



INTERNATIONAL SQUAD TRAINING



KATA, KNOCKDOWN & KYOKUSHIN RULES

OPEN TO ALL KYOKUSHIN STYLES
ADULT & JUNIORS (10 YRS+)
INSTRUCTED BY SHIHANS DA COSTA
& NTUMAZAH



SATURDAY 4TH JULY
Kata - 10am to 12pm
KD/Kyokushin Rules - 12 to 2pm



Venue: Crystal Palace Sports Centre,
Activity Room One, London, SE19 2BB



BKG members: 1 session - £10. 2 sessions -
£15. Non members: 1 session - £15.
2 sessions - £25

BOOK YOUR PLACE AT BKG.WHITEFUSE.NET

Visit BritishKarateGuild.com

Email Bkg.kyokushin@gmail.com



Kata with Shihan Nick Da Costa, Knockdown/Kyokushin rules with Shihan Felix Ntumazah. This squad is designed to select athletes who will have the opportunity to represent us in upcoming competitions abroad. All dedicated and committed karateka who are ready to take their performance up to the next level should attend.

Two session on same day: kata 10am to 12 Noon - Knockdown & Kyokushin Rules 12noon to 2pm.
Open to Blue belts and above 10yr+

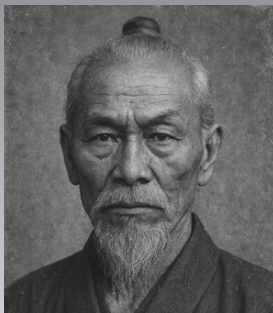
Pre book your place on bkg.whitefuse.net. BKG members remember to login to your account to obtain the discounted price!



The BKG are proud to announce we now have a comprehensive video library of our Syllabus, Kihon combinations, Renrakus and Katas. This has been professionally filmed and meticulously edited to preserve the authentic teachings of Kyokushin. It serves as a lasting resource, ensuring the art's original techniques, principles, and traditions are passed on accurately and never lost to time.

This library is provided free of charge to everyone, for the benefit of the entire Kyokushin community. Available at bkg.whitefuse.net

OSU!



"To all those whose progress remains hampered by ego-related distractions, let humility - the spiritual cornerstone upon which Karate rests - serve to remind one to place virtue before vice, values before vanity and principles before personalities."

Matsumura Sokon



21-23 AUG 2026

BKG SUMMER CAMP

£130 FOR WKG MEMBERS. £160 FOR NON-MEMBERS. 12YRS+

MAIN INSTRUCTORS:

SHIHANS WARDEN, DA COSTA, WHYBROW & NTUMAZAH



GUEST INSTRUCTOR:
SENPAI CHRIS DA COSTA



GUEST INSTRUCTOR:
SENSEI LIA HOWLETT

SECURE YOUR PLACE AT BKG.WHITEFUSE.NET

BKG INTERNATIONAL SUMMER CAMP PLACES ARE GOING FAST!

The BKG are pleased to announce two Guest Instructors for our annual Summer Camp this year. Sensei Lia Howlett, 4th Dan, 5 times British Open Knockdown Champion, who since retirement from Knockdown, has dedicated much of her training to honing her skills in Self Defence, and Senpai Chris Da Costa, 2nd Dan, 12 times Semi contact British Champion, Spanish Nintai Cup Knockdown Champion and British Open Middleweight Knockdown Champion.

Book your place and download the form from bkg.whitefuse.net (BKG members need to login to your account to get the discounted rate}

Alternatively EMAIL:

bkg.kyokushin@gmail.com to book your place

CALENDAR OF EVENTS 2026

BKG INTERNATIONAL SQUAD TRAINING/ SELECTION 4TH JULY 2026

Crystal Palace Sports Centre
Activity Room One, London SE19 2BB
Open to all students blue belt & above 10yr+
10AM TO 12 NOON KATA
12 NOON TO 2PM KYOKUSHIN RULES/
KNOCKDOWN TRAINING
BKG Members £10 2hrs £15 4hrs
Non BKG £15 2hrs £25 4hrs

BKG INTERNATIONAL OPEN SUMMER CAMP

Friday 21st to Sunday 23rd August 2026

FREE to main BKG Instructor!

£130 BKG Members £160 Non.

Essex Outdoors,
Well Lane, Danbury, CM3 4AB



BKG NATIONAL GRADING

1st kyu & Above

10TH OCTOBER 2026

Barkantine Hall Community Centre,
The Quarter Deck, West Ferry Rd,
London E14 8SR

BKG NATIONAL CLICKER CHAMPIONSHIPS

14th NOVEMBER 2026

Singh Sabha Sports Centre,
Slough,
SL1 3LW

BKG WINTER BALL

Saturday 6th February 2027

Novotel Hotel, Round Coppice Rd,
Stansted, CM24 1SF