

English Karate Performance Pathway



Young Lions

Programme

Southern / Midlands / Northern

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

Training: Training will take place three times a year, with some additional training in the lead up to events, this will be known as pre-training. Those athletes who are training on the young lion's sessions must wear a blue belt.

Young Lions A Squad: If an athlete is selected onto the young lions A squad, they must wear a red belt to training sessions.

Young Lions Team Badge: If an athlete receives an England Young Lions team badge, they will compete for England on the young lion's team. The team will be coached by the Young Lions coaches and additional coaches may be asked to assist where necessary.

Competition experience: Being a young lion provides opportunities to be selected for national and international events such as the WKF Youth Camp & Cup in Croatia. Additional competitions may also be available for the young lions throughout the year, and details of these opportunities will be shared with parents and coaches as they arise.



Young Lions Coaching



Head Kata Coach

Sensei Aimee Sell

Sensei Aimee 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.

Using her experience from elite competition, Aimee is passionate about developing athletes of all ages. Her coaching focuses on technical excellence, competition strategy and mental resilience, supporting athletes from beginner level through to national & international competition.

Sensei Aimee's achievements include WKF World Bronze (2014), WKF World Bronze (2013), 2x EKF European Silver and 3x EKF European Bronze Medals. She is also a 14x English and 9x 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.





Young Lions Coaching



Head Kumite Coach

Sensei Paul Harris

Sensei Paul 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.

Through his coaching, Paul will inspire the next generation of karateka while guiding talented athletes towards opportunities within the Young Lions national pathway.





Young Lions Coaching



Assistant Kumite Coach

Sensei Jerome Kumedzina

With over 40 years dedicated to martial arts, Sensei Jerome Kumedzina stands as a respected figure in English karate. His journey began in the mid-1980s at Ealing Karate Club, laying the foundation for a remarkable career that saw him spend nearly two decades competing as a standout athlete on the England National Squad.

Today, Sensei Jerome plays a key role as a Young Lions Coach for English Karate, working closely with some of the country's most promising young competitors. He is known for a coaching philosophy that values consistency, discipline, and long-term development over perfection. For Sensei Jerome, karate is more than a sport, it is a pathway for building confidence, resilience, and character in young athletes, ensuring they grow not only as skilled fighters but as strong and focused individuals.

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



*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 A squad athletes will wear a red belt to training.
- All selected England young lions team members will receive an England Young Lions badge and will compete for the England Young Lions Team.
- 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 Young Lions Team 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 be required to wear 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.