

**TEAM ADRENALINE**  
**SEASON THREE**  
**2025/2026**  
**INFO PACK**



**ADRENALINE**  
**MARTIAL ARTS**



**ADRENALINE  
MARTIAL ARTS**

## Welcome to Team Adrenaline Martial Arts – Season 2025/26

Dear Team Adrenaline Family,

As we step into our third competitive season after a 15-year break, I could not be prouder of what our athletes have already achieved. In just two seasons, we have seen incredible growth, with Team Adrenaline securing numerous victories and celebrating several national title holders within our squad. These results are a reflection of your dedication, your hard work, and the spirit of excellence that defines our team.

This Season Info Pack has been created to make sure every athlete, parent, and supporter is fully informed and prepared for the journey ahead. Inside, you'll find everything you need to know about training, events, competitions, and expectations—so that together, we can continue raising the standard of what it means to be a competitive martial athlete.

For the 2025/26 season, our focus will be on competing at WAKO-sanctioned events, where our athletes can continue to test themselves on some of the biggest stages in sport karate.

We are also delighted to continue our partnership with our friends at Hicks Family Martial Arts through the Sport Karate Alliance, hosting three inter-club events. These competitions will give our team valuable time on the tatami in a safe, friendly, and supportive environment.

In addition, we are proud to once again support the PCS event and will be taking a select team to compete at the Revolution Leeds event, run by our good friend Sensei Charlotte Craighill.

A full calendar of planned competitions is provided in the following pages for your diary. Please note that some dates may be subject to change as final confirmations are received from event organisers.

None of this would be possible without the tireless efforts of our coaching team and our student success team, who continue to work with passion and precision to ensure our athletes are fully prepared to perform at their best. I would also like to extend a heartfelt thank you to our uniform sponsors, Darren and Fiona Peters from Ermine, whose generous support has been truly invaluable to the growth and professionalism of our team.

The year ahead promises to be one of our most exciting yet. Together, with the energy, commitment, and resilience that defines Team Adrenaline, I know we will reach new levels of success—both on and off the Tatami.

Let's make this our best season yet.

With pride and determination,

先生リー・ナツシュ

Kyoshi Lee G. Nash

7th Degree Black Belt

Chief Instructor & Head Coach

Adrenaline Martial Arts



虎協会空手道

# THE COACHING TEAM

At Team Adrenaline Martial Arts, we are proud to have one of the most experienced and passionate coaching teams in the country. Each member brings their own expertise, achievements, and unique energy to the Tatami, ensuring our athletes have the very best guidance and support throughout the season.



**Kyoshi Lee G. Nash – 7th Degree Black Belt, Chief Instructor & Head Coach**

Training since 1981, Kyoshi Nash has dedicated his life to martial arts. After competing at both National and European level in Traditional Karate, he stepped back from competition due to a medical operation and channelled his passion into teaching and coaching. Over the years, he has trained and mentored multiple British and World Champions. Kyoshi leads with vision, experience, and an unwavering belief in the potential of every athlete on the team.



**Shihan Jordan Whitehead – 5th Degree Black Belt**

Since beginning his martial arts journey in 1999, Shihan Whitehead has achieved an outstanding competitive record, securing 7 national titles. His deep knowledge of competition strategy and his ability to inspire confidence in his students make him a vital part of the coaching team. He brings both technical precision and motivational energy to every training session.



**Renshi Jason Horne – 4th Degree Black Belt**

With over three decades of martial arts experience, Renshi Horne began training in 1990 and reached the pinnacle of success by winning a world title in 1999. His wealth of experience at the highest level, combined with his calm, measured coaching style, makes him a role model for athletes striving for excellence. He is passionate about instilling resilience, focus, and discipline in every competitor.



**Shidoshi Gina Hart – 2nd Degree Black Belt, Team Manager**

As both a coach and the Team Manager, Shidoshi Hart plays a key role in ensuring the smooth running of Team Adrenaline. Her organisational skills, combined with her martial arts expertise, help keep everything on track so athletes and coaches can focus on performance. Her passion for supporting others and her commitment to the team's success make her a cornerstone of the squad. Shidoshi Hart is your go-to person for all questions squad related.



**Shidoshi James Thompson – 2nd Degree Black Belt**

Starting his training in 2000, Shidoshi Thompson quickly proved himself as a fierce competitor, winning a national title in 2007. In 2025, he once again stepped onto the competition stage and claimed a prestigious British Title, proving that his skill and fighting spirit remain as sharp as ever. Today, he channels that same passion into coaching, helping athletes to push beyond their limits and develop the mindset of a true champion. His approachable style and positive energy make him a favourite among the squad.



**Shidoshi Darren Peters – 2nd Degree Black Belt**

Dedicated, hardworking, and always ready to motivate others, Shidoshi Peters is a valued coach who brings a strong technical base and a drive for constant improvement. His attention to detail ensures athletes refine their skills to the highest level, while his supportive nature helps build confidence in every member of the team.



**Sempai Pete Myers – 1st Degree Black Belt**

As the newest member of the coaching team, Sempai Myers brings fresh energy and enthusiasm to Team Adrenaline. His passion for martial arts and commitment to the success of our athletes shine through in every session. He is an excellent role model for younger athletes, showing what can be achieved through dedication and perseverance.

Behind every successful squad is a dedicated support team working tirelessly to ensure everything runs smoothly. At Team Adrenaline, we are fortunate to have outstanding individuals who bring their expertise and passion to keep our athletes and families supported both on and off the Tatami.



**Carly Brisbane – Head of Student Success Team**

Carly leads our Student Success Team across the whole of Adrenaline Martial Arts, providing invaluable support to students, parents, and coaches alike. Always approachable and ready to help, she is the go-to person for resolving queries, and making sure that every family feels fully supported on their martial arts journey. Carly's dedication, warmth, and commitment ensure that our athletes and their families can focus on training and competing, knowing they are in safe hands.



**Chris Brisbane – Data & Performance Support**

Chris plays a vital role behind the scenes, supporting Team Adrenaline with all things data. From tracking athlete statistics to developing tools that allow our coaching team to integrate technology into the training environment, his work ensures we make informed decisions that give our athletes the competitive edge. Chris's expertise in data and performance analysis helps the team measure progress, refine strategies, and maximise results on the Tatami.

# KIT REQUIREMENTS

To compete as part of Team Adrenaline Martial Arts, every athlete must have the correct equipment to ensure both safety and compliance with competition regulations.

## Competition Kit

For the 2025/26 season, all competitors are required to use WAKO-approved and labelled sparring kit, which is mandatory for entry into WAKO-sanctioned events.

(This is not needed to compete at the Peterborough Series or the Sport Karate Alliance Interclubs)

You will only need this if joining us to compete at the GB Grandslam events.

Later in the pack you will see it says Full Squad. That just means everyone is allowed to enter and isn't compulsory to attend the GB Grandslams!

The complete Ten Ten sparring set is priced at £266.50 and includes:

Headguard  
Pointfighting Gloves  
Pointfighting Boots  
Shin Guards  
Elbow Pads



For competitors under 12 years old, a faceshield is also required. These are priced at £52 if purchased individually. However, the team will have a supply of shared faceshields available to borrow while athletes are sourcing their own.

To support families, if you choose to order through Adrenaline Martial Arts, we are pleased to offer a £35 trade-in discount for those returning a Rupla kit, bringing the total down to £231.50.

To take advantage of this offer please email [customer@adrenaline.group](mailto:customer@adrenaline.group)

In addition, the following items are required for all competitions:

Mouth Guard (gum shield)

Groin Protector

Chest Protector (recommended for female competitors)

These can be purchased either through Adrenaline Martial Arts or online

Prohibited items during competition include:

\*Jewellery

\*Buttons, pockets, or zippers on clothing

\*Glasses (only soft contact lenses may be worn, at the athlete's own risk)

\*Any metal objects



Finally, all athletes competing at WAKO events must also wear a WAKO-labelled Team Adrenaline uniform. Thanks to the support of our uniform sponsors, Darren and Fiona Peters from Ermine Construction, every competitor will receive this as part of the team package.

# ERMINE

## Training Kit & Uniform Guidelines

To ensure consistency, professionalism, and team pride, the following rules apply to all training and squad sessions:

### Ermine Squad Uniform

Must be worn by every athlete at every competition.

New squad members will receive their uniform when the next delivery arrives.

May also be worn at regular Adrenaline Martial Arts classes.

### Squad Training Kit

Black and Gold Squad T-Shirt and Black Top Ten trousers must be worn for all squad training sessions.

This kit may also be worn at regular Adrenaline Martial Arts classes.

### Souvenir Competition T-Shirts

Souvenir t-shirts from Grandslam or other major events may be worn only during squad training sessions and can replace the Black/Gold T-shirt.

They are not permitted at regular Adrenaline Martial Arts classes.

### Training Shorts Policy

Not permitted for squad training sessions between 1st October 2025 – 30th March 2026. During the summer season (April – September), shorts may be worn, but athletes must also bring full-length training trousers to cover shin guards when required.

Please note: If a squad member arrives at a regular Adrenaline Martial Arts class in the incorrect kit, they may not be allowed to train in that session.



# COMPETITIONS

For the 2025/26 season, Team Adrenaline Martial Arts will focus primarily on WAKO-sanctioned events. WAKO is the number one martial arts organisation in the world, the only body with Olympic recognition, and the pathway to bringing our sport to the Olympic Games. Competing within WAKO ensures that our athletes are tested at the highest possible standard, building the skills and experience required to succeed at national and international level.

While WAKO events remain our priority, we will also continue to support key regional competitions, including the Peterborough Championship Series and the Revolution Leeds event, which provide excellent opportunities for developing athletes to gain valuable experience.

All competitors must be registered with WAKO in order to compete at sanctioned events. Shidoshi Gina will send out the registration link at the start of 2026.

Please note that Team Adrenaline athletes are not permitted to compete at non-WAKO events outside of those listed in this pack, to avoid conflicts of interest and to maintain our focus on progression within the world's leading sanctioning body.

## Event Types Explained

### Sport Karate Alliance Interclub (Full Squad)

These are the foundation of our competitive journey. A joint initiative between Adrenaline Martial Arts and Hicks Family Martial Arts, with athletes from Scott Brewer's SBKA (Lincoln) now joining us, the interclubs give every member of the squad safe, friendly, and essential mat time. They are perfect for building ringcraft, confidence, and experience. We expect full attendance from all team members.

### GB Grandslam Series (Full Squad)

The Grandslams are the stepping stones to the national stage. Fully WAKO-sanctioned and held around the country, they are run at the highest level of organisation and professionalism. With Rookie, Intermediate, and Advanced divisions, every athlete on our squad has a place to test themselves, grow, and shine. These are not just competitions — they are opportunities to see how far you've come and how far you can go.

### Peterborough Championship Series (By Invitation)

PCS is evolving, moving into a larger venue in Kettering while retaining its strong branding and reputation. These events are designed for athletes with more competitive experience, providing the chance to compete in a challenging but supportive environment. Squad members will be selected to attend, giving our rising athletes the opportunity to step up and push their performance further.

### Elite & International Events (By Invitation)

These events are where our most advanced athletes represent Team Adrenaline on some of the toughest stages. Tournaments such as the Revolution Leeds Open, the Yosoko Dutch Open International, and the Flanders International Cup provide the chance to compete against top-level opposition from across the UK and Europe. Selection for these events is a privilege and a chance to showcase the highest standards of our squad.



# COMPETITION DIARY DATES

## Key Reminders

Full attendance is expected at Sport Karate Alliance Interclub events.

All athletes must register with WAKO (link provided by Shidoshi Gina, early 2026).

Team Adrenaline athletes are not permitted to compete at other events this season with the exception of athletes already on national squads.

Some event dates may change – always check team updates before booking travel.

Month	Date	Event	Type
October 2025	12th	Sport Karate Alliance Interclub	Full Squad
October 2025	19th	Bristol Open	By Invitation
Jan/Feb 2026	TBC	GB Grandslam Central, Birmingham	Full Squad
February 2026	1st	Revolution Leeds Championship	By Invitation
February 2026	8th	WAKO GB Nationals	By Invitation
March 2026	22nd	Sport Karate Alliance Interclub	Full Squad
March 2026	27th–29th	Yosoko Dutch Open International	By Invitation
March 2026	8th	Peterborough Championship Series, Kettering	By Invitation
April 2026	19th	GB Grandslam Northern, Barnsley	Full Squad
May 2026	3rd	Sport Karate Alliance Interclub	Full Squad
June 2026	7th	Peterborough Championship Series, Kettering	By Invitation
July 2026	12th	GB Grandslam Southern, Crawley	Full Squad
September 2026	20th	Sport Karate Alliance Interclub	Full Squad
September 2026	26th–28th	Flanders International Cup	By Invitation
October 2026	18th	Bristol Open, Bath (date TBC)	By Invitation
November 2026	8th	Peterborough Championship Series, Kettering	By Invitation
December 2026	7th	Peterborough Open Interclub, Peterborough	Full Squad



# ADDITIONAL TRAINING & SEMINARS

At Adrenaline Martial Arts, we are committed to providing our athletes with the very best opportunities to learn, grow, and succeed.

Over the past seasons, we have welcomed some of the most respected names in the sport to share their knowledge with our competitive squad. From Team USA stars Bailey Murphy, Devon Hopper, and Tyson Wray to WAKO national squad coaches Jacey Cashman and Charlotte Craighill, our athletes have already benefited from world-class coaching experiences.

This season, we are excited to continue that tradition, with more big names lined up to inspire, challenge, and sharpen our squad. Every coach we invite into Adrenaline Martial Arts is carefully chosen because they share our values, align with our teaching philosophy, and add value to our coaching programme. These seminars are designed not only to refine skills but also to keep our athletes motivated and focused on their journey to becoming champions.

To protect the integrity and consistency of our training, we have taken the decision that squad members will not attend seminars hosted by other clubs. Instead, we will focus on carefully selected opportunities that support our programme—such as national open squad training events and WAKO GB training camps, which we fully endorse and encourage.

Think of it this way: imagine a footballer who plays for Tottenham Hotspur. His club would be proud to see him selected to train with the England national team, and they would fully support him in representing his country. But that same player would not be expected—or allowed—to go and train with Arsenal every month! In the same way, our athletes are part of Team Adrenaline, and while we encourage and support those selected for national-level training, we want to keep our team united, focused, and moving forward together.

By keeping external coaching in-house or linked directly to national squad training, we ensure that every athlete is working toward the same goals, with the same values, and within a strong team-based foundation. This focus allows us to maintain consistency, build stronger bonds, and create the best possible environment for our athletes to excel.

Together, we will continue to learn from the best, stay true to our philosophy, and make this season one of the most successful yet.



TEAM USA AT ADRENALINE MARTIAL ARTS

# TEAM CAPTAINS AND INTERNAL LEAGUE

**This season we are introducing something new and exciting for our squad: the Team Adrenaline Internal League.**

**Every athlete will be assigned to one of our five house squads:**

**Adrenaline Eagles – Captain: Amelia**  
**Adrenaline Lions – Captain: Nate**  
**Adrenaline Sharks – Captain: Jeiel**  
**Adrenaline Panthers – Captain: Ionna**  
**Adrenaline Gators – Captain: Ollie**

**Each house will be led by a Squad Captain, whose role is to motivate their team, lead warm-ups, and provide support on competition days. The captains will act as role models, helping their teammates prepare mentally and physically for stepping onto the Tatami.**

**Throughout the season, athletes will earn points for their house by attending competitions and performing at their best. A leaderboard will be displayed in the dojo every month, so everyone can see how their house is progressing.**

## Points System

**1 point – awarded for attending and competing at a Team Adrenaline event.**

**+4 points (total 5) – for achieving 3rd place.**

**+9 points (total 10) – for achieving 2nd place.**

**+14 points (total 15) – for achieving 1st place.**

**Note: Placement points will only be awarded for one category per competitor, which will be their highest placement at the event.**

**At the end of the season, the house squad with the highest overall points will win the honour of lifting the prestigious Funakoshi Cup – a symbol of teamwork, dedication, and competitive spirit.**

**This new league is designed to not only encourage performance but also to build unity, motivation, and support among our athletes.**

**Every point counts – and every effort makes a difference.**



TEAM ADRENALINE  
**EAGLES**



TEAM ADRENALINE  
**LIONS**



TEAM ADRENALINE  
**SHARKS**



TEAM ADRENALINE  
**PANTHERS**



TEAM ADRENALINE  
**GATORS**

# SPECTATOR INFORMATION & ETIQUETTE

The support of family members is one of the most important factors in the success of Team Adrenaline.

Our athletes thrive when they know that their parents, guardians, and supporters are behind them—cheering them on, encouraging them, and reminding them that every time they step onto the Tatami they are growing as martial artists.

At Team Adrenaline, we want the strong family feel that runs throughout Adrenaline Martial Arts to shine just as brightly at competitions.

Your role as spectators is to create an environment where every athlete feels supported, valued, and encouraged—whether they win or whether they learn from the experience.

To maintain the highest standards of professionalism and respect, we ask that:

Parents and spectators do not offer coaching advice. Coaching will always be left to the coaches, allowing athletes to focus clearly and confidently on their performance.

All supporters refrain from negative language or behaviour. We lead by example, upholding what Team Adrenaline stands for—Respect, Courtesy, and Dignity—while displaying the true spirit of the Samurai Warrior.

Everyone remains aware of WAKO regulations. Unlike some sports, WAKO rules are very strict when it comes to spectator conduct. Any negative or abusive behaviour directed towards referees, officials, or coaches can result in immediate removal from the arena, fighter disqualification, and even long-term bans. We are aware of recent cases where spectators have received 12-month bans.

We do not want Team Adrenaline to face such consequences, so let's always represent ourselves with pride and integrity.

These expectations apply not only at national and international WAKO competitions but also at our regional events and the Sport Karate Alliance interclubs.

## Praise Effort Not Just Results

Research and experience have shown that the best way to help athletes succeed in the long term is to praise effort, resilience, and attitude, rather than focusing solely on natural ability or winning.

Athletes who are consistently praised for their hard work and determination build a growth mindset. They learn to see challenges as opportunities, setbacks as stepping stones, and competition as a chance to improve.

By praising effort over outcome, we take pressure off our young competitors. They don't feel that their value depends on whether they win or lose, which allows them to enjoy the experience, perform with freedom, and ultimately achieve greater success. When we celebrate hard work, dedication, and perseverance, we create athletes who are not only skilled but also resilient, confident, and motivated to keep striving for excellence.

## In Summary

Your job as a supporter is simple but powerful:

Cheer, encourage, and celebrate effort.

Leave the coaching to the coaches.

Lead by example in how you behave.

Support your athlete no matter the result.

Together, we will create an environment that brings out the very best in every member of Team Adrenaline—an environment built on respect, positivity, and the warrior spirit.

## Team Adrenaline Spectator Wear

To make our presence even stronger, we are excited to announce that we will soon be releasing Team Adrenaline Spectator Wear at a discounted rate. Imagine how powerful it will look to see an army of supporters all proudly wearing our colours and representing the team together!

Basic Package (£40) – Adrenaline Martial Arts T-shirt + Hoody

Expert Package (£50) – T-shirt + Hoody + Belt Bag

Ultimate Package (£75) – T-shirt + Hoody + Belt Bag + Lightweight Hooded Jacket

This is a fantastic way for parents, families, and supporters to stand out at events while showing the same pride and unity that our athletes display on the Tatami.

# FUNDRAISING FOR THE US OPEN 2027

One of our most exciting long-term goals is to take a Team Adrenaline squad to the 2027 US Open in Florida, July 2027.

This world-class event attracts some of the very best martial artists from across the globe, and it represents an incredible opportunity for our athletes to compete internationally, gain invaluable experience, and make memories that will last a lifetime.

To make this dream a reality, we are starting our fundraising efforts now. The funds raised will help to cover some of the travel and accommodation costs for families who wish to join us on this once-in-a-lifetime trip.

The opportunity to attend the US Open will be open to all current squad members. We believe that, with the training and development planned over the next two seasons, every one of our athletes will be of a standard to proudly represent Team Adrenaline on the world stage by 2027.

If this is something you are interested in, the first step is to register your interest with our Team Manager, Shidoshi Gina. Once registered, you will be asked to get involved in the fundraising efforts.

This will be a team-wide initiative—the more we work together, the more we can achieve.

Towards the end of 2025, we will schedule a fundraising meeting to bring everyone together, share ideas, and create a clear plan to raise the funds needed.

With the passion, energy, and teamwork that define Team Adrenaline, we are confident we can make this dream come true.

Let's work together to ensure that by 2027, Team Adrenaline athletes are not only competing nationally but also making their mark on the international stage in Florida.



**U.S. OPEN**  
WORLD MARTIAL ARTS CHAMPIONSHIPS  
**ISKA**



# SPONSORSHIP OPPORTUNITIES

We would like to begin by extending a heartfelt thank you to our incredible uniform sponsors, Darren and Fiona Peters of Ermine Construction.

Their generosity and commitment have been invaluable in helping us present Team Adrenaline athletes with pride and professionalism on the competition stage.

The support of Ermine Construction has already made a huge difference to our squad, and we are truly grateful for their ongoing partnership.

# ERMINE

As Team Adrenaline continues to grow and push towards the highest levels of competitive martial arts, we are now seeking additional sponsorship partners to help take our athletes to the next stage, ultimately preparing them to represent our team on the world stage.

We have identified several key sponsorship opportunities where local companies can make a direct and lasting impact:

**£5,000 – Top Ten Custom Team Tracksuits**  
Provide our athletes with professional, branded tracksuits for training and competition.  
Sponsor recognition: Company logo proudly displayed on all team tracksuits, worn nationally and internationally.



**TEAM GB  
TRACKSUIT  
Shown for  
illustrative  
purposes**

**£1,800 – Powercube Training System**  
Equip our dojo with a Powercube to improve strength, speed, and conditioning training.  
Sponsor recognition: Company featured on the screens around the dojo as a Powercube sponsor.



**£2,250 – Blazepod Stations with iPads (two full sets)**  
Enable four training stations to run simultaneously, ensuring every squad member has maximum access to this cutting-edge reaction training system.  
Sponsor recognition: Company featured on the screens around the dojo as a Blazepod sponsor.



By supporting Team Adrenaline, sponsors are not only investing in training equipment and kit—they are investing in the future of young athletes, helping them to achieve their dreams, develop discipline and resilience, and represent our community on national and international platforms.

We are excited to work with new partners who share our vision of excellence and success. Together, we can continue to raise the standard and take Team Adrenaline further than ever before.

# COMMUNICATIONS

Strong communication is the backbone of any successful team.

At Team Adrenaline Martial Arts, we pride ourselves not only on the skill and discipline of our athletes but also on the professionalism and organisation that keeps our squad running smoothly.

To make sure that every athlete and family is fully informed, we will regularly send out important updates, reminders, and instructions.

These messages may come from our Team Manager, Shidoshi Gina Hart, or from our Head Coach, Kyoshi Lee G. Nash.

It is absolutely vital that these communications are read carefully and replied to promptly.

Whether it's confirming attendance for an event, registering interest for a seminar, or providing information about travel and logistics, your timely response ensures that:

Coaches and managers can plan effectively.

Events and competitions run smoothly.

No athlete is left out or unprepared.

Everyone in the squad has the information they need to succeed.

## Competition Entries & Fees

One of the most important areas where communication matters is in competition entries. Every tournament has strict entry deadlines, and it is each athlete's responsibility to ensure that their entry is submitted on time. Late entries are often not accepted, and missing a deadline can mean missing the opportunity to compete.

In addition, competition fees must be paid promptly when requested. These fees go directly to event organisers and are often required well in advance of the competition date. Delays in payment can cause unnecessary stress and risk an athlete losing their place in the event.

By replying to messages quickly, submitting entries on time, and paying fees promptly, you are helping to ensure that the entire squad can focus on what really matters—training, performing, and succeeding on the Tatami.

## WhatsApp Group Communication

To streamline updates, all squad members and parents should join our official Team Adrenaline WhatsApp group at:

👉 [adrenali.net/whatsapp](https://adrenali.net/whatsapp)

Once you have joined, you will be added to your relevant squad group so that you receive the information that applies directly to you. This is our fastest and most reliable way to share updates, and it is essential that every family is connected.

Communication is a two-way street. If you ever have a question, concern, or need clarification, please do not hesitate to reach out to either Shidoshi Gina or Kyoshi Nash. We are here to support you every step of the way.

**Team Manager: Shidoshi Gina Hart**

**Tel: 07940 316420 Email: [gina.hart@adrenalinemartialarts.co.uk](mailto:gina.hart@adrenalinemartialarts.co.uk)**

**Head Coach: Kyoshi Lee G. Nash**

**Tel: 07859 165756 Email: [lee.nash@adrenalinemartialarts.co.uk](mailto:lee.nash@adrenalinemartialarts.co.uk)**

Together, with strong communication and mutual respect, we can continue to build a squad that is organised, professional, and unstoppable on the Tatami.

Please make it a priority to respond to all communications without delay.

Every reply counts, every entry matters, and every payment keeps our team moving forward.



# SEASON THREE CHECKLIST

## 1. Kit & Uniform

- Ordered full WAKO-approved Ten Ten sparring kit (headguard, gloves, boots, shins, elbow pads)
- Faceshield (under 12s) purchased or arranged to borrow.
- Gum shield, groin protector, (chest protector for females).
- WAKO-labelled Ermine squad uniform ready for all competitions.
- Black & Gold Squad T-shirt and Black Top Ten trousers ready for squad training.

## 2. Competitions

- Registered with WAKO (link from Shidoshi Gina).
- Confirmed attendance for each competition by deadline.
- Competition entry form submitted on time.
- Fees paid promptly when requested.
- Travel and accommodation (if required) arranged.
- Added competition dates to diary.

## 3. Squad Training & Seminars

- Attending Sport Karate Alliance Interclubs (full attendance required).
- Attending GB Grandslam events (Full Squad).
- Invited/confirmed for by-invitation events (PCS, Bristol Open, Revolution Leeds, Dutch Open, Flanders Cup).
- Attending approved Adrenaline-hosted seminars.
- Attending WAKO GB training camps if selected.

## 4. Communication

- Joined the WhatsApp group via [adrenali.net/whatsapp](https://adrenali.net/whatsapp).
- Added to the correct squad group.
- Reading and replying promptly to messages from Team Manager (Shidoshi Gina) or Head Coach (Kyoshi Nash).
- Keeping up to date with updates on competitions, travel, and training.

## 5. Team Captains & Internal League

- Know which House Squad I belong to (Eagles, Lions, Sharks, Panthers, Gators).
- Support my House Captain.
- Compete and earn points for my house.
- Check dojo leaderboard each month.

## 6. Spectator & Supporter Responsibilities

- Cheer positively, praise effort over outcome.
- Leave coaching to the coaches.
- No negative behaviour towards referees, officials, coaches, or athletes.
- Represent Team Adrenaline with Respect, Courtesy, and Dignity.
- Consider purchasing Spectator Wear (Basic £40 / Expert £50 / Ultimate £75).

## 7. Fundraising & Sponsorship

- Registered interest for the 2027 US Open trip with Shidoshi Gina.
- Participating in team fundraising efforts (meeting end of 2025).
- Sharing sponsorship opportunities with local companies.
- Supporting sponsorship initiatives (tracksuits, Powercube, Blazepods).



# ONE TEAM, ONE VISION

As we look ahead to the 2025/26 season, it is clear that Team Adrenaline Martial Arts is entering a truly exciting chapter.

In just a few short years since reforming the squad, we have built a foundation of strength, resilience, and success that rivals the very best in the country.

We now step forward with clarity, focus, and a shared vision:  
to continue raising the bar, together.

This pack has outlined the information you need to succeed as a competitive martial athlete, but information alone is not what makes champions.

It is the energy, commitment, and spirit of every athlete, coach, parent, and supporter that will define our success.

With the right preparation, the right mindset, and the right team around us, there is no limit to what we can achieve.

**This season we will:**

Train harder and smarter.

Compete with pride and courage.

Support one another as one team, one family.

Embody the values of Respect, Courtesy, and Dignity in everything we do.

Every time we step onto the Tatami, we carry with us not just our own ambitions but the legacy of those who came before us and the inspiration of those who look up to us.

This is more than a team—it is a movement, a family, and a force to be reckoned with.

The challenges ahead will not always be easy. There will be victories, and there will be lessons. But with each competition, each training session, and each shared experience, we will grow stronger, sharper, and more united.

Let us go into this season with determination in our hearts, discipline in our training, and belief in our collective power.

Together, we will make this the most successful and memorable season in Team Adrenaline history.

**This is our time. This is our season. This is Team Adrenaline.**

