



Athlete Development Programme



“The first step onto the mat is the hardest, but it’s also the beginning of a life long journey of growth, courage and self discovery”



Active Start

Our Active Start Program is a recreational-level kickboxing program designed to introduce children to the fundamentals of martial arts in a safe, engaging, and fun environment. This program focuses on building confidence, coordination, and fitness, while teaching the core basics of kickboxing through playful drills, age-appropriate exercises, and structured activities.

Active Start is not about competition—it’s about movement, skill development, and enjoyment. Students will learn essential techniques such as basic stances, punches, kicks, and defensive moves, all while improving balance, flexibility, and teamwork.

With a focus on discipline, respect, and positive habits, this program sets the groundwork for future martial arts training while ensuring kids stay active, healthy, and motivated.

Perfect for beginners or those who simply want to experience kickboxing in a supportive, recreational setting, Active Start is the first step on the path to lifelong fitness and martial arts success.

Ranking



Uniform:



Session Duration:



45 min

Age Groups:

**4-6
yrs**

**7-10
yrs**

Sessions:

**1-2 x
per week**

Grading:

**3-6
months***

**Depending on students progress*



Foundation

The Foundation Program is the next step in our Athlete Pathway, designed for students who have completed Active Start or are ready to take their training more seriously. This stage focuses on building solid fundamentals in kickboxing through structured training, technical drills, and a clear progression system.

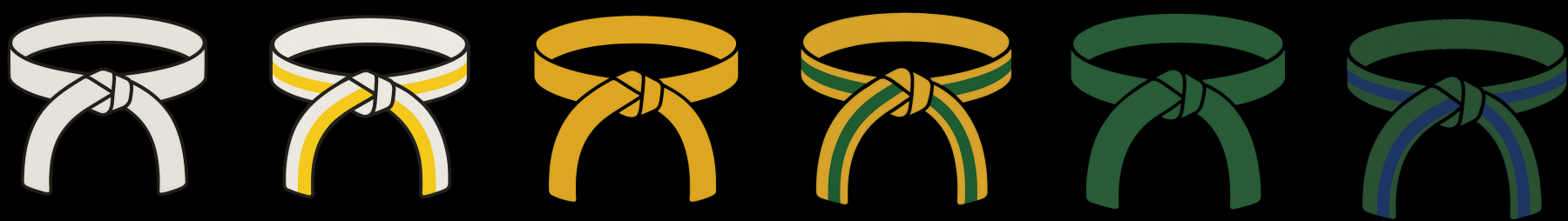
Students in the Foundation Program will:

- Learn correct stances, punches, kicks, and defensive techniques with proper form.
- Build fitness, strength, flexibility, and coordination to support their martial arts development.
- Develop key martial arts values such as respect, focus, confidence, and discipline.
- Begin their journey through the belt ranking system (White to Black), giving them measurable goals and milestones.
- Experience the excitement of structured training while being supported in a positive, safe, and encouraging environment.

The Foundation Program is results-driven but accessible to all. It provides the essential platform for students to grow from beginners into disciplined martial artists, preparing them for future steps in the pathway such as the Development Team and eventually the Competition Squad.

At this stage, the focus is not only on technique and fitness, but also on building character, perseverance, and resilience—skills that extend far beyond the academy walls.

Ranking



Uniform:



Session Duration:



45 min

Age Groups: 7-10 yrs

11+ yrs

Sessions: 1-3x per week

Grading: 3-6 months*

*Depending on students progress



Development Team

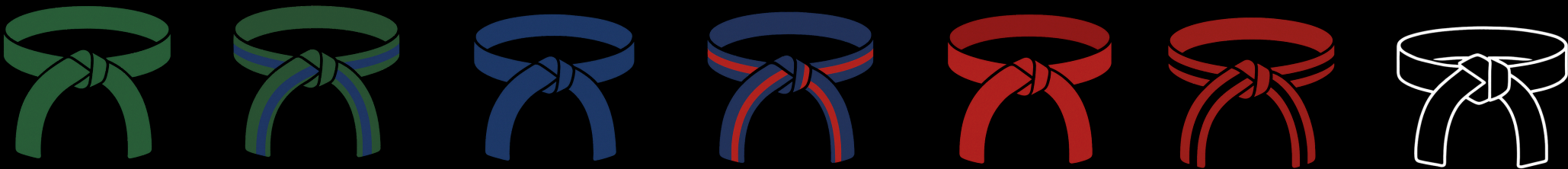
The Development Team Program is the bridge between recreational martial arts and competitive kickboxing. It is designed for students who have built strong foundations and are ready to elevate their training, discipline, and commitment to the next level. At this stage, students begin to experience a performance-driven environment, where training is more intensive and tailored towards competition readiness.

Students in the Development Team will:

- Refine their technical skills with advanced drills, combinations, and tactical awareness.
 - Build superior levels of fitness, speed, strength, and endurance.
 - Gain practical sparring experience in a controlled, safe, and progressive way.
 - Learn the importance of sportsmanship, resilience, and handling pressure.
- Work towards higher belt rankings, demonstrating both technical ability and mental discipline.
 - Be introduced to the structure and mindset required to eventually progress into the Competition Squad (Comp Squad).

The Development Team is where students transition from learners to athletes. It challenges them to set higher goals, sharpen their focus, and develop the confidence, perseverance, and leadership qualities needed both in martial arts and in life. This program is the proving ground for those who aspire to represent UKA on national and international stages in the future.

Ranking



Uniform:



Session Duration:



Age Groups: 7-10 yrs
11+ yrs

Sessions: 2-4x per week
Grading: 3-9 months*

*Depending on students progress



Comp Squad

The Competition Squad (Comp Squad) is the elite level of the UKA Athlete Pathway. Reserved for our most dedicated and talented athletes, this program prepares students to compete at the highest levels of national and international kickboxing competition.

Comp Squad athletes commit to intense, results-driven training, with a strong emphasis on performance, discipline, and excellence. Every session is designed to push physical, technical, and mental limits.

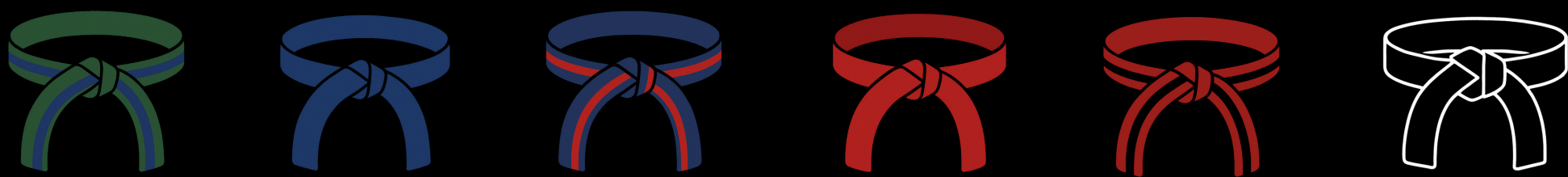
Athletes in the Comp Squad will:

- Train at a professional standard, with advanced technical drills, tactical sparring, and fight preparation.
- Develop peak levels of strength, speed, agility, and endurance through high-performance conditioning.
 - Refine ring strategy, timing, and adaptability to excel in competitive environments.
- Build strong mindset skills: resilience under pressure, emotional control, and mental toughness.
 - Represent UKA at official tournaments, carrying the academy’s values and legacy onto the competitive stage.
- Work towards achieving their Black Belt, a symbol of mastery, perseverance, and leadership.

The Competition Squad is not just about winning medals—it’s about building champions inside and outside the ring. Athletes learn to lead by example, inspire others, and embody the values of confidence, respect, focus, discipline, perseverance, and integrity.

At UKA, the Comp Squad is where dreams of international success become reality.

Ranking



Uniform:



Session Duration:



90 mins

Age Groups:

7-10
yrs

11+
yrs

Sessions:

4-6x
per week

Grading:

3-9
months*

*Depending on students progress



“Behind every strong martial artist was someone who believed in them first - supporting their discipline, cheering through their struggles and celebrating every step of their journey.”

