Sensei
NICK HEALD

Sensei
ASHLEY SCOTT-HEALD

SPRING DOUBLE HEADER

SUNDAY 26 MARCH 2023

OPEN SEMINAR

SEMINAR GUIDE

BRISTOL KARATE ACADEMY

FOREWARD

We're delighted to invite you to our spring seminar, with two exceptional karateka! This event is open to both members and guests of other clubs and karate associations.

Some of you will remember that last year's summer seminar was due to be a double event too but, due to illness, that wasn't possible. So when we looked at our 2023 schedule, we were determined to make it happen! Our two guests have extensive experience as both instructors and competitors that they'll be sharing with you in this two-part seminar.

Sensei **Nick Heald (7th Dan JKS)** is a former ESKA European team kumite champion, KUGB national team kata and kumite champion and has previously been crowned national kumite champion at the KUGB Shotokan Cup. Aside from competing, Nick Sensei has coached the JKS England squad to medal successes at the JKS World Championships and is also an EKF referee.

Sensei **Ashley Scott-Heald (5th Dan JKS)** is a former JKS European kumite champion, JKS world kumite medallist, BKF British champion, British International champion, Swedish Open champion, KUGB national champion and JKS England grand champion. Ashley's experience as an EKF all-styles national squad member gives her plenty to draw on in her role as assistant coach to the JKS England national squad.

As well as hosting our two guest instructors, we'll be holding our summer kyu grading exams, from 12th kyu upwards.

We look forward to welcoming you all on Sunday 26th March!

Tim Griffiths, 5th Dan JKS
Chief Instructor, Bristol Karate Academy

DATE AND TIMINGS

Sunday 26th March 2023

Venue opens	9.30am
All-grade seminar	10.00am-11.30am
12th-1st Kyu grading	11.30am-1.30pm
1st Kyu and Dan grade seminar	2.00pm-4.00pm

VENUE AND OTHER DETAILS

Nailsea School (main sports hall)
Mizzymead Road,
Nailsea,
Bristol,
BS48 2HN.

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

When you arrive, enter using the doors marked 'Community Entrance'. Follow our signs to the sports hall. 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 and also in the town's car parks.

Please make sure you bring drinks and any snacks you may need between sessions. There are two vending machines in the school with a very limited range of drinks and snacks. Alternatively there are a number of shops in the town, including a Waitrose, Tesco and a variety of coffee shops. These are just a 5 minute walk from the school gates.

Parents and Academy members are welcome to spectate, but it is important that anyone watching remain quiet at all times.

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 17th March 2023**, 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**.
- You must have handed in your JKS grading record book by **Friday 17th March 2023**.
- If you do not provide your grading record book (complete with up-to-date licence inside) by 17th March, 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	Friday 3rd March & Sunday 5th March
Long Ashton	Tuesday 28th February
Westbury-on-Trym	Tuesday 28th February & Thursday 2nd March
Nailsea	Wednesday 1st March

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.
- **On track – keep working hard:** 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.
- **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**.

REGISTRATION IS NOW OPEN

Registration for this event is now open. Book your space at **bookwhen.com/karateevents.**

All bookings are subject to our booking terms and conditions, at the end of this guide. Prices are as follows:

Kyu Grading (includes all-grade seminar with Matt Sensei)	£25 per person
Early bird seminar ticket - available until 11.59pm, 17th March	£15 per person
Standard seminar ticket - tickets bought after 17th March	£20 per person

Anyone graded 1st Kyu and above is welcome to train in BOTH classes if they wish. You will need to purchase a ticket for any class you choose to attend. Please note that anyone attending that's 1st Kyu and above must attend the 1st kyu and above training.

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**

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 **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.
- 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 belt (obi) for this class. Those attending the 1st Kyu+ seminar must bring mitts, gum shield. Groin guards, chest protectors and shin/instep pads are recommended but not essential.

Health and wellbeing

- 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.

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.
- 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 24th March 2023 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 9am on Sunday 12th March 2023.
- If your refund request is received within 14 days of booking (and by 9am on Sunday 12th March 2023) you will receive the full amount you paid, less the non-refundable transaction fees that we are charged by our third party card processor. If it is not within 14 days you're entitled to a partial refund of 50% of your training fee. No refunds will be given for cancellations after 9am on Sunday 12th March 2023.
- 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

JKS

Affiliated to

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WORLD WKF KARATE FEDERATION

January 2023