

Britain's Premier Karate Association



**BCKA SCOTLAND**

*Information Brochure*



# BRITISH COMBAT KARATE ASSOCIATION



## BCKA SCOTLAND



## Introduction

Thank you for your interest in the BCKA and I hope the following information is helpful and interesting. We've posed a series of questions we would want answers to if we we're looking to join a new association and trust that the answers are both helpful and interesting.

## FAQs

### Why another Karate organisation

Well, first, we are not a 'style' association, which we accept are the 'breeding ground' for nearly all Karateka, rather we are a 'multi-style' from the traditional aspect, but also multi-style in respect of where an Instructor may have taken his, or her traditional routes. This could be with emphasis on the 'street' effectiveness, full contact, freestyle, or even MMA. So we will be a bridge to all of these '*variation on a theme*' - either style, or purpose.



### There are many multi-styled organisations in the U.K.

We have one of the largest and most respected multi-style organisations in the UK in the **British Combat Association (BCA)**, but this is, truly, an 'all-styles' association, whereas the **BCKA** will be a 'home' solely for Karate Instructors, and their students. Even those organisations that purport to be 'all things to all men,' are seldom that, often emphasising some speciality, such as freestyle competition, or purely traditional. Few organisations have the experience we do in the '*variations on a theme.*' Look at our senior Instructor line-up to see how you can have confidence in the truth of this statement.

### Why now?

It's recently become clear that within the BCA membership we have a tremendously strong Karate faction, and many of the clubs are still following a traditional path, but when the BCA



was formed in 1993, we intentionally avoided linking with any national Governing body which, on the one hand has given us great independence, but equally denying students, who may still follow a traditional competitive path, with access, ultimately, to the national squads.

So, the decision has been taken to have separate Karate group, still with close ties

to the BCA, but with its own identity and officially a member of the **English Karate Federation (EKF)** and **Scottish Governing Body**. It will be possible, at minimum cost, for current BCA members to hold dual membership.

### Will new groups coming in enjoy the opportunity for BCA membership

Absolutely, and this will be the great plus for the Karate people in that they will, if they so chose, be members of two organisations and can benefit from the great reputation that the BCA has, and the great reputation the BCKA is going to have.

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Also as the BCKA, like the BCA is a member organisation of the **World Combat Association (WCA)**, this opens the door to a wide, international network of martial arts groups.

### Can you explain the 'variations on a theme'

Yes, of course. First we have the 'styles' and, as we know, since the late 1950's onwards, there has been a profusion of traditional Okinawan and Japanese styles, some with tens of thousands of practitioners and others with just a few hundred. Some have international governing bodies, some just have UK affiliation and others have no links whatsoever. The big split in the UK Karate scene occurred in the mid to late 70's when two things happened. The first was the belief that people could progress without the Japanese and that the over-controlling hand of the large style organisations no longer held sway as clubs and larger groups felt confident in breaking away often, though, leaving them isolated from recognition, gradings and instruction.

### Was this a good or bad thing?

Both. On the one hand, the political and restrictive grip of the big associations was broken, but in the succeeding vacuum, standards slipped. Instructors, isolated from 'official' gradings, graded themselves, and despite the benefit of freedom, its downside was the lack of standards that have ensued since then.

### What about the positive developments

This is the other element of the 'variations on a theme,' and that is the 'usage,' or more specifically, the emphasis we place on the teaching of Karate. When the 'lid came off,' restrictions ceased and we saw all the branches start to grow. First came the 'Full Contact Karate' competitions, closely followed by the 'Freestyle' competitions and, in the 90's, the rise of the 'practical/self defence' Instructors and groups. Other areas of emphasis have been the strong interest in true Bunkai and the introduction of 'Pressure Point' knowledge and skills.

### Has the BCKA something to offer all these interests

Without question, and the proof of that is evident with a run-down of the Association's senior Instructors, with whom (and also with many others) we cover this whole spectrum of both styles and 'emphasis.' We will have access to a wide range of competitions, from traditional to

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semi-contact international World Championships. If you have students with particular skills, either in the Kumite, or Kata arenas, our Squad training sessions will bring out the very best in them.

### The Line-up

#### **Peter Consterdine - Joint Chief Instructor**

An **9th Dan** in Karate, with over 49 years continuous training, and some 8 years on the Gt. Britain and England Karate squads. Trained to 1st dan in Wado Ryu and in 1969 was a founder of the Shukokai Karate Union (SKU), training with one of his strongest influences Shigeru Kimura Sensei. Peter was one of very few British Internationals who fought Full Contact, taking a British title in the mid 70's.



Renowned not only for his groundbreaking work on the 'practical' application of martial arts, but also for his skill and abilities in melding traditional Karate with kickboxing, and other combative and competitive arts. Peter's belief is that whilst the practice of karate must be aesthetic, it must also have 'content.' In other words it must have the priority of having 'impactive effect' - it must work.

#### **Geoff Thompson 8th Dan - Joint Chief Instructor**

Geoff needs little introduction, neither for his long martial arts career, nor for his groundbreaking writings on the application of the art and sport of Karate in real life engagements. The author of some 40 books and 35 DVDs, there are few people with Geoff's credentials when it comes to understanding how traditional systems, be they Japanese, or of Chinese origins can meld with modern combative sports, such as Boxing, Wrestling and Vale Tudo.

Despite Geoff's work with the 'application' aspects of martial arts, he has never lost his interest and love for traditional





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Karate, having spent over 40 years training with some of the best Shotokan instructors in the UK. There are few people who have trained to the intensity that Geoff has to reach his high level of technical competence. The ultimate inspirational instructor.

### The Coaching & Grading Panel

Below are the BCKA's senior coaches, grading officers and Technical Committee. These internationally recognised Instructors represent the whole spectrum of traditional and modern Karate, all having served their time coming through the traditional ranks and provide the support for Geoff and Peter in the coaching and grading tasks.

#### Iain Abernethy 6th Dan

*Traditional, Bunkai and applied Karate exponent. Iain needs no introduction to the Karate community, renowned for his work on the functional application of traditional Kata. Iain is one of the senior Coaches of the BCA and has developed a world wide reputation for his unique skills.*

#### Lee Sansum 7th Dan

*One of Kickboxing and Sport Karate superstars. Lee is also one of the Association's foremost 'combat' instructors, having taught military units, worked as an international bodyguard and is acknowledged as the foremost 'martial arts motivator.' The Association's Sport Karate Coach.*

#### Russell Stutely 6th Dan

*Traditional, and applied pressure point Karate. Few people have so seamlessly combined the pressure point applications with both Traditional Karate and real world combat. Russell is now making a reputation for this within US police defensive tactics circles.*

#### Jon Ryley 6th Dan

*Jon has dedicated the last 30 years to the acquisition of Martial Arts knowledge and techniques. His main focus is on the disciplines; Karate, Kick Boxing Torite Jutsu, Kali, Jeet Kun Do and Jun Fan Gung Fu. One of the UK's most knowledgeable Karateka.*



### **What about the 'politics?'**

We hear groups talking about 'No Politics' whereas its seldom practiced in reality and the restrictions they place on Instructors and students are often more draconian than they were in the bad old days. We know how to do it, however, as we've successfully demonstrated with the BCA, which we often hear people say is one of very few the credible martial arts organisations in the UK. We place no restrictions on who you train with, grade with, or compete against, save that external restrictions currently seek to limit these expressions of growth.

### **Can you explain your comments about 'service'**

Service is more than simply providing insurance cover and licence books and we see ourselves is a support role for any instructor who needs help with growing, or changing. We have some of the most commercially astute Instructors in the BCKA whose knowledge is available and all of us have massive experience with growing the business side of karate. We have mentored people through the BCA to grow to be not only household, but international names. We have helped people through the process of change, as they have taken their core, traditional art and introduced other concepts and emphasis, and all this skill and knowledge will be available to our people in the BCKA.

### **What other services are there in the Association**

There is a bullet point list at the end of FAQs, but specifically I should mention one of the more unglamorous aspects and that is administration. Ask any BCA Instructor about the level of efficiency in the BCA and they will tell you it is the most effectively run organisations they have ever been with. Student licenses and insurances are back with Instructors almost by return. We measure our service levels in days, not weeks, or even months in some cases we have heard about. You will never need to make an excuse to your students as to where their membership and grading book is. Your queries are answered immediately and any help we can be in areas such as syllabus development, or marketing you only need to ask.

### **Where does the BCKA stand on commercialism and Karate**

Lets be quite clear on the issue. The argument is that the more commercial an Instructor gets, the worse the standard gets, but it's a specious argument. There is no question, and we've all

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seen it, that there are organisations that are so commercially focused, with growth so driven, that standards are appalling. That, however, does not mean that all Instructors keen to succeed commercially, have poor standards - just the opposite - the two are not mutually exclusive. It's simply a matter of personal preference. One Instructor may be happy teaching two nights in a church hall whilst another operates from 5,000 sq. ft. of purpose built premises, and good luck to both, but it's just a personal choice and neither should be open to criticism. It's the quality of the product that counts.

- Comprehensive Instructor and student liability insurance
- Grading/membership book and a range of certificates for Instructors, Dan and Kyu grades
- Gradings and grading ratification for traditional, freestyle and full contact Instructors
- Top class competitions
- Squad training - traditional (Kumite & Kata), freestyle, MMA
- Regular seminars and self protection qualifications
- Membership of the **England Karate Federation (EKF)**
- Membership of the **Scottish Karate Governing Body**
- Potential for joint membership of the **British Combat Association (BCA)**
- CRB/ISA checking facility
- Full support for yours and your club's development
- Entry of the BCKA's website 'Club Locator'
- Your own club 'mini' website on the BCKA site
- Exceptional Administration
- A network of the very best martial artists through both Associations
- Support with syllabus construction
- Club development assistance and marketing support



### Gradings

#### **Dan Gradings (BCKA)**

Applicants for Shodan (1st Dan) examination should have a minimum of six months training after receiving their 1st Kyu and a minimum of three years training. Applications for dan grade are submitted through the Group/Club Chief Instructor. Dan gradings are based on the syllabus submitted and we recognise that each group will have different methods and practices, therefore, BCKA Association gradings are conducted separately for each group and applicants are expected to bring a partner to assist.

Any grading conducted to a group/club syllabus will require that the syllabus has received approval for the BCKA technical Committee. Assistance can be given in the construction of a suitable syllabus designed to meet the aims of the group/club. The cost of any Dan grade examination is £75.

#### **Dan Gradings (Group/Club Chief Instructor)**

Dan gradings can be conducted by the Group/Club Chief Instructor by prior arrangement with the BCKA, but this is dependent on the grade level and experience of the instructor

#### **Kyu Gradings**

Chief Instructors are authorised to award grades up to and including 1st Kyu. These grades are recognised and can be registered with the BCKA. BCKA Kyu grade certificates, customised with the club logo (example enclosed), are available at a cost of £2.50. Customised BCKA certificates are a service we offer, but are not compulsory and, unlike many organisations, the BCKA does not charge Instructors for Kyu grade registrations.

### Coaching Courses

Coaching Karate, as an emerging profession, must demonstrate at all levels a high degree of honesty, integrity and competence. The need for karate coaches to understand and act on their responsibilities is of critical importance to karate, as is the need to protect the key concept of participation for fun enjoyment and achievement. We provide regular courses in coaching to

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meet the requirements of both the **EKF (Club Coach and Head Coach)** and **SKGB (Level 1, Level 2 and level 3)**.

### What are the costs?

We have tried to make the costs of membership to the BCKA very competitive, (by contrast with the large, traditional style organisations), and are as follows;

🕒 **Group/Club Registration** - This fee also includes the Chief Instructor's personal membership of the BCKA ..**£50. N.B.** (Not repeated if a minimum 25 students are registered within a year)

🕒 **Senior Student**.....**£16** (includes the Licence/Record Book for new students\*)

🕒 **Junior Student** (-15 yrs).....**£13** (includes the Licence/Record Book for new students\*)

\* Student membership fee includes personal accident insurance and £1 million 'member to member' liability cover as described later under the insurance heading.

### NOTES (Optional Costs)

#### **UK Governing Bodies (EKF/SKGB)**

🕒 Students have a choice as to whether they also wish to be licensed with either the **Scottish Karate Governing Body (SKGB)** or the **English Karate Federation (EKF)**. The cost of this affiliation is....**£3 SKGB and £2 EKF** ( **this is not an optional choice - all must join**)

#### **Joint British Combat Association (BCA) membership;**

🕒 **Instructors** in the BCKA can affiliate to the BCA and receive a BCA Instructor's Certificate and Licence/Record book at a cost of.....**£6**

🕒 **Students** can also affiliate at a cost of.....**£2** (includes BCA Licence/Record book)

🕒 A BCKA badge is available at a cost of.....**£2.50**

The student membership application form, clearly indicates the core cost of membership and additional optional charges.

Visit the BCKA website to see the range of products available for Instructors and students.

## Insurance

### Student Insurance Cover

- £1.1 m General Liability and 'member to member' cover
- Personal Accident, Capital benefits (Death, Permanent Disability ) to £25,000
- £250 Dental cover any one accident (£50 Excess)
- £250 Physio (£50 Excess)
- Loss of Earnings £50 weekly (if gainfully employed) (28 Day Excess)
- Hospitalisation £25 per day (Max 90 Days)
- Ages 5 to 65

### Instructor's General/Civil Liability to £5M & Professional Indemnity to £2m

#### Cost 75 p.a. Against liability for:

- Bodily injury or death ..... £10,000
- Loss of Limbs or Eyes ..... £50,000
- Permanent Total Disablement for ANY occupation ..... £50,000
- Medical Benefits (any one claim) – Max ..... £1,000
- a) % of Non-NHS Medical expenses ..... 50%
- b) % of Physiotherapy expenses ..... 75%
- c) % of Dental expenses ..... 50%
- Excess payable for each claim "a)" and "c)" ..... £50.00
- Excess payable for Physiotherapy "b)" ..... £100.00

Property and products damage, while in your control. Third Party bodily injury.

Legal advice, Court costs, reasonable expenses.

Instructors are advised to keep recognised current qualifications in First Aid, Coaching, Health & Safety, Child Protection and CRB.

## How do I proceed with an application?

At this stage all we need to assess the application for Group/Club membership simply fill out the one page application form. Any supporting documentation that can be supplied with the application is welcome as, eventually, should you wish to proceed with the application we will need to have seen all supporting evidence of grades and the enhanced CRB disclosure before endorsing the application

If you are looking for an Association that will put yours and your students interests first, run by people with the highest respect not just within UK martial arts circles, but internationally, then the BCKA is for you.

**So, pick up the phone, write, email, or simply fill in the application form to be a part of the most progressive and prestigious Karate organisation in the UK.**

### **Peter Consterdine**

Chairman and Joint Chief Instructor

### **Geoff Thompson**

Joint Chief Instructor

### **Contact;**

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