

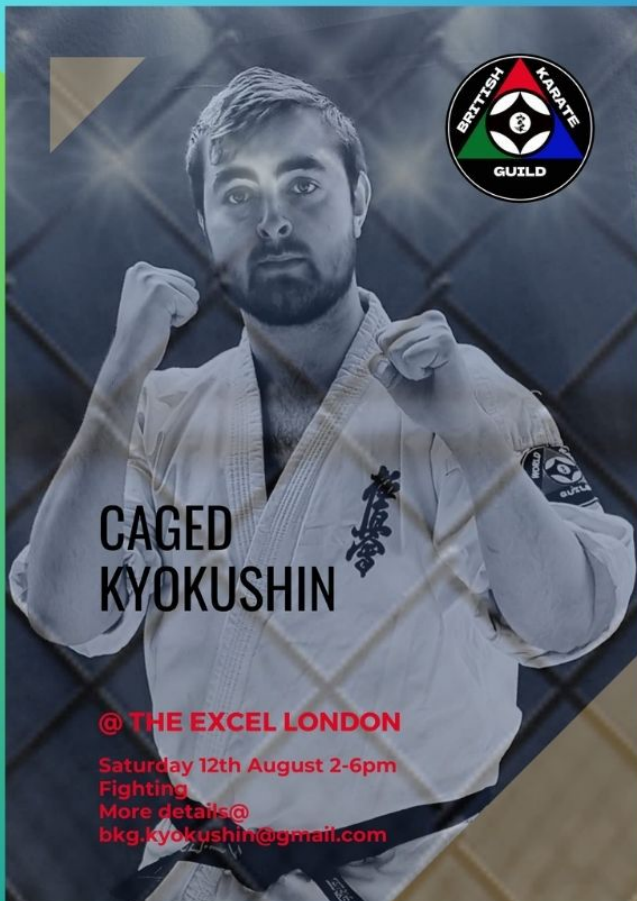
BRITISH KARATE GUILD

NEWSLETTER

JULY 2023



THANK YOU TO ALL WHO ATTENDED OUR 2ND ANNUAL OPEN SEMINAR ON THE 25TH JUNE AND OUR BEACH TRAINING, IN MEMORY OF HANSHI, ON THE 2ND JULY. WE HOPE YOU ENJOYED IT AND LEARNT SOMETHING NEW!



**CAGED
KYOKUSHIN**

@ THE EXCEL LONDON

Saturday 12th August 2-6pm
Fighting
More details@
bkg.kyokushin@gmail.com

MATCHED EXHIBITION KNOCKDOWN FIGHTS IN A MMA CAGE.

SATURDAY 12TH AUGUST.

2PM TO 6PM

AT THE EXCEL CENTRE LONDON. E16 1XL

THIS IS PART OF THE T.R.U ATHLETE INTERNATIONAL SPORTS & FITNESS FESTIVAL. MANY OTHER SPORTING ATTRACTIONS WILL ALSO BE TAKING PLACE.

TICKETS £35.00 ADULTS, £17.50. JUNIORS.

TICKETS GIVE YOU ACCESS TO ALL EVENTS.HAPPENING ON THE DAY.

EMAIL BKG.KYOKUSHIN@GMAIL.COM TO PURCHASE TICKETS.



In the martial arts, introspection begets wisdom. Always see contemplation on your actions as an opportunity to improve.
-Mas Oyama



BKG INAUGURAL SUMMER TRAINING CAMP

18TH TO 20TH AUGUST 2023 **£99!**

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 SUMMER CAMP
£99*



BKG CAMP INSTRUCTORS FROM LEFT TO RIGHT:
SHIHAN'S JEFF WHYBROW, FELIX NTUMAZAH, NICK DA COSTA, GRAHAM WARDEN & DARREN STRINGER.

ENTRY IS NOW OPEN FOR OUR INAUGURAL OPEN INTERNATIONAL KNOCKDOWN TOURNAMENT AT CRYSTAL PALACE, LONDON, ON THE 11TH NOVEMBER. GO TO: <https://britishkarateguild.com/bkgopen> TO ENTER AND PURCHASE SPECTATOR TICKETS.

'THE BRITISH' IS COMING HOME.



TWO CASH PRIZES WILL BE AWARDED FOR THE MOST SPIRITED FIGHTER & THE MOST TECHNICAL FIGHTER IN THE OPEN CATEGORIES. EACH WILL RECEIVE £1,000 GBP!



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

MATCHED EXHIBITION FIGHTS.

KYOKUSHIN KNOCKDOWN IN A MMA CAGE.

Saturday 12TH August 2pm to 6pm

The Excel centre, Royal Victoria Dock, 1 Western Gateway, London E16 1XL

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