

BRITISH KARATE GUILD

NEWSLETTER JANUARY 2026

Happy
New
Year



OPEN HIGH GRADE SKILLS SEMINAR

BROWN BELTS & ABOVE

11AM TO 2PM

SUNDAY 18TH JAN 2026

Instructors: Shihans Da Costa,
Warden, Ntumazah, Whybrow
& Stringer.

The BKG's Five Founders

Free to BKG main dojo
instructor

£15 - BKG members

£20 - Non members

Crystal Palace National
Sports Centre SE19 2BB

BKG.KYOKUSHIN@GMAIL.COM



BKG HIGH GRADE SEMINAR

(Brown belts & above)

Sunday 18th January 2026

11am to 2pm

Free to main BKG dojo instructors!

£15 BKG Members - £20 Non Members.

Do not Miss out on this opportunity to be taught by
these Five top quality Shihans.

BKG WINTER BALL

Join us for a fun filled night with an Elvis tribute
act. You will also have a chance to pick up an
amazing bargain in our fundraising Auction!
Three course meal, entertainment and disco
until 2am, only £55PP.

To Book - Email bkg.kyokushin@gmail.com
We have also secured a great deal at the hotel.
Single occupancy room - £99 with breakfast &
parking. Double occupancy room - £109 with
breakfast & parking,
To book the hotel call 01279 665703 and quote
BKG Winter Ball.



KNOCKDOWN SQUAD/COURSE & KATA REFEREES COURSE

Knockdown training for all students 12yrs+
with Shihan Nick Da Costa.

Kata referees course with Shihan Darren Stringer
- Brown Belts and Above.

1st Feb 2026 - 10am to 1pm

£15 BKG members £20 Non Members

GNG Sports Centre, Trinity Rd,
Gravesend, DA12 AAG





30. 05. 2026

INTERNATIONAL KNOCKDOWN

FOR JUNIORS & ADULTS

LONDON, SE19 2BB

NOVICE & OPEN CATEGORIES

3 x CASH PRIZES



CALENDAR OF EVENTS 2026

BKG HIGH GRADE SEMINAR

Brown belts & above.

Sunday 18th January 2026 -11am to 2pm

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

KNOCKDOWN SQUAD/COURSE 12yr+

With Shihan Nick Da Costa

KATA REFEREE COURSE Brown belts & above

NEW With Shihan Darren Stringer

1st February 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

Singh Sabha Sports Centre, Slough,
SL1 3LW

BKG NATIONAL GRADING -1ST kyu & Above.

Saturday 14th March 2026

The Barkantine Hall, Westferry Rd, London
E14 8SS

BKG OPEN KNOCKDOWN CHAMPIONSHIPS

Saturday 30th May 2026

Crystal Palace National Sports Centre,
Ledington 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



Entries - Adults £15, Jnr £10, Teams £20.

Spectators - Adults £10, Child £5,

Family ticket - £25 (2&2)

Competitor entries will be via smoothcomp.

Link will be sent to BKG instructors.

PLEASE NOTE THERE HAVE BEEN SOME MINOR CHANGES TO OUR KATA RULES. The updated version has been emailed to all BKG dojo instructors.



The BKG will be looking to support this event!
More details will be sent to BKG Dojos.