

BRITISH KARATE GUILD

NEWSLETTER

JUNE 2023



**BKG OPEN SEMINAR FOR ALL STYLES.
BACK BY POPULAR DEMAND!**

Sunday 25th June 2023 11am-2pm
BKG MEMBERS: Seniors £10 Juniors £5
NON BKG: Seniors £15 Juniors £10

We are again offering the opportunity to train with our five leading instructors;
SHIHANS NICK DA COSTA, GRAHAM WARDEN, FELIX NTUMAZAH, JEFF WHYBROW & DARREN STRINGER.

Don't miss out! You can secure your place via email: BKG.KYOKUSHIN@GMAIL.COM



IN MEMORY OF HANSHI - BEACH TRAINING

SUNDAY JULY 2ND -11AM TO 2PM - FREE!
FRINTON ON SEA, ESSEX. OPEN TO ALL

Post code for its High Street is CO14 8BD which takes you to the sea front.
Meet at the large toilet/shower block on the large grass verge. Plenty of parking available on the road next to grass.
Bring Gi, trainers, towel, hat, Sun block, water & a packed lunch.

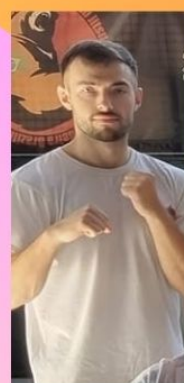


DIAMOND CUP TOURNAMENT



The BKG would like to wish Sensei Sarah Stoddart, Senpai Chris Da Costa & Don Wellalage all the best in the Diamond Cup tournament in Belgium on the 17th June 2023.

Sarah will be competing in the Black Belt Kata, Chris in the Open -75kg KD and Don in the 40+ -80kg Open vets KD.





One living daily in the Way carries their head low and their eyes high; reserved in speech and possessing a kind heart, they steadfastly continue in their training efforts.

— Mas Oyama —



BKG INAUGURAL SUMMER TRAINING CAMP

£99!

18TH TO 20TH AUGUST 2023

WE HAVE SECURED AN AMAZING DEAL.. FULL BOARD, ACCOMMODATION AND ALL TRAINING SESSIONS FOR £99!

SUPERB VENUE SET IN 72 ACRES OF WOODLANDS. 12YRS AND OVER.

EMAIL BKG.KYOKUSHIN@GMAIL.COM TO SECURE YOUR PLACE



BKG CAMP INSTRUCTORS FROM LEFT TO RIGHT:

SHIHAN'S JEFF WHYBROW, FELIX NTUMAZAH, NICK DA COSTA GRAHAM WARDEN & DARREN STRINGER..

CALENDER OF EVENTS

EVERY SATURDAY - KYOKUSHIN FIGHT TRAINING

Open to all Kyokushin styles

Venue: Synergy Gym, Lake Forest House, Forest Road, Ilford, IG6 3HJ
2 pm to 4 pm fee £10

SUNDAY JUNE 25TH

BKG OPEN COURSE FOR ALL STYLES

The Old Palace Prep School, 2 Melville Ave, South Croydon CR2 7YN
Time: 11am to 2pm

SUNDAY JULY 2ND

IN MEMORY OF HANSHI . BEACH TRAINING FRINTON ON SEA, ESSEX. OPEN TO ALL 11AM TO 2PM FREE !

OPEN BKG SUMMER CAMP

18TH- 20TH AUGUST

Essex Outdoors, Danbury, CM3 4AB ONLY £99 FULL BOARD & TRAINING

KD REFEREES COURSE

Sunday 29th October.

venue & time to be confirmed.

SATURDAY NOVEMBER 11TH 2023

BKG OPEN INTERNATIONAL KD CHAMPIONSHIPS
CRYSTAL PALACE SPORTS CENTRE
LONDON SE19 2BB
THE HOME OF KYOKUSHIN!

BKG WINTER BALL RETURNS!

SATURDAY 27TH JANUARY 2024
NOVOTEL HOTEL LONDON CM24 1SF



WE ARE HERE TO SUPPORT YOU - Email: BKG.Kyokushin@gmail.com