

NKMA HOME CLUB AGREEMENT

Competitors

Updated 5th March 2026

SECTION 14

14.0. In order to be considered for selection for our competition team, you must train a minimum of three days a week. This is non-negotiable other than students who are in full time education at university who may only be able to make weekends. We must strive to have minimum standards of participation, in order to uphold criteria that everyone adheres to but also to teach people about the importance of commitment to achieving goals. 3 days a week is a **minimum** requirement, the more you train, you will achieve more competence in your training.

14.1. Respectful behaviour towards all officials on the day, must be observed.

14.2. Absolutely under no circumstance should any parent or student approach a referee, judge, opposition coach, another Federation, or another Association at any competition with a complaint. Under the strict rules of competition and the etiquette of martial arts, all complaints must be taken up with an NKMA Instructor and Sensei Saj De Silva during the competition (if necessary) or a few days after the competition if the matter is not of immediate urgency.

14.3. Parents or students who continually complain about competition referees, team selections, referee scoring or any factor of competitions, will be considered to be causing negativity within the team, crucial to the performance and overall happiness of our athletes, detrimental to all the work and psychological reinforcement that has been completed at our club. Please, we ask you to accept bad decisions, mistakes and losses and move on as quickly as possible. They are a part of all sport. If you cannot handle the pressures of high-level sport, please let us know and you are more than welcome to take a step away from it.

14.3.a. Sporting events involving your children are emotional days. We request that all parents who have grievances that are absolutely necessary to be discussed and dealt with, are conducted in a respectful manner and at a time when is appropriate. It is not appropriate to be contacting instructors on the day of or even the day after tournaments. We kindly ask you to raise concerns after you have had a few days to decide how you truly feel on any matter. Instructors work immensely hard at tournaments to support dozens of people, including your children - we must be given space to rest and recuperate after tournaments, so that we are get back to teaching as soon as is possible.

14.3.b. We do not expect parents to understand our sport; it is highly complicated and there are many nuances that only highly trained and experienced individuals can understand. However, we do know that by observing and asking questions, there is much you can learn. Therefore, we welcome lots of questions and are happy to help you to learn, as we are keen to make sure our parents and spectators enjoy the competition days, too.

14.3.c. When you are thrust into the unknown, there is a lot of trust that needs to be given to those who are in positions of leadership, and we do ask you to give us your trust and give us the space we need, to do our job to the highest possible levels.

14.3.d. Whilst we encourage you to ask questions, we do not accept questions, points and concerns that are raised from a point of jealousy or envy of other children/students. We reserve the right to not engage with those lines of conversation.

14.4. After suffering a competition loss, as is appropriate to the sanctity of the martial arts, our students are expected to accept defeat gracefully and approach the opposing student and shake hands respectfully. Students who continually break these rules despite verbal warnings, may be given a competition ban, the length of which will be decided by the chief instructor.

14.5. Parents/siblings/guests (even those who train at the club) are absolutely, under no circumstances, to give tactical advice to students on competition days. Whilst of course we are happy for you to give encouragement, you ask that you do not give corrections to our students that could cause a negative impact to their results. The only people that can pass on complex tactical martial arts information should be those that have the proven knowledge to do so via decades of training and gained expertise within that field.

14.6. If running late for legitimate reason, please contact your instructor to make them aware so we can inform the competition areas. Repetitive avoidable lateness to tournaments, could result in you being asked to take a break from tournaments temporarily.

14.7. If a parent thinks that there are possible mistakes on the day (regarding category numbers etc) please inform an instructor first thing in the morning. Do not wait until the competition begins, as we may not be able to make changes.

14.8. Students with long hair must be tied back at all times in order to participate at competitions whether it is kata or kumite. Females please do not use hair clips or hair slides as these are dangerous should they fall out.

14.9. Students must have hair cut to an appropriate length which must be above the eye line so that the student's vision is not impaired. If the fringe is not at an appropriate length the student maybe requested to not participate in sparring. This is for the safety of the student. NKMA cannot take responsibility for any injuries resulting in students who attend lessons without the ability to see properly.

14.10. All students must remove all jewellery when training unless worn for religious purposes. NKMA cannot be held responsible for any injury as a result of wearing jewellery.

14.11. Please make sure you confirm the rules on what protective equipment you should wear. Each tournament often differs.

14.12. Many competitions state certain protective equipment for kumite events are optional on their entry packs. If students do not wish to wear certain protective equipment you must notify us in writing via a letter, text message or WhatsApp message as any injury incurred because of lack of equipment it will not be NKMA's responsibility. All fighters must have their own equipment and belts. Your gloves and belts should be red and white.

Compulsory equipment

6-12 years (Nihon rules)

Helmet

Body armour – Male and Female

Leg protectors

Gloves (Red and White)

Groin guards – Males

13 years and above (Sanbon or Ippon rules)

Chest protectors – Females

Groin guards – Males

Gloves

Gumshield

Leg protectors (except in Ippon rules as these are prohibited)

14.13. You will be expected to have your own equipment. If you do not, we may have some second-hand items with us, but this is not always guaranteed, but you may not be able to borrow them until just before your bout is called. This can cause people to become anxious and stressed. Which is why we ask all regular competitors to have purchased everything that you need for the day, so that you do not have to borrow. If it is your first competition or two, you may borrow.

14.14. We may sometimes leave students to their own accord. This is because we would like the student to try and make their own decisions and formulate tactics via remembering their training without being prompted.

14.15. If we have a bout with two students from our dojo – we may choose not coach either student but may give some brief advice if we deem it necessary. Whilst we do what we deem necessary and we care for all our students, we do not believe in “over coaching” students. We believe in helping students to become critically independent thinkers, which strengthens the quality within our team. We attempt to condition them to manage stressful environments skilfully and use competition as a platform to learn methods that will serve them in other areas of life.

14.16. We may not always give huge amounts of information on what katas students should perform. We just prepare them for as many katas as is possible. This is because the rules are often changed on the day and students must be trained in being able to improvise and adapt to last minute changing circumstances. We train our athletes to operate calmly within chaotic and constantly changing environments. This is to give them the tools to eventually make handling stressful life situations, fun and enjoyable.

14.17. We will often have some people “fighting off” for their places in teams if we believe there is the need, although, this is a rarity. We may not announce notice of these fights because we often have last minute changes to teams and often are constructing the teams during lessons. As a competitor, you will be expected to improvise, adapt, remember you are training and perform under pressure. These are skills that will serve you significantly in other areas of life.

14.18. Parents will not have a say on selections of fighting teams, kata teams or kata pairs. These selections will be carried out by those with the knowledge of the quality of the entire team. You will sometimes not be in a team, you will sometimes be a reserve, you will at times be part of a 4-person team and remain unused and part of being a mature and responsible athlete will be to accept when any of those things happen.

14.19. Students must have a parent/guardian or family member who accompanies them to competition. However, parents who cannot attend competition for any reason, must have another adult (non-competitor) who consents to accompany their child to the a&e in case of any injury. No instructor can be expected to go to hospital in the case of injury as we have many other people to take care of.

14.20. Students will not be permitted to be on their devices until after all their categories have been completed. After which we would like you to change into your NKMA track gear and stay and support other club members. They will do the same for you. The no device rule has been put in place because we have had students disqualified for missing their categories, due to being on their devices.

14.21. We do understand that people will not always be able to stay until the end to support our teams. Please just politely make this aware to an instructor and leave when you need to.

14.22. You will need to wear your royal and navy blue personalised NKMA tracksuit top to competitions. This is for our group photo at the beginning but also to proudly wear our club colours and emblem. You should be proud to show everyone who you are and the team/club that you represent. If you forget your jacket, you will not be permitted to be in the group photo or may be asked to be at the back. No professional sports teams would allow anyone in their team photos who was not wearing uniform, we are not different.

14.23. After you have finished competing, you do not need to stay in your Gi. You can change into your NKMA track gear (NKMA shorts, leggings, joggers, t-shirts etc) and support the rest of our team. But you will need to be in our track gear, again to show everyone which club you represent.

14.24. We would like to encourage parents to also wear our clothing, however this is not compulsory. You are all a part of our team and represent NKMA too, and if you would like to proudly wear our colours and emblem, that would be wonderful.

14.25. You should take a light and healthy lunch with you to competitions. The odd chocolate bar or a packet of crisps is totally fine, but please do not bring huge bags of junk food and eat a fast-food breakfast on the way to the tournament.

14.26. Any NKMA competitor who enters into a competition, representing another association or club, without politely notifying NKMA in advance, may be asked to leave the club and any injury occurred will not be covered under the NKMA association insurance.

To be upheld by NKMA.

14.27. NKMA Instructors will behave completely appropriately at all times at competitions and teach our students to do so, too.

14.28. We do not take a stance of constant protection of the children under our care, we focus our learning on helping children to learn how to deal with adversity, accountability, challenging situations, losses, and difficult environments. We teach them how to become competent with navigating the difficulties of life. Karate is often referred to as, “a way of life” - that is due to the many life lessons that can be extracted from being exposed to it over a long period of time. Helping students to deal and cope with real life situations and difficulties is part of our responsibility to bring through the next generation of tough minded, secure, confident, and emotionally versatile individuals of the future.

SECTION 15 – Tournament Categories

15.1. We have an elite squad of international athletes. These students train in the region of 4-6 days a week. We do not recommend that anyone trains 7 days a week. Even international athletes should take a physical day off each week,

15.2. When competing internationally, you must have attended all of the external training sessions unless with extenuating circumstances. You must have reached a certain standard of quality, proving yourself at category 1 and category 2 tournaments.

15.2a. Category of tournaments are defined as.

Category 1 Tournaments – World and European Championships

We will enter as The Karate England Team, and you will wear your KE badge. Category 1 tournaments are the highest category of competition. Our team is selected based on your results during “ranking” tournaments. Ranking tournaments are category 1, 2 and 3. You must win individual medals in ranking tournaments in the 3rd kyu above categories. You must attend all Karate England squad training sessions. All competitors must be age 13 and above and 3rd kyu and above.

Kata teams for Category 1 Tournaments

If a regular team has not been entered into a competition it could be due to a student being unavailable due to circumstances such as availability or injury. We will not always relay information to all those concerned. It is the responsibility of those students to be in communication with each other, particularly those old enough to be on the England team. This is part of making our students on this team independent and able to communicate information effectively to other members and their parents. We have a massive squad; not all information will be informed in writing to parents when we make enforced changes or changes in general. Every tournament has different obstacles and objectives.

Kumite Teams for Category 1 Tournaments

Kumite teams are selected and used with one agenda: to win the category. If there are 4 or 5 kumite team members, you may not be used or used sparingly if the coach in

charge of that team believes that is the right decision. You will be expected to accept this decision gracefully and appreciate that Karate England is one of the best federations in the world, and being a part of that team means that teams are highly competitive. KE Coaches are not obligated to use you.

Category 2 Tournaments – British Championships and GB Open

We will enter as part of the Karate England Team and will wear your KE badge. Individual medals at this tournament, will almost guarantee your chances to compete within the Category 1 tournaments. Only NKMA students taking individual medals in Category 1, 2 and 3 tournaments, can enter this competition. Others can be selected, with the discretion of the chief instructor.

Kata teams or Pairs

If a regular pair or trio has not been entered into a competition it could be due to a student being unavailable due to circumstances such as availability or injury. We will not always relay information to all those concerned. It is the responsibility of those students to be in communication with each other, particularly those old enough to be on the England team. This is part of making our students on this team independent and able to communicate information effectively to other members and their parents. We have a massive squad; not all information will be informed in writing to parents when we make enforced changes or changes in general. Every tournament has different obstacles and objectives.

Kumite Teams

Largely, teams will be selected and used to win the team kumite categories. However, there may be other reasons as to why the coaches use the team members and that is down to their discretion.

- Please note, that we do not have parental influence on how the teams are selected or used on the day at any level of tournament. The use of the members of each kumite team is down to the coach in charge of that team and parents and students are respectfully asked to accept and support our coaches in making difficult decisions.

Category 3 Tournament – Karate England Open, Harlow

This is the only ranking tournament that we will enter as our NKMA association. Please wear your NKMA badge.

Kata teams or Pairs

If a regular pair or trio has not been entered into a competition it could be due to a student being unavailable due to circumstances such as availability or injury. We will not always relay information to all those concerned. It is the responsibility of those students to be in communication with each other, particularly those old enough to be on the England team. This is part of making our students on this team independent and able to communicate information effectively to other members and their parents.

We have a massive squad; not all information will be informed in writing to parents when we make enforced changes or changes in general. Every tournament has different obstacles and objectives.

Kumite Teams

We will enter a maximum of 4 fighters and select the strongest team where possible with a reserve fighter in case one of the fighters becomes ill or injured. If not selected for a team, you will be expected to accept this decision respectfully. Coaches can use their own discretion when they utilise the members of each kumite team.

- Please note, that we do not have parental influence on how the teams are selected or used on the day at any level of tournament. The use of the members of each kumite team is down to the coach in charge of that team and parents and students are respectfully asked to accept and support our coaches in making difficult decisions.

Category 4 Tournaments – BASK, Goju Kai Open, Gold Cup, Clacton, Meopham We will enter as our NKMA association. Please wear your NKMA badge.

Kata teams or Pairs

If a regular pair or trio has not been entered into a competition it could be due to a student being unavailable due to circumstances such as availability or injury. We will not always relay information to all those concerned. It is the responsibility of those students to be in communication with each. This is part of making our students on this team independent and able to communicate information effectively to other members and their parents.

We have a massive squad; not all information will be informed in writing to parents when we make enforced changes or changes in general. Every tournament has different obstacles and objectives.

Kumite Teams

We will enter a maximum of 4 fighters and select the strongest team where possible with a reserve fighter in case one of the fighters becomes ill or injured. If not selected for a team, you will be expected to accept this decision respectfully. We will attempt to mix some of our stronger fighters with other less experienced fighters. If not selected for a team, you will be expected to accept this decision respectfully. Coaches can use their own discretion when they utilise the members of each kumite team, however the directive will be using all of the fighters as much as possible. Whilst we will try to win, we will also try to make sure that everyone gets a chance to fight, where possible.

- Please note, that we do not have parental influence on how the teams are selected or used on the day at any level of tournament. The use of the members of each kumite team is down to the coach in charge of that team and parents and students are respectfully asked to accept and support our coaches in making difficult decisions.

15.3. When we fly out to a category 1 tournament, unless stated otherwise, we should all attempt to fly out together as a team and stay in the same hotel. We take team spirit as one of the most important factors in our success. There may be extenuating circumstances to this which should be discussed beforehand with your instructor.

15.3a. You should always book your flights with flexibility to change the dates or cancel, if needed. As sometimes competition schedules can be changed at the last minute. Hotels should also be booked with free cancellation. NKMA takes no responsibility for anyone's financial losses if tournaments schedules impact your flight or hotel bookings. All your bookings are at your own risk.

15.4. You are more than welcome to stay a day or two later to sightsee and we will also have personal time during our trips away. We will come together as a group for a meal or two here and there, but not all of these will be compulsory.

15.4a. Parents and students will be expected to publicly show respect to all others in the team. Polite discussion of others is totally acceptable, but disrespectful, aggressive (passive or otherwise), will not be accepted and may result in your omission from the international team.

15.4b. Aggressive behaviour towards any Karate England coaches, will not be tolerated and may result in your omission from the team.

15.4c. If you lose at a tournament, students are expected to show respect to their opposition and go to their coach afterwards. You will also be expected to show respect to officials.

15.4d. We will always attempt to hold a meeting once a year for the whole squad, to openly discuss and ask questions. You must make this meeting or read the notes from the meeting afterwards. You can pose your questions in writing beforehand.

15.5. During the competition periods, you will be expected to stay and support your fellow squad members, as they will be doing the same for you. It is not appropriate to go away on trips during the actual competition days without notification. Unless confirmed with your chief instructor, it is not appropriate that you do not attend (when those who have supported you are competing). Please remember that you have primarily been selected to represent your country at international competition – and that will be the priority. There may be changes to this policy if we are going away to significantly further away destinations (i.e. outside of Europe).

15.6. The selection of the International Team will be down to the Kumite director Ian Cuthbert and the kata director David Wilson. You will have to accept respectfully if you have lost your place in a team or are not selected because you do not meet certain criteria. Those in teams will be announced 2 weeks before departure, you will be expected to wait patiently until this is announced. You will be expected to show understanding and respect towards decisions pertaining to team selection, these are not easy decisions to make. If you hear about proposed teams before their release, you are to wait patiently until the finalised teams are announced by your chief instructor, as proposed teams are often altered.

15.7. Payment for category fees will be in pounds to NKMA. NKMA will then collect all fees and transfer them to the KE account. You must take your passport with you to registration and be in your Karate England Tracksuit.

15.8. International athletes will be expected to represent the association impeccably but to also show a higher level of focussed commitment to performance levels. As a result, we expect our England athletes to commit to good diet, sleep routines etc whilst away. Whilst we place no bans on anything you can eat, we do have an exception on caffeinated, high sugar, fizzy drinks at evening time. These significantly impact your levels and depths of sleep and will undeniably impact your performance. There is a ban placed on these for anyone competing at category 1 and 2 tournaments. We also highly recommend that you avoid fast/junk food during this time, to make sure that you do not hinder your performance levels. Plan your meals, eat and drink healthily.

Those who do not respect this, will not be selected for this level of tournament and will be politely redirected to compete at local tournaments only.

15.9. Whilst at competition, students will be expected to show the necessary and appropriate amount of preparation for the tournament. You will need to practice and train whilst at the arenas and watch as much of the tournament as possible in order to learn. You simply will not be able to sit on your phone and play with your friend during the entirety of your free time; you can do those things at home.

15.9a. You will be expected to be in bed at a reasonable time during the competition week.

15.10. You will be expected to arrive approximately 45 minutes before your category begins, warm up significantly and be fully prepared for performance.

15.11. All International athletes will be expected to show a certain degree of independence. You will be expected to know your category numbers, check if they are correctly entered when this information is sent out to you. Contact your chief instructor if you can see that there is an error. You will be expected to manage your meals, manage your sleep, manage your practice in your free time, manage your warm ups and arrival times. You will be expected to know the rules, read through everything that it is necessary to read. Make sure you have **NO WKF badges** on your uniforms.

15.12. Students will be weighed before certain events and will be the student's responsibility to maintain their weight for their selected kumite section.

15.13. At World or European events, if the student does not make their selected weight section, then the student/family will be held responsible for the 100 Euro administration fee for the category change.

Our international competitors and parents will be our most professional, well drilled, experienced, and committed members. The levels each student has to achieve to be selected will only be achieved with a high level of excellence and focussed and committed effort towards your training and competition. That is why we have this document in place, to make sure that everyone who is selected for the England team is of the highest calibre of NKMA member and that goes for the parents who go aboard with our team, too. If parents regularly break any of our Home Club Agreement, this can lead to your children not being selected for these tournaments. Please do all you can, to follow the instructions on these documents and ask questions on anything that you are unsure of.