



English Karate Performance Pathway

Young Lions

Programme

Southern / Midlands / North

Young Lions will be aged: 8-9yrs & 10-11yrs.

Training: Training will take place three times a year, with some additional training for events, this will be known as pre-training.

Young Lions Badge: If an athlete receives an England Young Lions badge, they will become part of the Young Lions England Team. This provides opportunities to be selected for international events such as the WKF Youth Camp & Cup in Croatia.

Competition experience: Additional competitions may also be available for the team throughout the year, and details of these opportunities will be shared with parents and coaches as they arise.

Coaching Team

Head Kata Coach - Sensei Aimee Sell is a dedicated karate coach and successful international competitor with extensive experience at World Karate Federation (WKF) level. She has represented England at major international events including European and World Championships, competing against some of the best athletes in the world.

Using her experience from elite competition, Aimee is passionate about developing athletes of all ages, helping them build confidence, discipline and strong technical skills both on and off the tatami. Her coaching focuses on technical excellence, competition strategy and mental resilience, supporting athletes from beginner level through to national and international competition.

Sensei Aimee's achievements include WKF World Championship Bronze (2014), World Junior & Cadet Championship Bronze (2013), 2× EKF European Silver Medals and 3× EKF European Bronze Medals. She is also a 14× English National Champion and 9× British Champion.

Through her coaching, Aimee aims to inspire the next generation of karateka while guiding talented athletes towards opportunities within the Young Lions national pathway.

Head Kumite Coach - Sensei Paul Harris is an experienced and respected karate instructor who plays an important role in supporting the development of athletes within the Young Lions training programme. With many years of coaching experience, he is known for helping young athletes build strong technical foundations, discipline and confidence.

Paul focuses on creating a positive and focused training environment where athletes are encouraged to work hard, refine their skills and develop the mindset required for high-level competition. His sessions support athletes preparing for national pathways and international opportunities.

Through his work within the Young Lions training environment, Paul helps inspire and guide the next generation of karateka, promoting the values of respect, perseverance and dedication both on and off the tatami.

Assistant England Young Lions Coaches: Sensei Jerome Kumedzina & Sensei Anthoni Everitt. *Please note that any of our national coaches or regional coaches may step in to lead a session if a young lions coach is unavailable.

Selection Criteria: Selection onto the team will be based on talent identification at sessions in the South, Midlands and North.

- All selected athletes will receive a new England Young Lions badge.
- Once selected onto the team athletes should try to attend all sessions, however this is not a requirement.

Please note if athletes are selected for international events:

- Parents will be responsible for all associated costs involved.
- Parents must chaperone their own children to and from the events.
- All selected athletes will require a Young Lions England tracksuit.

Pathway to represent England at National level:

Once athletes reach the age of 11, they become eligible to attend and train at regional sessions. The young lion's sessions are designed to help bridge the gap between youth grassroots training and elite-level sport.

Students who have participated in the Young Lions programme will already have received expert coaching from national-level coaches. This preparation helps ensure they are ready to progress into the regional pathway, where they can continue developing their skills at a higher level.

From the age of 13, athletes may also have the opportunity to be considered for England trials, depending on their development and performance.