



NATIONAL KATA ELITE A SQUAD

(TRUE ELITE NATIONAL SQUAD)

Squad Size:

- 2 Athletes per Category, Male & Female: Cadet, Junior, U21, Senior & Team.
- Total = 16 individual Athletes, plus teams.

Training Frequency:

- 10 National Sessions per year.
- 2 hours National squad training.
- 1.5 hours National Elite squad training.

Purpose:

- Elite preparation for Commonwealth, European and World Championships.
- Data tracking & performance feedback.
- Direct Coach oversight.

Interchangeable squad positions

Positions in the National Elite squad and the national squad will be interchangeable, Creating competition right through the squad.

Selections for Commonwealth, European & World Championships

Selections for a major championship would come from the National Elite squad, allowing selection to be integrated into the training process itself. This will enable us to replace selection events with productive training sessions, maximising development time. Tracking records, coachability, technical and athletic performance will all form the basis of selection.



NATIONAL KATA A SQUAD (DEVELOPMENT TIER)

Squad Size:

- 2-3 Athletes per Category not including national Elite squad athletes.

Training Frequency:

- 10 National Squad Sessions per year.
- 2 hour structured session for all categories - Cadet-Junior-U21 & Senior.

Purpose:

- More Generic training with a pathway to National Elite Squad.
- With a revolving door policy and a clear pathway to gain a spot into the national Elite Squad and therefore selection for England.
- Raise technical standards



NATIONAL KATA A SQUAD TEAMS (DEVELOPMENT TIER)

Squad Size:

- 2-3 Teams per Category.

Training Frequency:

- 10 National Squad Sessions per year.
- 2 x 1.5 hour team kata training sessions.

Purpose:

The purpose of the Team Kata programme is to systematically develop England National Team Kata squads across all WKF competition categories:

- Cadet & Junior – Male & Female
- U21 – Male & Female
- Senior – Male & Female

Programme Objectives:

- Establish consistent national team kata squads in every WKF category.
- Develop depth within each team, ensuring multiple athletes are prepared to step into team positions when required.
- Create continuity as athletes transition between age categories.
- Maintain established teams for longer periods, allowing performance, understanding, and synchronisation to evolve over multiple seasons.
- Build a sustainable national system rather than short-term selection teams.



EKNGB REGIONAL SQUAD

Squad Size:

- 2 – 4 Athletes per Category per Region
- Selected from previous national squad members and regional selections.

Training Frequency:

- 5 Regional Squad Session per year
- 1.5 hours Regional Open training
- 1.5 hours Regional Squad training

Purpose:

- Bridge between Regional open training & national squad.
- Prepare athletes for national pathway.
- Raise technical standards regionally.



Open Regional Training

Squad Size:

- Open training sessions.

Frequency:

- 5 Open Sessions per year per region.

Session Format (1.5 hours):

- Inclusive training for a mix of standards and ages.
- Focus of enjoyment of Kata training.
- Inspire and motivate.
- Opportunity to progress onto the regional squad.



Level	Frequency	Session Length	Focus
National Elite A Squad Kata & Team Kata	10 x per year	3.5 hrs	Elite performance 2 per category Including Teams
National A Squad Kata	10 x per year	2 hrs	Development & selection for National Elite Squad
National A Squad Team Kata	10 x per year	3hrs	Development & selection for National Elite Squad
Regional Squad Kata	5 x per year	3 Hours	Bridge between Regional open training & National Squad
Open Regional Kata Training	5 x per year	1.5 Hours	Focus on enjoyment, inspire, and motivate with a clear pathway to regional squad training

