 90% turn out
- 2 - 70% - 80% turn out

Neko Ashi Dachi

- 1 - 90% height change, 90% posture
- 2 - 80% height change, 70% posture

Morka Dachi

- 1 - had the correct length and stability
- 2 - was too long but only in 30% of the overall Kata performances

Please see the picture below that was taken on the day of the final selections. This is one example of the difference in the Morka Dachi front stance. The correct length of the stance should be slightly longer than your shoulder width. As you can see Athlete 1 has this correct and Athlete 2 has this stance nearly three times the width of her shoulders. This is just one of the many examples that could be given.



Picture 1

Balance

Both athletes had good balance in most of their performances.
Rhythm.



Kata rhythm should be demonstrated into sections that can be logically connected and clear to the referee that you understand the timing of attacking and defending an imaginary opponent and to express the control of the mind to demonstrate exactly where you have slight pauses, pauses, and stops. When both Athletes performed in a group or in pairs they both controlled their timing. When both athletes had to perform solo, I think due to nerves Athlete 2 slightly rushed her performance of the Kata Paiku, whereas Athlete 1 kept control of her rhythm in the Kata Paiku.

Strength speed

Both athletes had good strength and speed in all of their performances.

Technique

Important parts of the technique is not just the final product, not just the end position but the correct preparation. On some movements Athlete 2 prepared faster than Athlete 1, but this was due to the preparation being slightly smaller instead of completing the full range of the preparation position. A movement will not be as effective as a movement with a full preparation.

Athleticism

Both athletes had very good athleticism.

Transitional movement

Both athletes had very nice movement and flow in the middle of the steps.

Rules/regulations for selection: • All athletes were assessed under the European Karate Federation (EKF) and the World Karate Federation (WKF) criteria for Kata competition.

National Coach applied vast knowledge and experience as both coach and competitor for the athlete selection.



10.0 National Open Kata training day outlines and examples

TO BE ADDED

10.1 National Senior kata day

TO BE ADDED

10.2 National 14-20 kata day

TO BE ADDED

11.0 National kumite day outlines and example content

Example

Date: TBC

National Kumite Squad Training (Junior Cadet U21 squad session invited athletes only)

Address: TBC

Coaches: TBC

Registration 10am-10.15am

1st session 10.30am - 12pm

Junior / Cadet : Technical session: scenario drills, muscle memory drills. Reaction drills etc;

2nd session: 1pm - 2.30pm

Junior / cadet : Impact session: focus pads, air shields, first to scores and working on the new senshu rule., sparring etc,

3rd session: 3pm - 4.30pm

Fitness, conditioning: 1hr training with a 30 min warm down, wear either gi bottoms and Tshirt or full track gear .



11.1 National A squad kumite day outline and example content

TO BE ADDED

11.2 Pre-Training England Team kumite weekend for major championships outline and example content (e.g Female Team)

The blueprint and structure that was created to provide the framework for the Regional and National distribution of EKNGB services and performance.

From this the provision for the minimum training is outlined, both for Regional and National Training.

The need to increase contact time for the National coaches and elite athletes means that weekend hubs allow for specific sections of the England 'A' Squads to be worked with in an elite training environment.

We know that many other Nations have this in place, and we must use our athlete to coach contact time with greater planning and scrutiny.

For Example.

- **Women's Senior Team Pool (4-6 athletes)**
 - **Male Senior Team (7 athletes)**
 - **Male Individual Top 2 athletes (10 athletes)**
 - **Female Individual Top 2 athletes (8 athletes)**
-
- **Two to three sessions per day**
 - **Meetings for team and coaching and performance team**



11.3 Regional kumite days outline and content

What you would expect from a Regional Training Day

When an athlete attends an open training day the day will be split into two sessions. The sessions are split into two age groups.

The session is open to all association members and athletes should be put forward by club or association coach.

The regional set-up allows members to experience a level of coaching to assist them prepare to be coached at National level and give them the necessary skill set to cope with the drills, training philosophy, coaching by different coaches and understand a deeper level of tactical and strategic awareness.

The training will provide all athletes with an understanding of the ethos of National Kumite training and the direction of the National Squad. This will include technique range, principles of international performance, England strategy and tactics and conditioning levels for National Squads.

12.0 Direct performance indicators of regional coaches

- * International Regional Level Championships (TBC)
- * EKNGB National Inter-region Cup
- * Attitude and Big Picture Mentality

12.1 Indirect performance indicators of regional coaches

- * Running of regional days
- * Selection choices to National trial days
- * EKNGB National Inter-region Cup
- * Cohesion between regions and National squads
- * Athlete progression through regions



“ Athlete movement in the upward and downward direction of the pyramid

13.0 Sport science services to coaching

The need to provide support for the athletes means that the mental and physical aspects of their preparation.

The mental aspects of the preparation will be supported by psychology and cognitive professionals. TBC in time.

The athletes have support through the management of injuries and treatment through our Head of Medical Provision 'Dave Inman'.

The physical training will be performed by the athlete's personal access to a S&C specialist or the EKNGB appointed S&C specialist. This is yet to be appointed.

Due to the lack of outside funding this is being performed through a voluntary network of consultants.

TBC – S&C – Sport Science support

TBC – Performance mental/psychology

Dave Inman (TBC) – Head of Medical Provision

13.1 Support Staff for Performance

TBC

13.2 Medical Provision (Support Services)

The Medical team that supports the National Team needs to incorporate a simple and effective information sharing strategy so the whole performance team is informed.

Only the most important and relevant information needs to be shared unless more serious. Due to the support teams time an email trail should involve programme director, performance director, National Coaches (Kumite or Kata) and support consultants (i.e., S&C coach).



The email trail should be followed for each relevant athlete in Tier 2 or Tier 1.

The emails involve 'Forms smart' or any other form (Medical Provision, Sports medicine to inform on this)

14.0 EKNGB Basic support to selected current England team members.

The proposal from the Performance Department to the EKNGB Board is to provide further support for the top athletes in this country as the resources are available or grants are available.

When an athlete wins a European or World medal, they are supported by EUK in following way.

- Free National Training Days/squads
- Free National Training weekends (training fee)
- Free training for Pre-trains

That is being funded by the members as we have no government/UK public money. Athletes that are not winning medals received following at present.

- Free Pre-train for championships

15.0 EKNGB Championship Schedule for Kumite, Kata, Para, and TIER groups

The calendar for the EKNGB championships is run for the clubs and associations of the EKNGB. This calendar is very much a part of the preparation for the Performance Department. The concentration in the Kumite is on TEAM ENGLAND (male and female), 7 man senior team and 4 female senior team.

The concentration of the Kata is to produce the top male and female and a 3-person male and female team.



Alongside this is Para Karate

These championships also allow for domestic monitoring of our 2nd, 3rd and 4th tier level of athletes.

Tier 1 - ENGLAND Team

- * Top 7 men Kumite
- * Top 4 female Kumite
- * Top 1 male and female Kata
- * Top 1-3 Team Kata (male and female)
- * Male and Female cadet, junior and U21 No 1 per weight category
- * Para Karate

Tier 2 - National A Squad

Tier 3 - Regional Squad level athletes

Tier 4 - Grass roots level (12 years and above) in line with regional session age group

This being the concentration for our regional set-up. The domestic championships are less of a performance indicator for our top 7 males and top 4 females but still very important and they must be attended by them. Also, the BKF Children's and Senior Championships must be supported by the England and regional squads.



EKNGB Domestic Championships

January

- EKNGB Senior National Championships

April

- BKF Four Nations National Championship

August

- BKF International Open

September/October

- EKNGB Children's National Championships

Autumn

- EKNGB National Inter-Regional Team Cup

Summary and Conclusions

This document allows for the performance department, referees department and board to have a plan that can be monitored and adjusted through the three cycles.

We expect changes to be made and conclusions to be drawn through the time periods of the three cycles.

This plan should be made available to all member associations (organisations), documents 1 and 2 once it is ratified by the EKNGB board.

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