

English Karate Federation

Title;

Overhaul of Regional and National Delivery Structure

Comprising;

EKF NATIONAL, YOUTH AND REGIONAL KUMITE AND KATA PLAN

EKF REFEREE NATIONAL PROGRAM

Implementation;

2017

Programme Directors;

Peter Consterdine – Vice President (with programme oversight)

Paul Simmons – Board Member, Line Manager (Training Delivery) and Performance Director

Dale Gamble – Chief Referee

Board of EKF

Introduction

The Regional and National structure will be presented in the following format for the 2017 EKF full calendar.

The aim is to incorporate the elements of Kumite, Kata, broad-based Karate/Self-defence related seminars with relevant individuals using the regional and national structure. Whilst this programme majors on the development and distribution of competition related services, the structure will facilitate the delivery of karate training and education to the wider membership, which we refer to in the paper as 'grassroots' development

The network established from this will allow for access by all EKF members in a reasonable travel time and distance.

The aim is to make weekends of the above areas based on what is in some way already in place but added to and developed to bring more to the wider EKF membership.

Whilst the European Karate Federation (EKF) have designated the English regions as North, Midlands and South, for better delivery of training and inter-regional competition, we will split the South into South West and South East. This will also allow for the development of inter-regional competition and this could take the form of a Championship event, or a League style competition. Further discussions within the regions will determine the appetite for the type of competition.

Strengthening and resourcing this regional structure we hope will demonstrate the EKF Board's commitment to ensuring that all service delivery reaches, as best as possible, all members, recognising all diverse elements that is Karate.

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1.0 National Kumite and Kata Squad

EKF Full Board

EKF Sub Division Director/Performance oversight - Vice President, Peter Consterdine (PC)

EKF Performance Director (Kumite) and Line Manager (Kumite & Kata) – Paul Simmons (PS)

EKF Selection Kumite Panel - Peter Consterdine, Paul Simmons, Davin Pack (DP), Paul Newby (PN)

EKF Senior Coaches – Davin Pack and Paul Newby

EKF Head Regional Coaches

EKF Support Staff – Data/Stats. Anthoni Everitt (AE)

EKF Head Staff/Medical Provision – David Inman (DI)

EKF Regional Coaches

EKF Selection Kata Panel – Johnathan Mottram (Senior) and Aimee Sell (U21)

Senior Coach Kumite; **Paul Newby**

Senior Coach Kumite: **Davin Pack**

National Head Coach Senior: **Johnathan Mottram**

National U21 Head Coach: **Aimee Sell**

National U21 Assistant Coach: **James Scanlon**

National Youth Coach: **Aimee Sell**

National Youth Assistant Coach: **James Scanlon**

1.1 National selection months and Team attendance

To make the administration of EKF and WKF Championships easier we need to make sure that teams are selected in the correct time frame. This helps with cheaper travel expenses for athletes, referees and coaches. We must always consider this when planning any National and Regional Trips.

Official Events:

- **WKF World Senior Championships**
- **EKF European Senior - Cadet/Junior & Under 21 Karate Championships**
- **WKF World Cadet/Junior & U21 Karate Championships**
- **EKF Regional Championships**

Calendar

EKF U21 European Championships

Selection Month and Date: October 16th 2016 NORTH SELECTIONS U21

Team Attend event: February 2017

EKF Senior European Championships

Selection Month and Date: February 26th 2017 NORTH Barnsley....ELITE REFEREES & SELECTIONS FOR EUROPEANS

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Team Attend event; MAY 2017

WKF World Cadet/Junior & Under 21 Championships

Selection Month and Date: July and August 6th 2017 South Enfield.....ELITE REFEREES & SELECTIONS FOR WORLDS

Team Attend event; October 2017

All full selections with full WKF rules and layout will performed as a 'CLOSED DOOR' policy. No Association coaches or club coaches. No parents.

The selections for non-senior athletes will involve appointed regional coaches. The Regional Coaches will assist PN and DP in warming up and helping in coaching the athletes through the selection process on the day.

Regional coaches will be dressed in England Polo tops and Gi bottoms. No Association or club attire.

EKF European Team Championships

Selection Month and Date: February/March 2017 – North, Midland and South

Team Attend event; June 2017

The administration needs to be discussed on this. Whether done through EKF Administration or by Head Regional Coach or a mixture.

1.2 Locations, spread and allocation of National Coaching Days

Locations – Northern, Midlands, South East and South West (TOTAL 12 DAYS)

6 National Kumite Days (Day = Sessions decided upon by WT)

Location: ENFIELD (Current EKF Location)

2 National Kumite Days

Location: MIDLAND (TBC)

2 National Kumite Days

Location: BARNSELY (Current EKF location)

2 National Kumite Days

Location: BATH (University or similar)

A Minimum of 6 Under 21 National Training Days and minimum of 6 Senior (18+) National Training Days

All National Training will be split for 14-20 years and Senior Training.

1.3 Regional Locations, spread and allocations

Locations – North, Midlands, South East and South West (Southern)

Northern Regional Kumite Days

5 Per year

Location: Olympic Dream Dojo, Keeley

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Northern Kumite Coaches:

Head Coach: **Paul Newby**

Coaches: **Matt Price and Frank Pullano**

Midland Regional Kumite Days

5 per year

Midland Kumite Coaches:

Location: Leicester

Head Coach: **Paul Harris**

Coaches: **Ben Campbell and Jory Chather**

Southern Regional Kumite Days

5 per year

Location: Enfield/Bath

Southern Kumite Coaches:

Overall Southern Head Coach: **Davin Pack**

Head Coach South-West: Rory Daniels

Head Coach South-East: Davin Pack

Coaches: **Anthoni Everitt, Jaimi Jewell**

Notes;

The region is split into two; **South-West and South-East**. The region will come together for International events.

Domestic events (Inter-Region) it will split into two regions.

1.4 Regional Competition Schedule for 2017

The competition schedule for the Regions is a maximum of 4 Championships for the year.

This would include domestic Inter-Region Championships, European Regional Team Championships, Battle of the Teams (Netherlands) and one other international championships (i.e. Banzai Cup, Germany)

The Competition schedule would fit in with the 4 minimum squad trainings scheduled for each region.

It would be encouraged that the regions work together, collaborate and share information in the booking and travelling to these championships. **Via EKF ADMIN**

An example for a 2017 schedule would look like the following;

February – **Regional Squad Training** (Selections for Inter-Region)

April – Inter-regional Championships

April (early) – **Regional Squad Training** (Selections for European Regions)

June – European Regional Team Championships

July – **Regional Squad Training** (Selections for Banzai Cup)

September – Banzai Cup, Germany

October – **Regional Squad Training** (Selections for Battle of Teams)

December – Battle of the Teams, Netherlands

1.5 Combination of Kumite, Kata and Open courses

The wider aim of this structure is to bring more EKF members to attend events that cater for a wider scope of individuals for whom competition may not be of immediate interest. The most efficient way to do this is use the structure of the sporting part of Karate to incorporate events for 2017 calendar.

We aim to make 8 weekends accessible to members in 2017. The following is a typical structure of this weekend.

SATURDAY

9-30am registration
10-00am – 12pm Kumite Session / 10am Kata Session
12-00pm Lunch
1-00pm Kumite Session / 1pm Kata Session
2-30pm FINISH
3-00pm Coaches meeting/ lecture/ Invited speaker
5pm Finish

SUNDAY

9-30am registration
10-00am -1pm OPEN TRAINING COURSE – IA – Bunkai and Kata
1-30pm Lunch
2-30pm HOME

The hope would be that some members would attend both days if Open Sessions on the Kata or Kumite on the Saturday.
Ideas for Weekends (Days work on either day)

DAY 1 Regional Kumite or/and Regional Kata / National Kumite or/and Kata
DAY 2 Invited Instructor, coach development and First Aid.

8 'Open Course' weekends to be considered for 2017 Calendar

- 2 Bath
- 2 Enfield
- 2 Barnsley
- 2 Midland

2.0 National Kata, National Youth and Regional Kata

2.1 National Kata format

SQUAD LOCATIONS

Senior, Junior and Youth Kata Squads will take place in four different regions – North, Midlands, South East and South West.
Senior, Junior and Youth Squads will take place on different days.

So this is an example of the areas where we think Squad sessions should take place:

- Ripon Yorkshire – North
- Manchester - North
- Birmingham – Midlands

Grimsby - Midlands
Barking – South east
Ipswich – South East
Bristol – South West
Gloucester – South West

As there will be six squads per year for all categories, for example for Senior Squads we would pick the best locations for the amount of Seniors that could attend from that area. This would become more apparent as time goes on and squad attendances were taken into consideration.

FORMAT OF SQUAD DAYS

- There will be a female chaperone in attendance on every squad day Senior, Junior and Youth.
- All participants must register online for the squad training/selections prior to the closing date – no late entries will be accepted.
- Every attendee must show an up to date licence on the day.
- On training days there will be three sessions of Kata training with a break between each session.
- On selection days there will be two sessions with a break between each session and then the selections.

2.2 Selection Process

SELECTION PROCESS

Consideration will be given to attendance at squads, competition results, commitment to training, ability to take instruction, and positive sporting attitude.

For a Kata athlete to be considered for selection onto the Junior Kata National Squad, they must have a place on the England Junior Kata “A” Squad.

Following this year’s Senior European Championships we would like this to be put into place for the Senior Kata Squad.

2.3 Senior National Team and England ‘A’ Squad

Senior Kata National Team

Age –	18+	
Grade –	5 th Kyu and above	
Categories -	Male Individual Kata	1 person
	Female Individual Kata	1 person
	Male Team Kata	3 people
	Female Team Kata	3 people

Senior Kata “A” Squad

Age -	18+	
Grade	5 th Kyu and above	
Categories	Male Individual Kata	5 people

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Female Individual Kata	5 people
Male Team Kata	6 people
Female Team Kata	6 people

2.4 U21, Junior and Cadet Team and England 'A' Squad

U21, Junior and Cadet Kata National Team

Age –	14-20yrs
Grade –	5 th Kyu and above – for training 3 rd Kyu and above – for selection

Categories -	14-15yrs Male Individual Kata	1 person
	16-17yrs Male Individual Kata	1 person
	18-20yrs Male Individual Kata	1 person
	14-15yrs Female Individual Kata	1 person
	16-17yrs Female Individual Kata	1 person
	18-20yrs Female Individual Kata	1 person
	14-17yrs Male Team Kata	3 people
	18-20yrs Male Team Kata	3 people
	14-17yrs Female Team Kata	3 people
	17-20yrs Female Team Kata	3 people

U21, Junior and Cadet Kata "A" Squad

Age –	14-20yrs
Grade –	5 th Kyu and above – for training 3 rd Kyu and above – for selection

Categories -	14-15yrs Male Individual Kata	5 people
	16-17yrs Male Individual Kata	5 people
	18-20yrs Male Individual Kata	5 people
	14-15yrs Female Individual Kata	5 people
	16-17yrs Female Individual Kata	5 people
	18-20yrs Female Individual Kata	5 people

Male and Female Team Kata members will be taken from the individual categories

2.5 National Youth Kata Squad/Team

The National Youth will incorporate Squad sessions run around the country. From the selected squad the National Youth Coach will pick athletes for events. The start of selecting athletes for events will start in the second part of the year.

When athletes are selected for an event they will be presented with a EKF National Youth Badge.

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2.6 National Youth Kata Team and Squad

Youth Kata Squad

Age –	10-13yrs	
Grade –	5 th Kyu and above – for training	
	3 rd Kyu and above – for selection	
Categories -	10-11yrs Male Individual Kata	2 people
	12-13yrs Male Individual Kata	2 people
	10-11yrs Female Individual Kata	2 people
	12-13yrs Female Individual Kata	2 people

3.0 Dates for National Referee Calendar

3.1 Referee Courses

January 22nd	SOUTH	enfield	kumite
February 26th	NORTH	Barnsley....	ELITE REFEREES & SELECTIONS FOR EUROPEANS
April 9th or 23rd	SOUTH	enfield	dates [depends on EKF national venue]
July 9th	NORTH		kumite
August 6th	SOUTH	enfield.....	ELITE REFEREES & SELECTIONS FOR WORLDS
October 14th	SOUTH	enfield...	referees KATA COURSE
November 5th	NORTH	barnsley	kumite.....selections for juniors 2018?
December 3rd	NORTH	barnsley	Referees KATA COURSE

Championships

15th January EKF Kyu grades Sheffield

8th/9th April or 22nd/23rd April EKF Nationals Leicester/Sheffield

Proposed dates BKF 4 nations 27th/28th May Sheffield

BKF international Open 16th/17th or 23rd/24th September

4.0 Referee Information

EKF REFEREE PROGRAM 2017

To provide courses for association and club officials in Kumite and Kata with the opportunity of attaining National Qualifications, courses to be open to coaches, students, parents and table officials, course fees will apply. Courses will be open to 16 years and above and structured to encourage equal opportunities.

Table official	- min age 16 years Any Grade
Kumite Judge B	- min age 16years and min grade 2 nd kyu
Kumite Judge A	- min age 18 years and min grade 1 st Dan
Kumite Referee B	- min age 18 years and min grade 1 st Dan

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Kumite Referee A - min age 21 years and min grade 1st Dan

Kata Judge B - min age 18 years and min grade 1st Dan

Kata Judge A - min age 21 years and min grade 2nd Dan

Qualification criteria

TABLE OFFICIAL

Candidates must attend one referees course and pass the Table official qualification exam

To achieve a pass mark a minimum of 80% must be obtained in order to move to the next stage which will be a practical examination at a championship or squad selections.

NATIONAL KUMITE

Judge B; Candidates must attend one referees course and upon attendance of a second course within the same year the Judge qualification theory exam can be taken. To achieve a pass mark a minimum of 80% must be obtained in order to move to the next stage which will be a practical examination at a EKF or BKF competition

Judge A; A minimum of two attendances at a EKF or BKF competition and course must have been attended before this qualification can be taken upon attendance at a second referees course a minimum of 80% pass mark must be obtained in theory in order to move to the next stage which will be a practical examination at a EKF or BKF championship.

Referee B; A minimum of two competitions at a EKF or BKF level and a referees course must have been attended before this qualification can be taken upon attendance at a second referees course a minimum of 85% pass mark must be obtained in theory in order to move to the next stage which will be a practical examination at a EKF or BKF championship.

Referee A; A minimum of two competitions at a EKF or BKF level and a referees course must have been attended before this qualification can be taken. Upon attendance of a second referees course a minimum of 85% pass mark must be obtained in theory in order to move to the next stage which will be a practical examination at a EKF or BKF championship

Once qualified the theory exam needs to be retaken every 2 years where an appropriate charge will be made and all referees must attend a minimum of two courses and two competitions per year.

In order to keep any qualifications Judge or Referee a minimum of two referees courses and two competitions must be attended per year.

Referee A+, Assistant Tatami Chiefs, Tatami Chiefs, European and World Officials; A minimum of two courses must be attended and the theory exam taken every 2 Years.

NATIONAL KATA

Judge B; Candidates must attend one referees course and upon attendance of a second course with the same year the Judge qualification theory exam can be taken. To achieve a pass mark a minimum of 80% must be obtained in order to move to the next stage which will be a practical examinations at EKF or BKF championships over 2 years

To pass within 1 year you must perform two Katas and answer questions regarding Bunkai and general practical matters

Judge A; A minimum of two competitions at a EKF or BKF and a referees course must have been attended before this qualification can be taken upon attendance at a second referees course a minimum of 90% pass mark must be

obtained in theory in order to move to the next stage which will be a practical examination at an EKF or BKF championship. Kata candidates must perform two Katas and answer questions regarding bunkai if they have not performed katas for Judge B

European / World; Assessment of practical kata examination must be performed before going on to International qualifications

Once qualified referees must attend a minimum of one course and two competitions per year and the theory exam retaken every two years where an appropriate charge will be made. European and World officials do not need to retake the theory exam.

For all Kumite and Kata officials

To Be a national judge or referee you must hold a valid EKF LICENCE , and must be practicing karate.
To become a tatami Manager you must hold both Kata and Kumite qualifications

To be selected to attend a European or World event, referees will also be required to attend at least one EKF and BKF competitions. No referee will be permitted to attend any European, World or Premier League event without prior authorization and selection by the Chief Referee. International Events can be attended without permission, but they must not clash with the 4 domestic competitions, which take priority over any attendance at international competitions

5.0 National Team, Regional Team Equipment, Sponsorship, Attire and Badges

(Please note: Kumite and Kata is the same team and whether National or Regional Team they wear same tracksuit. National Youth may have a slightly different attire 'to be decided')

5.1 National Team (Kumite and Kata)

Sponsored by Blitz's for all Age group Teams (WKF ages). Provide Tracksuit, Training shoes, 2 Polo tops and Bag.

Time: 2 years left

Athletes provide their own WKF correct Fighting Pads. Athletes provide their own gi.

5.1.1 National Youth (Kata)

The National Youth Kata will have T-shirts or Polo to train in or use.**TBC.**

5.1.2 Regional Team (Kumite and Kata)

The Team will wear tracksuits provided by **Blitz.**

- Midlands
- Northern
- Southern

The coaches will wear England polo tops if asked by National Head Coach to assist on National Selections for European and World Championships (All ages). These will be provided by BLITZ the National Team Sponsors. No England polo tops at regional sessions.

Please note: When on National duty all regional coaches must wear National Team T-shirts. If just attending then wearing Regional Tracksuits and not Association tracksuits would be advised.

On any event that is Regional linked or based then all coaches must wear Regional Attire if a Regional Coach. This includes any coach that is a National Coach and Regional Coach i.e Assistant National Coaches.

5.2 National, National Youth and Regional Coaches

5.2.1 National Kumite and Kata Badges

These will continue to be the same at moment. Given to selected individuals that represent England at U16, U18, U21 and Senior Level in Individual and Team categories. For all events the National Kumite or National Kata Coach feels appropriate. These include the EKF European and WKF World Championships.

5.2.2 National Youth Badges

1. The National Youth Kata will wear the designated EKF badge on all events that the National Youth Kata Coach selects athlete for.

2. Member of the 'EKF Youth development kumite programme' will be eligible to wear their respective regional badges. There will not be a national badge as they are not national athletes

5.2.3 Regional Kumite and Kata

The Regions will wear a regional badge that is the same in design but each region will have their name on the badge.

The coaches will present the badge to selected athletes for Inter-Regional Championships/league, any international competition and/or European Regional Championships.

Regional must wear badge when representing region. One per athlete unless lost or worn. Coaches discretion.

5.3 National Kumite Coaches and Regional Coach Development

The National head coach will meet with all coaches at least twice a year to share ideas and good practice. This will allow for forward progression and team development.

6.0 National Selection Procedure

EKF Selection Panel

- 1) After June 2017 all selections will be made from England 'A' Squad at each selections from each age group
- 2) The selection Day will be that. The 'A' Squad will warm up as if at any championships. For Under 18's the regional coaches will be rotated to assist the athletes I warming-up and preparing as if at any international championships.
- 3) The Draw-sheets for the selections based on form and current standings. As in any selections. Draw sheets may change as results occur. This is down to the EKF Selection panel on day.
- 4) For February 2017, July 2017 and November 2017 Selections only. August 2017 selections will have training aswell. Time slots for each age group. Not all athletes arrive at same time.

i.e.

Reg 8-45am 14-15 years (All weight categories)

Start 9-45am

Reg 11-30am 16-17 years (All weight categories)

Start 12-15am

Reg 1-30am 18 -20 years (All weight categories)

Start 2-30 pm

Each group is cool-down at end of weight pool by regional coaches

- 5) All selections are closed to parents, coaches or family.
- 6) All 'A' Squad members will be told of selection within five working days of the selection date
- 7) All athletes follow directives of administration on paying deposit and forms etc.
- 8) The final decision for athlete selection is with the EKF panel. Senior Coaches and Performance Directors.
- 9) Criteria for selections; Starting from World Championships 2016
 - Selection Day results (World Championships x2 Day results) – MAIN SELECTION INDICATOR
 - Considerations from below, where necessary;
 - World and European Results History (past 12 months)
 - K1 results for 18+ (past 12 months)
 - World Youth Cup and relevant Regional International results
 - English and British Results (18+ and 14-15, 16-17)
 - Current WKF World Ranking (Considered but takes into account a longer competing time)
 - Attendance and 'Buy-in' to programme. It's expected – ALWAYS i.e attendance at Regional and National training and any other training the EKF Performance Department include in performance calendar.

TO BE DISCUSSED BY EKF SELECTION PANEL

The selections for 2017 look like this;

- **February – European Senior England Selections (+18 years) TEAM SELECTED**

No of athletes to be funded/ to be non-funded –

Total Kumite Athletes –

- **JUNE – ENGLAND SENIOR 'A' SQUAD SELECTED (For all future closed National Kumite Day)**
- **July – World 14-20 years Selection Day 1**
- **August – World 14-20 years Selection Day 2 TEAM SELECTED**

No of athletes to be funded/ to be non-funded –
Total Kumite Athletes –

- **November – European 14-20 England Selections TEAM SELECTED**

No of athletes to be funded/ to be non-funded –
Total Kumite Athletes –

There is a panel to make sure it is considered and well thought out. Criteria to be decided.

7.0 Regional Selection Procedure

The Regional Structure will now be the direct route for all EKF members.

For the EKF member to attain a National Squad place they would attend their regional training and the regional coaches would select them if they felt the individual met the criteria to move forward to a designated National Squad Trial where the National Coach could consider them for the England 'A' Squad.

NOTE: The National Coach could override this at any time and invite any EKF member to the National Squad Training. EKF members could be scouted at an event, regional training or championships etc. **(Important)**

The EKF grassroots process to International is CLUB – ASSOCIATION – REGION – NATIONAL 'A' SQUAD/NATIONAL YOUTH – NATIONAL TEAM. Slight changes on this could occur depending on age group.

7.1 General guidelines for Regional Coaches on selection of athletes for National Trials

Selection for National squad. 3 times per year the National squad will host National trials. The regional coaches must progress athletes. National Coach may change number of National Trials.

8.0 Administration

Head of Administration: **Debbie Sell**

8.1 Procedure for Administration for Major Championships (National)

Once selection of athlete confirmed, the following happens.

1. Invoice sent by Debbie to athlete requesting £300 deposit; 1 week to pay with proof of payment to be sent to Administration.
2. Once final costing confirmed final invoice sent to athlete and depending on when this is sent depends on time allowed for payment i.e Worlds, final invoice sent end of August/beginning September so this allows for them to be paid end of September and add any monies outstanding to final balance owed. Again proof of payment to be sent to Administration
3. All payments have to be received before departure.

8.2 Procedure for Administration for Regional, National Youth, Youth Development and National Squad Trainings (Kumite and Kata)

For all forms registration forms (athletes only)

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- Coaches must provide training date minimum 4 weeks beforehand
- Closing date to be one week before the training date.
- Forms and payments to be received by 5pm (1700hrs) on the closing date
- **“No fee - no train”**
- **“No licence - no train”**
- We need it to say that if the correct reference is not on the the form it will be void
- People to train in the appropriate regions
- No refunds

The above is complex and detailed, but lays down a well thought through structure to invigorate the regional delivery of EKF services, set against the broader background of the National delivery of competitive Kumite and Kata training and selection.

This programme has set out to address the geographic disadvantage some regions have experienced in getting to existing centres where national and regional training and selection has taken place.

The EKF Board fully accept that this structure will require resources and are therefore prepared to invest in kick-starting the regional process which, in the fullness of time, should be a successful, self-financing operation. Eventually, we see inter-regional competition as having as much appeal as the National championships.

Whilst this programme is a fully developed plan it may well be that adjustments need to be made, especially as, at the time of ‘going to press,’ certain training locations have not been secured, and availability established. Any changes will be broadcasted via the Newsletter and posted on the website.

EKF

January 2017