



SPRING SEMINAR

& Kyu Grading



BRISTOL
KARATE
ACADEMY

FOREWORD

I'm delighted to invite you to a special fundraising seminar, taught by Academy competitors heading to the JKS World Championships later this year!

This event is a fundraiser to help our self-funded athletes heading to Brazil. Money from each person joining us will go towards helping them with the cost of their flights and accommodation.

But don't just join us to raise money. You'll be treated to some phenomenal karate from English, Welsh, British and European Champions. We don't do things by halves at Bristol Karate Academy!

Alongside the seminar, we're holding our Spring kyu grading exams. We're delighted to invite those from novice to 1st kyu with permission to grade to book in now! We welcome members and also guests from other clubs and karate associations. Instructors of other JKS clubs may get in touch about the possibility of their students grading at this event if there's space.

We look forward to welcoming you all on Sunday 22nd March!

Tim Griffiths, 6th Dan JKS
Chief Instructor, Bristol Karate Academy



A SPOTLIGHT ON OUR SEMINAR INSTRUCTORS



GEORGE TARR

In 2025, George had his most successful year to date in tournaments, earning himself titles including JKS European Champion in Copenhagen. George is known for his powerful movements and explosive jumps, most notably in the kata Unsu.

Top five notable 2025 competitive successes:

- JKS European Individual Kata Champion (under 21s)
- EKF English Individual Kata Champion (under 21s)
- WKGB Welsh Individual Open Kata Champion
- EKF English Team Kata Champion
- BKF British Team Kata Champion

LUCIE TARR

Lucie has a phenomenal competitive record in the kata discipline of karate. In 2025, she battled her way to win both the Cadet Kata event and the Koton Kata event in the same year. This was her second year of doing this, having done the same in 2024.

Top five notable 2025 competitive successes:

- JKS European Team Kata silver medallist (Cadet)
- JKS European Individual Kata bronze medallist (Cadet)
- WKGB Welsh Open Kata Champion (Cadet)
- JKS England Kata Champion (Cadet)
- BKF British Team Kata Champion (Cadet & Junior)



DAN SALTER

Alongside his role as instructor at the Westbury-on-Trym dojo and lead instructor of the Bushido Warriors youth programme, Dan Sensei achieved notable success last year as he took silver medal at the JKS European Championships in Koten Kata (50+ division).

Top five notable 2025 competitive successes:

- JKS European Koten Kata silver medallist (50 years+)
- BKF British International Individual Kata Champion (50 years+)
- BKF British International Pairs Kata Champion (35 years+)
- BKF British Pairs Kata Champion (35 years+)
- JKS England Kata silver medallist (35 years+)



OLI HULBERT

Oli had a breakthrough year in 2025. Having been selected to join the JKS England squad he then took silver medals at both the EKF English National Championships and the EKF International Open. Since then, Oli has been selected for the EKGNB all-styles national kumite squad.

Top five notable 2025 competitive successes:

- EKGNB all-styles national squad member (Cadet)
- EKF English individual silver medallist (Under 14s)
- EKF International individual silver medallist (Under 14s)
- BKF International Open Team Kumite bronze medallist (Under 14s)
- Central England Open Team Kumite bronze medallist (Under 14s)

LIAM MASHFORD

Liam competes in both kata and kumite disciplines and has medalled in both in the last year. The Welsh Open was a stand-out tournament for him, as he took home three titles and a bronze, including becoming the Welsh Open Individual Kata and Kumite Champion. Last year he was also selected for his first international, travelling to the JKS European Championships in Copenhagen.

Top five notable 2025 competitive successes:

- BKF International Open Team Kumite bronze (Junior)
- WKGB Welsh Open Kumite Champion (Junior)
- WKGB Welsh Open Kata Champion (Junior)
- WKGB Welsh Open bronze medallist (Senior)
- JKS England Kata bronze medallist (Senior)





NEPHELE METSIOU

Nephele is a consistent performer on the UK karate circuit and last year added a JKS European Team Kata bronze to her impressive collection of medals. With WKGB Welsh Open and JKS England kata titles under her belt in 2025, she's looking to keep the momentum in 2026.

Top five notable 2025 competitive successes:

- JKS European Team Kata bronze medallist (Under 14s)
- BKF Kata bronze medallist (Under 14s)
- BKF International Kata bronze medallist (Under 14s)
- WKGB Kata Champion (Under 14s)
- JKS England Kata Champion (Under 14s)

TIM GRIFFITHS

Having continued to pick up titles on the domestic karate circuit, Tim took it one step further in 2025 and was crowned JKS European Kata Champion in the 40 years+ division. Tim also competes in the senior divisions, having seen success in a number of events in the last year both individually and as part of the JKS England kata team.

Top five notable 2025 competitive successes:

- JKS European Kata Champion (40 years+)
- JKS European Koten Kata bronze medallist (35 years+)
- BKF British Kata Champion (35 years+)
- BKF British Team Kata Champion
- EKF English Team Kata Champion



SCHEDULE

Sunday 22nd March 2026

Venue opens	9.30am
All-grade seminar	10.00am-12.30pm
12th-10th Kyu grading	11.50am-12.30pm
9th-1st Kyu grading	12.30-2.30pm

The seminar will be split into three sections, each with different instructors and a different focus.

	Who is eligible?	Section aim	Instructor
Part 1	All grades	Building strength and skill for kata and kumite	Liam Mashford Lucie Tarr Dan Salter
Part 2	All grades	Getting results: Performing to your best in karate	Nephele Metsiou Tim Griffiths
Part 3	All participants not grading for 12th-10th kyu	Reaching new heights: Explosiveness in kata and kumite	George Tarr Oli Hulbert

Registration for this event is now open., but if you'd like to grade, please check that you are eligible and have permission before booking.

Book your space at bristolkarateacademy.com. All bookings are subject to our booking terms and conditions, at the end of this guide.

VENUE

Nailsea School (Sports Hall)

Mizzymead Road,
Nailsea,
Bristol,
BS48 2HN

For sat nav: If you're using sat nav, please use BS48 2HJ to find the entrance on Mizzymead Road.

For What3Words use **///remote.sushi.scenes**

When you arrive, enter using the doors marked 'Community Entrance'. Follow our signs to the auditorium. Changing rooms with showers and the toilets are next to the sports hall.

Free parking is available in the main school car park, which you'll access from the main Mizzymead Road entrance. In the unlikely event that you can't find a space here, there is free parking on nearby streets. The town also has several car parks close by. Please see signs for parking restrictions.

There are two vending machines in the school with a very limited range of drinks and snacks. Alternatively there are a number of shops, cafés, pubs and restaurants in the town, as well as a Waitrose and Tesco. These are just a few minutes' walk from the school gates.

Parents of those under 18 that are training or grading are able to watch from the back of the hall or the spectator gallery. Anyone watching must remain quiet at all times.



PRICE

Your grading ticket **includes a belt for those who pass.**

Kyu Grading (includes all-grade seminar and new belt for successful candidates)	£30 per person
Early bird seminar ticket - available until 11.59pm, 31st October	£15 per person
Standard seminar ticket - tickets bought after 31st October	£20 per person

I WISH TO GRADE. WHAT DO I NEED TO KNOW?

- You must have received permission to grade. **If you wish to grade and do not yet have permission** or are not sure if you have permission, please read the guidance below on grading eligibility.
- You must book in advance. **Booking for the grading will close on Friday 13th March 2026**, or as soon as the event is fully booked.
- You must have a JKS licence that is up-to-date on the day of the grading. **If you don't have one or it is out-of-date you must apply or renew now.** Please note that most students will have auto-renewing JKS England licences. Licence slips are uploaded by JKS England to your member area of the JKS England website (in the 'Document Library' section).
- You must have handed in your JKS grading record book by **Friday 13th March 2026**.
- If you do not provide your grading record book (complete with up-to-date licence inside) by **Friday 13th March 2026**, your booking may be either cancelled (with money refunded, less card processing fees) or be **subject to a £5 late booking fee**. Please book on time to help us administer the day.

PRE-GRADING CLASSES & GRADING PERMISSION

If you'd like to grade then please make sure you come on at least one of the dates below to get useful feedback and also permission to grade. Please also read the details on the next page about grading eligibility. You're welcome to come to any of our venues to gain grading permission:

Backwell	Sunday 22nd February & Friday 27th February
Westbury-on-Trym	Tuesday 24th February & Thursday 26th February
Long Ashton	Tuesday 24th February
Nailsea	Wednesday 25th February

GRADING ELIGIBILITY FOR ACADEMY MEMBERS

You can log in to your Bristol Karate Academy Member Area to check how you're tracking in the run up to your grading. Log in by visiting www.bristolkarateacademy.com/members and go to the 'My Grading' page.

Your 'My Grading' page will show how many sessions you've completed, whether you have permission to grade and any specific guidance from the pre-grading permission session you've attended in order to help you to prepare.

There are several different grading permission status levels that can appear on your 'My Grading' page:

- **Not yet assessed:** This means you'll need to attend a pre-grading session or in some cases agree a date for your next grading with your instructor.
- **Not yet ready:** This means that at the point you were assessed there's more you need to do to get ready for your grading. Work with your instructor to get ready in the run up to the next available grading date.
- **To be checked again:** Although this means you do not yet have permission to grade, you are almost there and we would hope you would be able to take your grading if you keep making improvements in time. Or you could target the following grading.
- **Yes:** You have full permission to grade. Book your grading and make sure you complete the minimum number of sessions before the grading day.

If you have any queries about why your grading status is at a particular level then please get in touch, either at training or by emailing hello@bristolkarateacademy.com.

PHOTOGRAPHY AND FILMING

Bristol Karate Academy reserves the right to take photographs and videos on the day and by choosing to take part in the event you accept that you may appear in photos that may be used in the future for advertising or promotion by the Academy, its Chief Instructor or by any other people we authorise. If you wish to be obscured in the photos so you are not identifiable then please let us know by emailing hello@bristolkarateacademy.com in advance of the event.

Only Bristol Karate Academy-accredited helpers may take photos or videos. For safeguarding reasons, no other photography is allowed, other than photos with the instructor(s) during the seminar breaks.

BOOKING TERMS & CONDITIONS

Your booking is subject to our booking terms and conditions, shown below.

Making a booking

- Bookings must be made in advance by visiting **bristolkarateacademy.com** or **bookwhen.com/karateevents**
- Bookings that include a JKS grading must be accompanied by a JKS grading record book (complete with up-to-date JKS licence) in order to be accepted.
- If you do not provide your grading record book (complete with up-to-date licence inside) by **13th March 2026**, your booking may be either cancelled (with money refunded, less card processing fees) or be **subject to a £5 late booking fee**.
- To book a space you must provide a name, age and grade for each person in your booking. There is a minimum age of 8 for non-Bristol Karate Academy members.
- Seminar bookings are only confirmed once payment is made in full.
- All grades from novice upwards are welcome to book a space. To ensure the smooth running of the course, there will be a maximum number of attendees in each class, meaning that the event may be sold out for some grades before it is for others.
- Your attendance is subject to your booking being accepted. While Bristol Karate Academy has never refused a booking request, it reserves the right to not accept or to cancel your booking.
- By making a booking, you confirm that you are at least 18 years of age, have read and understand the terms and conditions in full and are competent to execute this booking agreement.
- Attendees must wear a plain white karate suit (dogi) and a belt (obi) for this class. Those attending the 3rd Kyu+ seminar must bring mitts, gum shield. Groin guards, chest protectors, shin/instep pads and head guards for under 14s are recommended but you may choose not to wear them at your own risk.

Health and wellbeing

- By booking, you confirm that you are medically fit to participate in an activity that can be physically demanding.
- Training is at the risk of the participant and Bristol Karate Academy, while taking reasonable care for all participants, shall not be held responsible for any injury or illness that may be caused as a result of demonstrations or training.
- All attendees must have member-to-member insurance cover in place, which is included as part of a JKS licence. For additional cover, it is the responsibility of individuals to make sure they have adequate insurance in place, should they require it.

Photography and video

- You consent and agree that Bristol Karate Academy and its authorised agents have your permission for the capture of still images (photographs), moving images (film/video) and audio recordings of the participant during the event, including live streaming.
- You accept that the use may be in a number of media, including but not limited to print, digital and electronic use by Bristol Karate Academy and/or by agents authorised by Bristol Karate Academy.
- You hereby grant Bristol Karate Academy and/or agents authorised by Bristol Karate Academy a licence to use material(s) contributed by you for educational and/or marketing purposes via print-based methods, web-based methods or other digital methods.
- **You acknowledge that this permission supersedes permission that we may already hold for members that attend regular classes.**
- If you do not wish to be identifiable in any of the media captured then please let us know by emailing **hello@bristolkarateacademy.com** and we can obscure you from any pictures or aim to avoid including you, in the case of any live streamed content.

Non-attendance and refund policy

- As we only have limited space it's vital that you only book on if you can attend. In the event that you cannot attend, you may transfer your space to another person or request to cancel your booking altogether, subject to the following points.
- If you choose to transfer your place, you must send an email to **hello@bristolkarateacademy.com** by 9am on Friday 20th March 2026 including the name of the person not attending, as well as the name, age and grade of the person you are transferring the place to. As with your original booking, Bristol Karate Academy reserves the right to refuse the booking request of a replacement participant.
- Any cancellation requests will be accepted as long as they are made by 10am on Friday 13th March 2026.
- If your refund request is received by 10am on Friday 13th March 2026 you will receive the full amount you paid, less a £5 admin fee that includes the non-refundable transaction fees that we are charged by our third party card processor. No refunds will be given for cancellations after 10am on Friday 13th March 2026.
- If the event is cancelled for any reason, all booked participants will be entitled to a full refund.
- Refunds will be processed as quickly as possible and no later than 14 days after the request was received.

Proudly supporting

BRISTOL
ACTIVE CITY



Affiliated to

