

NEWSLETTER

DECEMBER 2025



Congratulations to all our trophy winners at the third BKG international Open Championships, held at the home of British Kyokushin, Crystal Palace National Sports Centre. Head over to our social Media pages for lots more videos and photos of this spectacular event. Special thanks to our sponsors: Manak Solicitors, Westech Construction, Sahota Groundwork and Formwork and DBS group.



Please note that we will be doing it all over again on the **30th May 2026!** BKG Open 4 has moved to MAY! Don't miss out on what will be a truly memorable event and the last opportunity to compete at the iconic Crystal Palace venue until 2028, as it will be closing for refurbishment.



Humility is the first rule of martial arts. Either you learn humility quickly, or you leave because your ego can't handle losing repeatedly.

Georges St-Pierre



DAN GRADE PROMOTIONS:

CONGRATULATIONS TO JERO ROMERO, GRADED TO 3RD DAN, SENSEI LIA HOWLETT, PROMOTED TO 4TH DAN & SENSEI SARAH STODDART, PROMOTED TO 4TH DAN



CALENDAR OF EVENTS 2025

KNOCKDOWN & KATA SQUAD/COURSE

Sunday 7th December 2-5pm.

KD with Shihan Felix Ntumazah

Limited to 20 spaces (12yrs+)

Kata with Sensei Sarah Stoddart,

Blackbelts only. Limited to 15 spaces.

Venue for both: PT Studio One, 2-14 Fowler Rd, Ilford IG6 3UT

Pre-booking required

Email BKG.kyokushin@gmail.com

£15 for BKG members - £20 for non-members

CALENDAR OF EVENTS 2026

BKG HIGH GRADE COURSE

Brown belts & above.

17th or 18th January 2026 (TBC)

11am to 2pm

Crystal Palace National Sports Centre,
Ledrlington Rd, London, SE19 2BB

KNOCKDOWN SQUAD/COURSE

With Shihan Nick Da Costa

1st Feb 2026, 10am to 1pm

GNG Sports Centre, Trinity Rd, Gravesend,
DA12 AAG

BKG WINTER BALL

Saturday 7th February 2026

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



WKG INTERNATIONAL KATA CHAMPIONSHIPS

Saturday 7th March

Teams & Individuals



Venue Singh Sabha Sports centre, Slough



BKG OPEN KNOCKDOWN CHAMPIONSHIPS

Saturday 30th May 2026

Crystal Palace National Sports Centre,
Ledrlington Rd,
London, SE19 2BB



OPEN COURSE FOR ALL GRADES

(Kihon, Kata, Kumite)

FOLLOWED BY BKG AGM

Saturday 13th June, 11am to 1pm course,
1:15pm to 3pm AGM.

£10 for BKG members, £15 for non-members

BKG INTERNATIONAL SUMMER CAMP

Friday 21st to Sunday 23rd August 2026

Essex Outdoors, Well Lane, Danbury, CM3 4AB