



Inspired to be the best



ANNUAL REPORT 2024/2025

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1. Chairs Report: Gohar Ghouse

The past year has been a particularly challenging one. Losing our funding from the Local Authority, which had supported us for the past 10 years, was a huge setback especially as it was withdrawn with little justification. While this was disappointing, it has also given us greater independence and allowed us to manage without the stigma of being a service user group.

We have faced considerable upheaval. Sadly, we lost long-term trustees and our Treasurer due to personal circumstances, and our Senior Instructor also stepped down for similar reasons. We owe them all a great deal of thanks for their years of hard work, commitment, and dedication. Their contribution shaped the organisation and will not be forgotten. Despite these difficulties, we found ways to adapt. We worked hard to recruit new trustees and staff, and to reorganise how we deliver our services. It has been far from easy, but we have managed to sustain ourselves through one of our toughest years.

On a brighter note, we achieved a major milestone: becoming an officially recognised registered charity. This status strengthens our ability to apply for grants and pursue opportunities that will allow us to grow, develop, and progress.

With this recognition, we are already seeing progress. Our new charity status has opened doors to fresh achievements and expansion, giving us the chance to explore our potential further. It has been inspiring to see members of our community step forward with increased involvement and engagement, bringing with them a sense of belonging, healing, and progress. Together, we continue to promote Muay Thai as a path to healthier lifestyles. Our independence has also enabled us to open up new avenues. We have worked in schools across London, promoting fitness and Muay Thai, and we are proud to have partnered with Access Sport to create a class especially for SEN children, launching in May 2025. This initiative will provide a safe, empowering space for children with additional needs, helping them thrive as part of our community.

We are also building new partnerships with other organisations, enabling us to become even more active and involved locally. To support this growth, we have restructured our website with additional access points, making it easier for members and supporters to connect with us. A special thank you goes to our Associate Member and former Trustee, Nishi, who has taken on responsibility for managing the website and ensuring it meets our needs.

Looking ahead, we have exciting plans for expansion and development. We want to increase access and availability for the community with more flexible timings, additional training days, and extended openings.

While the past year has been full of challenges, we choose to see them as opportunities to evolve and grow. They have pushed us to adapt, to develop our potential, and to build towards a stronger and more sustainable future. We believe that 2025/2026 will bring even greater progress and achievements, building on everything we have learned over these testing times and over the 10 years.

We would like to extend heartfelt thanks to the Local Authority in Tower Hamlets for previously funding us and empowering our work in the community. We are also deeply

grateful to our partners and associates across Tower Hamlets and beyond, whose support remains invaluable.

Finally, a huge thank you to all our trustees past and present and to our volunteers, without whom none of this would be possible. We want to recognise Blerina Proko, Radia Sultana, and all those who have gone above and beyond to support us. To every member, past and present, who has been part of this journey with us: your contribution matters, and we are excited to continue building our future together. A special thank you to our young students who have developed an impressive skill base and challenged themselves through very difficult and hard training. They have been awarded certificates and arm bands to recognise their progress, validate their achievements, and honour their dedication.

Gohar Ghouse
Founder & Chief Instructor

2. Secretary's Report: Rumana Afaz

This year has marked a significant chapter in the growth and consolidation of TBFA. As Secretary, I am pleased to reflect on the progress made over the past twelve months, both administratively and structurally.

Trustee Meetings & Restructure

We have maintained a consistent schedule of Trustee meetings throughout the year, with regular attendance and productive discussions. These meetings have been essential in guiding our strategic direction and ensuring collective accountability.

There has been a small reshuffle within the Trustee board due to a few individuals stepping down for personal reasons. We're grateful for their past contributions and have since welcomed new members who bring fresh energy and skills to the table. These transitions have been smooth, and we've ensured continuity of vision and responsibilities.

Official Identity & It's Impact

This year marks the first year operating as a charity. Establishing ourselves formally has proven to be a valuable step. It has added credibility to our engagements, helped clarify our mission in communications, and opened doors for partnerships, grants, and community collaborations. We are now better positioned to work with local councils, institutions, and like-minded organisations, and our formal status has increased trust from both supporters and the wider community.

Looking Ahead

As we continue into the next year, our focus will be on maintaining transparency, improving documentation, and further professionalising our internal systems. I remain committed to ensuring that TBFA's communications and records uphold the values and standards we've set in this formative stage.

3. Treasurer & Funding Report: Blerina Proko

This year has been challenging due to the loss of local authority funding. However, we have managed to move forward and sustain ourselves. We have had alternative sources of income that have helped to maintain the status quo.

In the process we have managed to partner and obtain contracts with many organisations, enabling additional income. On top of that, we have been able to get broader recognition within various other fields such as schools and community.

Our members' contributions have been helping to facilitate the training, and we have spent funds on making payments towards students, teachers, and senior instructors.

Our recent official recognition as a registered charity gives us a better opportunity to apply for grants to help towards sustaining and developing our services and making it more accessible to the broader community.



4. Senior Instructor, Trustee & Media Officer : Shopon Mahbubul



I first joined Thai Boxing Fighters Academy as a student in 2017. Over the years, my dedication and commitment to both training and teaching has led me to progress into the role of Senior Instructor and Trustee. Alongside my responsibilities in coaching and supporting the Academy's members, I also bring my expertise as a certified Digital Filmmaker.

I oversee the production and editing of the Academy's digital media, creating video, photography, and promotional content for our website, newsletters, press releases, and annual general meetings.

THAI BOXING



5. Administrator: Irfan Ghouse

As an administrator for Thai Boxing Fighters Academy, I am responsible for ensuring the charity operates in line with its constitution and the requirements of the Charity Commission.

My duties include overseeing compliance with governance standards, maintaining accurate statutory records, preparing and submitting reports, and supporting trustees in fulfilling their legal and fiduciary responsibilities.

I ensure that policies, procedures, and financial management systems are properly implemented to safeguard the charity's integrity and sustainability. Additionally, I act as the primary liaison with regulatory bodies, ensuring transparency, accountability, and adherence to all reporting obligations.

6. Teaching Assistant: Ruzina Akter

I'm Ruzina Akter, a dedicated Thai boxing Teaching Assistant with experience in guiding and motivating students throughout their martial arts journey. I hold a Bachelor of Social Science degree and bring a strong understanding of people, discipline, and personal development to my training sessions.

Working closely with lead instructors, I help guide students through proper technique, conditioning, and pad work in a safe and supportive environment. Whether it's your first time in the gym or you're looking to refine your skills, I'm here to assist, encourage, and help both physically and mentally as you grow.

I believe Thai boxing is more than just a sport it's a path to confidence, resilience, and self-discovery.



7. Associate Member and Former Trustee: Nishi

As an Associated Member, I took on the responsibility of developing the website for Thai Boxing Fighters Academy (www.thaiboxingfightersacademy.co.uk) entirely from scratch. From the very beginning, I worked closely with Gohar to understand the academy's vision and ensure that the website would reflect its values and mission. I guided the process of purchasing the domain, ensuring it was a smooth and hassle-free experience, and successfully connected the domain to the website.

To provide a robust and reliable online presence for the academy, I utilized my own resources to host the website, ensuring optimal performance and accessibility. My commitment to this project extends beyond the initial development phase, as I continue to manage the website on an ongoing basis. I take pride in promptly implementing updates, making changes, and addressing any requests to ensure the website remains functional, up-to-date, and aligned with the evolving needs of the academy.

This project has been a labour of love, and I am deeply committed to supporting Thai Boxing Fighters Academy in its digital journey, ensuring its online presence reflects the passion and dedication of the academy itself.



8. Members Experience: Rajesh

I have been attending TBFA for almost 2 years now. The training sessions have helped me a lot to bond with my 2 children and wife as they also train with TBFA and that connection between me and my family has only gotten stronger.

Training Muay Thai under Kru Gohar's guidance has kept me focused and physically fit. I love to test my limits, both physically and mentally and TBFA sessions definitely do that in a positive way.

Attending TBFA has also given me consistency in something other than work. What started off as just a one off training sessions has turned into so much more, I really enjoy the sessions, there's a sense of togetherness in the sessions as-well as respect, discipline and hard work.

Kru Gohar is very knowledgeable and is rooted to the traditions of Muay Thai, which gives us a true sense of what it means to be a Muay Thai fighter.

Overall I love coming to the sessions as they've really become part of my lifestyle and I don't see my self ever giving up Muay Thai. I'm so glad my whole family practices Muay Thai with TBFA as it only makes us stronger in life and as a family.

I would recommend TBFA to anyone who asks me.

9. Children classes: 5 to 12

The children's classes have been moving forward. A number of children have achieved their 4th grade blue armband. Some are aiming to progress through the levels.

The more senior, experienced children are managing the training well, holding pads, learning sparring, and a number of juniors entering tournaments have gained fight experience, which is moving to a whole different level. They did very well; it was a great experience for them. They bravely challenged themselves and we are very proud of all the achievements made as they continue to progress and develop their abilities.

The average number of attendance is 20, ranging from 5 to 12, separated by experience and grading.

There is a good level of consistency, enabling progression to be highlighted and potential developments.



FIGHTERS ACADEMY



10. SEND Thai Boxing Children classes



This class was supported and funded in partnership with Access Sports. It started in May 2025 with a high level of attendance and over 50 enquiries.

Muay Thai is very beneficial for children experiencing neurodiversity, as it impacts focus, coordination, awareness, and so much more over time with consistency. Currently, there is 1 session a week. At this stage we want to increase to 2 sessions, as it is having a positive effect on those attending and being consistent.

We are looking to develop this class further, thereby making more evident the impact and advantages for students participating.

Instructors



Chief Instructor
Gohar Ghouse



Teaching Assistant
Blerina Proko

11. Statement from parent of student

Ihsan started doing the Thai boxing in early May. We have been searching for something like this for some time, that caters for special needs children and finally came across this.

Gohar was very helpful and professional when we first called to find out about the sessions. It was so comforting to know that he has years of experience in working with special needs children.

Since Ihsan started the classes, he has grown in confidence. Ihsan is able to obey commands. Ihsan enjoys coming to these sessions. Gohar has so much patience with the children and is very dedicated. The sessions are consistent each week. Gohar helps keep Ihsan focused. These sessions help Ihsan with his dyspraxia. It is overall good for both physical and mental health for all that attend.

We are looking forward to Ihsan progressing further in this: Nazma Begum

12. Statement from parent: Nazia Begum

Our experience with Muay Thai has been exceptionally rewarding. The children have developed new skills, improved their physical health, and grown in both confidence and discipline. Learning about the rich history of Muay Thai and being graded by a professional added real depth to their journey. I am immensely proud of the progress Ishaq and Aylah have made. The teachers' dedication, expertise, and encouragement have been outstanding throughout.

I would very much like for the children to continue with their training, as it has been such a positive influence on them.

13. Grading



**Senior Instructor
Shopon Mahbubul**



**Grading Examiner
Jose Varela**

- 3 X World Champion UK
- MF Champion
- British Champion
- European Champion
- 4 Man Tournament Champion



**Chief instructor
Gohar Ghouse**



14. Student Statement (Adult classes): Art Edmunds

I started at TBFA roughly two years ago, on my first visit I was very nervous as I has never done any Martial Arts before.

Gohar soon made me feel welcome although I was immediately thrown in at the deep end and the first session made me ache all over, it was hard work to say the least but as time went by I started to enjoy myself more and get the hang of things.

One session a week turned into two, each time I attended I felt my body getting stronger and stronger and the conditioning really worked, soon I could attend a session and not notice the pain. You really do notice yourself improving, your combinations get more fluid and perfected, you start off just doing a 1-2 with a Simple Kick to a 1-2 Uppercut Hook, Knee Front Kick and Round House Kick.

Your stance improves, your guard becomes automatic, your kicking becomes almost perfect and you can spin round in perfect circle. Gohar puts you through a strong workout, he works every part of your body, you go from doing 10 press ups, sit ups, squats and dips increasing to 25. He pushes you to Burpees Knees to Chest Leg Throws taking you to your limit in a positive way and every session is different, there is always something new being worked out and what you do is always spontaneous and always a new stretch or exercise. You love the pads because you can test what you have learnt with your punches and kicks getting stronger and stronger.

Gohar takes no prisoners, if you are doing it wrong he will tell you, if your not turning your hips properly he will call you out, all the time he is improving your technique by telling you your faults, essentially he moulds the perfect student to say the least. It's not just all about the physical side, it's teaching you discipline as well, learning to manage your ego, you learn teamwork you have to be punctual, the kit makes you organized and you learn control within yourself.

As you progress through the Khan's, I was awarded my first arm band the white one the other month you feel very proud of what you have achieved, it was a test but I was successful. I had to show I could do simple combinations, complete an essay about kickboxing, do simple stretching stance and pad work and I was assessed by a world champion and given feedback. I wear my armband with pride every time I train however I have to train like I deserve it it's a milestone.

Now I have started doing more complicated things such as Spinning Fists and Upper Cut, Front and Backwards Elbows. Sparring is also a new thing for me, it's a lot of pressure but fun. For me every session is a buzz, you feel good within yourself and uplifted, it's developing your mental and physical well-being, it's progression and progress with an overall feeling you are part of a well oiled team.

And it's not just about training, it's a community as well as you can attend events, seminars and professional kickboxing tournaments.

I am proud to be part of the Thai Boxing Fighters Academy

15. Funding officer statement: Zara Ghouse

Since becoming a registered charity earlier this year, we've noticed a positive shift in how our funding applications are received. Before registration, we were often submitting strong applications but found it more challenging to gain traction, especially when up against organisations with formal charity status. Now, with that status in place, we're in a stronger position – it adds credibility and shows funders that we're serious, structured, and committed to long-term impact.

As the funding officer for Thai Boxing Fighters Academy, I'm responsible for researching relevant grants, understanding application criteria, and writing proposals that reflect the real life needs of the people we work with. My focus is not just on ticking boxes it's about telling our story clearly and showing how funding can make a difference to the lives of those facing challenges like mental health issues, social isolation, and special educational needs.

A big part of my role is also about making sure our voice – and the voices of our members – are heard. I spend time gathering case studies, and community feedback to ensure our applications are rooted in lived experience. This helps funders connect with our aim, beyond the facts and figures.

I also keep track of each funding cycle, application deadline, and reporting requirement to make sure we're staying on top of opportunities and meeting funder expectations. This has helped us build a more strategic approach to funding, allowing us to plan ahead to further sustain The academy.

Another key area of my work involves developing relationships with local partners and funders. Whether it's attending community events, joining webinars sessions, or having direct conversations with grant officers, I'm continuously working to understand what funders are looking for – and how we can align our vision with their priorities without compromising what makes TBFA unique.

While securing funding is always a competitive process, becoming a registered charity has helped us move in the right direction. I'm continuing to build momentum, strengthen our case for support, and grow our funding base so we can expand our impact across Tower Hamlets and beyond. The goal is not just to keep the lights on it's to ensure that our services are sustainable, inclusive, and able to evolve with the community's needs.

16. Financial Report (2024/25)

Reporting Period: September 2024 – July 2025

Financial summary

Category	Amount (£)
Total income	19,453.35
Total Expenditure	15,925.02
Net Surplus	3,528.33

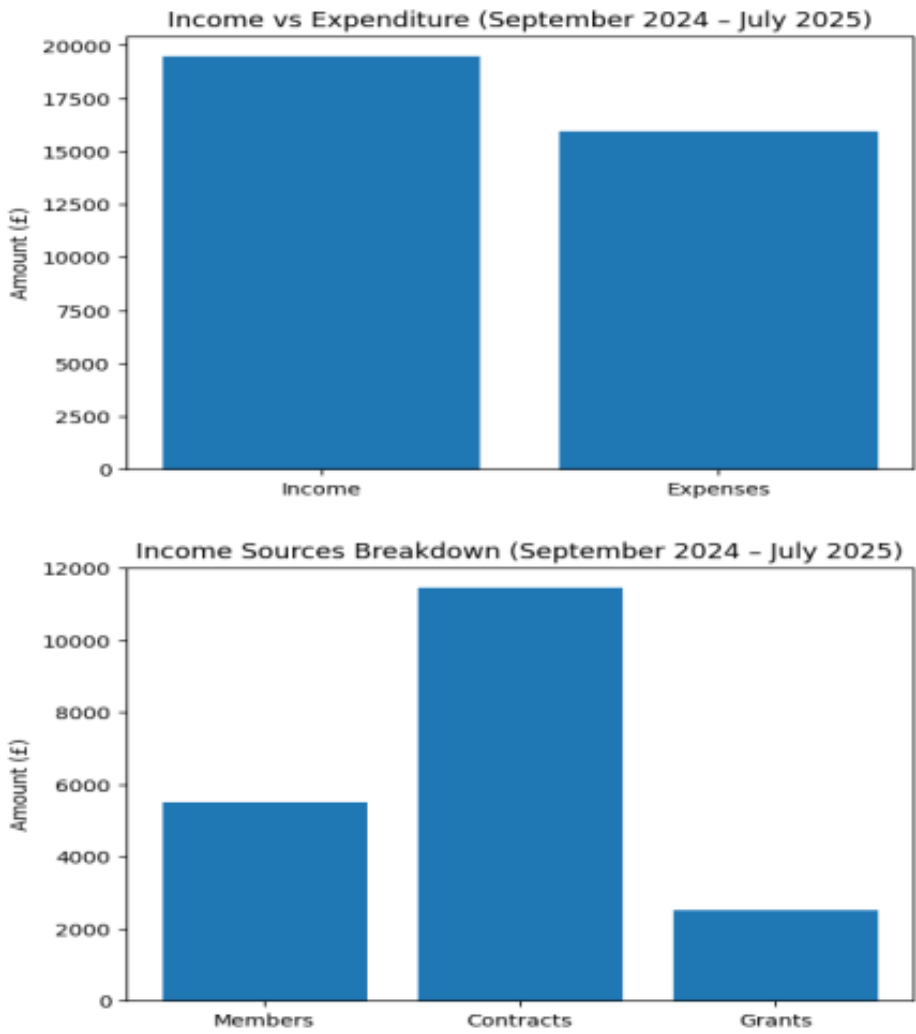
Income sources

Income sources	Amount (£)
Member Contributions	5,505.81
Contracts / Programme Delivery	11,447.54
Grants	2,500.00
Total Income	19,453.35

Expenditure Overview

Total expenditure for the reporting period amounted to £15,925.02. Expenses include programme delivery costs, venue hire, equipment purchases, staff support, administration, travel, and event delivery associated with community activities and training programmes.

Financial Charts



FIGHTERS ACADEMY

The Academy maintained a consistent income stream and controlled spending effectively across all quarters, resulting in a healthy financial position for the fiscal year.



17. Membership Statistics

All Statistics are summarised from data collated from our quarterly quantitative reports submitted to Mind Tower Hamlets and remain anonymous under GDPR guidelines.

Members	Q1	Q2	Q3	Q4
Members Registered	37	32	28	37
New Members	9	8	4	7
Members Not in Tower Hamlets	13	7	7	17
Members in Tower Hamlets	24	25	21	20

Gender	Q1	Q2	Q3	Q4
Male	21	18	18	27
Female	16	14	10	10
Trans	-	-	-	-
Prefer not to say	-	-	-	-

Members with Disability	Q1	Q2	Q3	Q4
Physical	14	20	-	-
Mental health neurodiversity	10	-	12	-

Sexuality	Q1	Q2	Q3	Q4
Heterosexual	37	32	28	37
Bisexual	-	-	-	-
Gay	-	-	-	-
Pansexual	-	-	-	-
Other	-	-	-	-
Prefer not to Say	-	-	-	-

Age Group	Q1	Q2	Q3	Q4
18 - 25	4	4	1	3
26 - 35	9	6	11	14
36 - 45	9	11	6	9
46 - 64	11	8	7	8
65+	4	3	3	3
Prefer not to say	-	-	-	-

Ethnic Groups	Q1	Q2	Q3	Q4
Bangladeshi	12	13	9	13
Pakistani	4	2	2	2
Indian	3	3	3	3
Other Asian Background	-	-	-	-
African	-	-	-	-
Somali	-	-	-	-
Caribbean	3	-	-	-
Black British	-	4	2	3
Other Black Background	-	-	-	-
Vietnamese	-	-	-	-
Chinese	-	-	-	-
Other	-	-	-	-
White British	-	6	6	6
Other White Background	-	4	6	10
Prefer not to Say	-	-	-	-



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Thai Boxing Fighters Academy

Annual Financial Report

Reporting Period: September 2024 – July 2025

Organisation Overview

Thai Boxing Fighters Academy (TBFA) delivers community sport, martial arts training, youth engagement programmes and wellbeing activities. The organisation works with community partners, schools, and local organisations to provide accessible Thai boxing and fitness programmes that promote discipline, confidence, and positive wellbeing.

Financial Summary

Category	Amount (£)
Total Income	19,453.35
Total Expenditure	15,925.02
Net Surplus	3,528.33

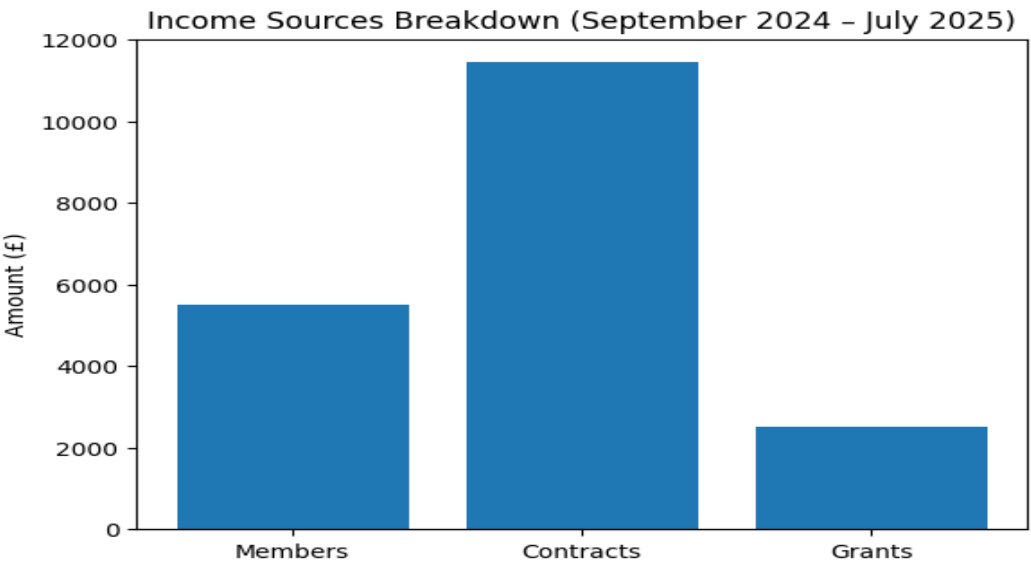
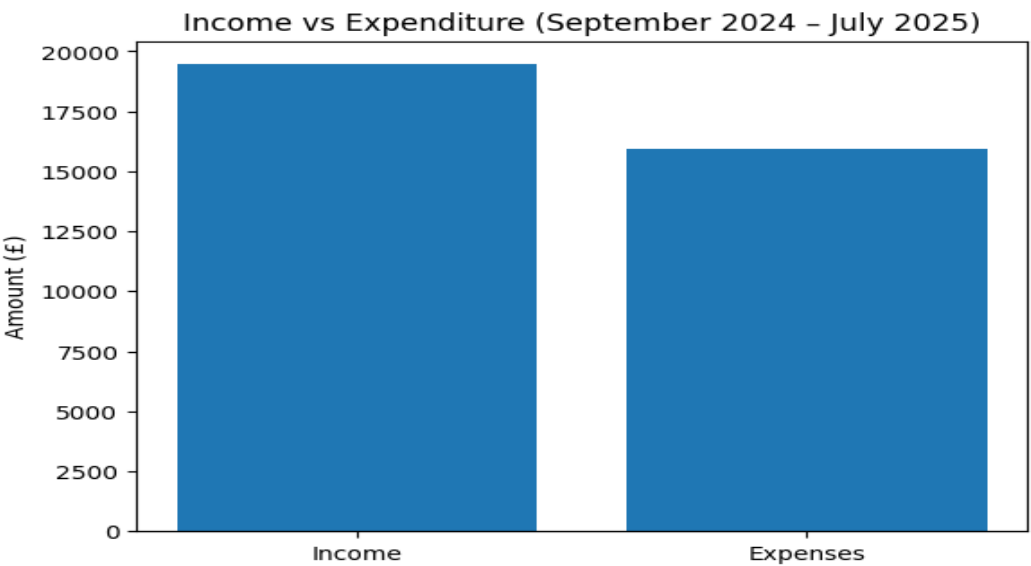
Income Sources

Income Source	Amount (£)
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Expenditure Overview

Total expenditure for the reporting period amounted to £15,925.02. Expenses include programme delivery costs, venue hire, equipment purchases, staff support, administration, travel, and event delivery associated with community activities and training programmes.

Financial Charts



Financial Position

During the period September 2024 – July 2025, Thai Boxing Fighters Academy generated total income of £19,453.35 and total expenditure of £15,925.02, resulting in a surplus of £3,528.33. This surplus supports the continued development of programmes, equipment investment, and future community activities.