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KARATE** NGB



# English Karate NGB

## Para Karate

**NGB STRATEGY 2025- 2026**

# Foreword



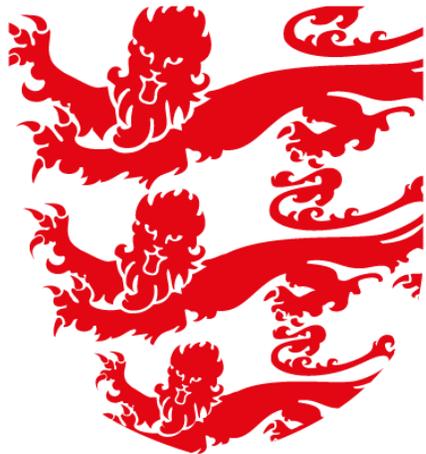
The English Karate NGB strives to ensure that karate is participated, watched, delivered, governed and enjoyed by all, with equal opportunities regardless of age, race, religion, gender or disability.

The English Karate NGB recognise the need to listen, engage and understand our membership and this is central to our work in the short term and will allow us to inform our long-term plans. Our commitment to equality, diversity and inclusion is genuine and long term.

# Our Vision



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- ▶ Create an inclusive and sustainable Para Karate system within the English Karate National NGB.
- ▶ The English Karate NGB will enhance access and engagement in quality karate opportunities for all its members with a disability.
- ▶ Everybody regardless of ability will be given a fair and equal chance to participate in karate, be active and benefit from it.

# Our Mission



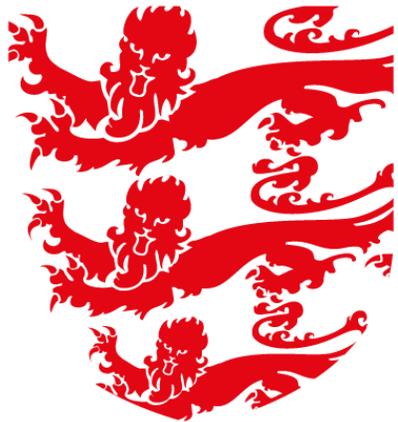
In order to achieve the vision of an inclusive and sustainable Para Karate system within the English Karate NGB, a multi-level approach is needed.

## Our mission is to:

- ▶ **Enhance Participation:** Increase number of members that are participating in quality karate.
- ▶ **Enhance Awareness:** Increase awareness of para karate from grassroots to elite athletes.
- ▶ **Enhance System development:** Provide coaching, competition, judging & refereeing opportunities for disabled members of the EKNGB.
- ▶ **Enhance Collaboration:** Increase the number of coaches engaging with the para members from grassroots to elite.
- ▶ **Enhance Communication for Para Karate:** Increase support for para karate.

We want fairness for disabled people in karate.

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WHERE WE  
ARE?



WHAT ARE OUR  
ASPIRATIONS?



WHAT WE  
NEED TO DO?



HOW CAN WE  
DO THIS?



MONITORING  
& EVALUATION

# Where we are?



- ▶ Unknown number of Para athletes within the English karate NGB
- ▶ Number of athletes eligible to compete at a WKF event level is very low.
- ▶ Unknown number of disabled members partake in coaching, judging & refereeing
- ▶ Very limited number of coaches with the training to deliver sessions for people with disabilities and many haven't taken part in the IAP training.

# What are our aspirations?



- ▶ Increase participation of disabled athletes from grassroots through to elite level athletes
- ▶ Increase communications & exposure for our para team and members
- ▶ Encourage all clubs & associations within the EKNGB become more inclusive and welcoming to disabled members into there clubs and associations.
- ▶ Provide competition opportunities for all athletes with disabilities.
- ▶ Create fairness through all levels through inclusive coaching, refereeing and judging.

# What we need to do?



- ▶ Improve communication and engagement with our para members of the EKNGB
- ▶ Promote access to all coaches within the EKNGB access to the Inclusive Activity Programme to increase awareness of disability and give them the tools to be able to increase disabled members from grassroots.
- ▶ Grow our social exposure for all disabled members of the EKNGB, from a grassroots perspective rather than always competition.
- ▶ Offer inclusive grassroots training sessions to disabled athletes even if they won't qualify for WKF events – this will allow coaches to talent spot athletes.
- ▶ Ensure that the selected squad trains regularly monthly.
- ▶ Improve Para Kata rules within English karate competitions.
- ▶ Become Members of Sport Excel, Virtus and work closely with the Activity Alliance and the world karate federation.
- ▶ Listen to our disabled members and understand what they would like for our NGB.

# How can we do this?



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## **Coaches & Education**

Actively promote the IAP training courses through Club & Association coaches – to give them the skills and confidence to engage and welcome disabled members into the English Karate NGB

## **Communications**

Create Para Specific Social media page to improve two-way communications & engagement within the English Karate NGB, share best practice and knowledge to promote inclusive karate.

Promote grassroots & para karate activity through social media and website to encourage participation.

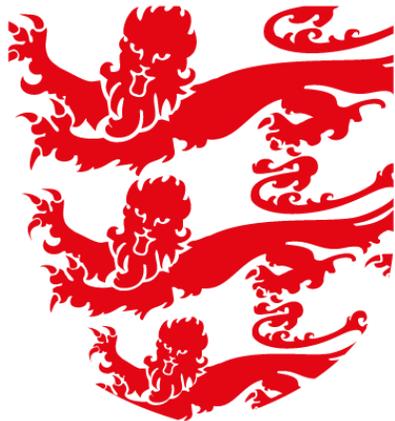
## **Competitions**

Improve Para Kata rules in domestic competitions, align with WKF rules to ensure we provide the highest standards of competition. But also increase the number of categories available to ensure equal opportunities for all to compete at a grassroots, regional and national level.

# How can we do this?



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## **Inclusive opportunities**

Actively offer a pathway for all disabled members the opportunity to be involved in karate at all levels through: Competition, coaching, refereeing & judging.

## **Inclusive Grassroots training opportunities**

Enable training opportunities to all disabled members of the English Karate NGB – open training sessions held monthly to increase participation.

## **Elite opportunities**

Athletes who meet the WKF criteria will be able to train at the National Squad sessions with the opportunity to select for World and European competitions.

## **Association and club Support**

Offer support to clubs and Associations to help them engage with disabled people and offer advice to help them get started.

# Monitoring & Evaluation



- ▶ Annual monitoring of the numbers of disabled members within the EKNGB
- ▶ Active monitoring of the number of clubs/associations who have participated in the IAP training.
- ▶ Monitoring of numbers of members attending Inclusive Grassroots and National training sessions.
- ▶ Monitor the number of para entries at competitions
- ▶ Use Sport 80 system to collate data on our disabled members so we have a better idea of our membership.

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Nelson Mandela once said, "Sport can create hope where once there was only despair." This applies perfectly to the case of people with disabilities who have found motivation in sport to carry on with their lives and strive to do more and better every day.