

CONNECT

29.05.2026

ISSUE 2

COMMUNITY

COMES

FIRST

CEO's Update

May has been another busy and exciting month for the Karate & Dance Federation.

This month, we waved farewell to Alyssia and Asha, our dance coaches. I would like to thank them both for their hard work, commitment, and contribution to KDF, and wish them every success in the future.

With departures also come new beginnings, and I am delighted to welcome Tia Matthews as our new Lead Specialist Dance Coach, alongside Amelia and James as Coaches, Jack as Assistant Coach, and Daya as Assistant Junior Coach. We are excited to have them on board as we continue to grow.



June brings some fantastic developments across the federation. Karate sessions have now moved from Tuesdays to Mondays, and our dance department is launching a brand-new timetable across four days per week. Alongside our Street Dance and Multi-Style classes, we are introducing Gymnastics (£30.50 per month), Yoga and Zumba Fitness (£30.50 per month or £5 pay-as-you-go), as well as our new Mummy & Me and Baby Bloom classes (£25.50 per month). We are also launching a Wellbeing Package for just £30.50 per month, which includes one hour of Yoga and one hour of Zumba Fitness every week.

We are also introducing our new KDF Jungle Themes. Karate continues to follow the Tiger, representing strength, resilience, and individuality, while Dance adopts the Leopard, symbolising creativity, confidence, and self-expression. Both reflect our belief that every child, young person, and adult is unique and deserves the opportunity to thrive.

Finally, we are pleased to unveil our redesigned kitchen and refreshed outdoor area, creating more welcoming and practical spaces for our community. A huge thank you goes to our staff and volunteers who have worked hard behind the scenes to make these improvements possible.

Thank you, as always, for your continued support. The future of KDF is looking incredibly exciting, and I look forward to sharing the journey with you all.

Jake Byrne
Chief Executive Officer

An Insight into KDF Karate



Big shoutout to all our karate ninjas for the hard work this month! 🙌🌟

Special mentions to our award winners — 🏆 Sensei Spots & Sensei Stitch! Absolute legends!

👁️ And yes... after going missing for a couple of weeks... Sensei Spots has RETURNED 😊

🇧🇪 New timetable drops this week — loads going on, so get involved!

🎓 Graders — it's YOUR time to level up starting Monday! Show us what you've got 💪🔥

👏 Massive respect to Jake who's been working incredibly hard these last couple of months — make sure you big him up when you see him! 🙌👏

👏 New coaches will be helping out in the kids classes soon too — exciting times ahead!

🌟 Don't forget to check out the new flooring and mirrors in the studio... with even more upgrades coming outside soon 👁️



An Insight into KDF Dance



This month at KDF, we introduced our new dance coaches! Tia, Amelia and James have been perfecting their craft and making their mark at KDF! Tia has led the last 2 weeks of street classes and has thoroughly enjoyed getting to see the talent here. The classes consisted of learning some of the foundations of hip hop within some choreographing and pairing that with music... this month's song was "Miami" by Will Smith. For our younger ones we focused on making them feel comfortable with the new faces in the space now, along with working with different textured toys and activities that keep them engaged.

Behind the scenes Tia's been working along side the CEO (Jake) on a big relaunch of everything KDF! Studio revamp, brand new timetable, uniform and much more. We are really excited for this new journey ahead with you all and we're so grateful for the warm welcome we've received!



KDF Superstars of the Month

- Gigi
- Jude
- JJ
- Sebastian
- Jason





Why our students & families choose KDF...

From Sophie, one of our Dance parents...

Gigi has really enjoyed learning from the KDF Dance teachers and her dancing confidence has grown a lot! It is exciting to have the new dance floor, mirrors and sound system now. Gigi loves the mirrors!

Safeguarding Spotlight

The safety and wellbeing of every child remains our highest priority.

At Karate & Dance Fed, we are committed to providing a safe, supportive, and nurturing environment where every child can learn, grow, and thrive with confidence. Our safeguarding practices are informed by guidance from leading organisations including the Child Protection in Sport Unit (CPSU) and the NSPCC, helping ensure our procedures reflect recognised best practice.

Through trained staff, clear reporting pathways, and robust safeguarding policies, we work hard to maintain the highest standards of care across all of our programmes.

Thank you for continuing to support us in safeguarding every child.



KDF Contact Information

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Dates for Diary

W/C 1st June - KDF Karate Grading Week

May Half Term - Closed (Karate & Dance)

12th December - Performance & Awards Evening
(info to come)

Dates may change as our Federation is forever-evolving. Advanced notice will be given and we apologise for the inconvenience.



Community Spotlight



SOUL SPACE STUDIO

Offering 1:1 Reiki &
Crystal Healing therapies.

All KDF members & families can receive 15% off treatments with the code KDF15

Scan the QR code to book or visit
thesoulcollectiveevents.as.me



email: rebecca@thesoulcollective.uk for more information.
Contact me directly to arrange an appointment during your child's Karate or Dance session.