 

**Newsletter September, 2016**

Firstly, I would like to welcome everybody back after the summer break and I trust you all had a great time, as we did. My family and I spent the summer visiting some lovely cities throughout France and Spain. My favourite was Pamplona in the north of Spain as I love being chased.

Danny ventured across the Atlantic spending a few weeks in Colombia followed by a week in the Bahamas.

Some of our lucky squad members travelled to Madrid this August and were treated to five days of elite training by world team Kata champion, Fran Salazar. See the write on our website at [www.sekf.co.uk](http://www.sekf.co.uk)

Well done to everyone who graded in July, especially Debi Schaffer, James Arnold and Alessio Sebis who were all awarded their 1st Dan Black belts.

A big thank you to Danny who run this year’s summer camp along with some very dedicated mentors. The feedback I received again from this year’s summer camp was excellent; everybody had a great time playing all sorts of games whilst learning some exciting karate.

I am looking forward to the term ahead as we have plenty of positive things happening. The SEKF squad members will be busy with two international and one national competition to attend. In addition, all the students can look forward to the SEKF inter-club competition, December grading and finally our Christmas party.

Congratulations to Louis Naraine, Zak Smyth, Carla Rudkin-Guillen and Adam Barnes as they have all been selected for the Winter Term Elite Personal Training Program.

**Parents please note,** that we offer an open door policy for parents to watch at all our karate classes, however in the interest of child protection I would like to request that you are prompt in entering the Dojo at the beginning of the lesson and avoid coming and going whilst the class is in progress.

### Website

Please check the club Website at [www.sekf.co.uk](http://www.sekf.co.uk) for the Events calendar and the latest news...You can also sign up to the clubs Facebook page.

### Saturday course for Poole area students

There will be a special course on **Saturday 17th September** at the **Ashdown Leisure Centre, (Adastral Rd, Canford Heath. BH17 8PY).**

This course will be aimed at learning your new kata for your next belt (or tag) and is vital if you wish to grade in December.

White to Green tag - 10.00am – 11.00am

Green Belt & Above - 11.00am – 12.00pm

#### Saturday course for New Forest area students

There will be a special course on **Saturday 17th September** at **New Milton Health & Leisure Centre,** (Gore Road, New Milton BH25 6RR).

This course will be aimed at learning your new kata for your next belt (or tag) and is vital if you wish to grade in December.

White & Red belts - 2.00 – 3.00pm

Yellow belt to Green tags - 3.00 – 4.00pm

Green belt & Above - 4.00 – 5.00pm

### Advanced Course

There will be an advanced course for Blue belt & above, and Squad members only, to be held at **New Milton Health and Leisure Centre.** (Gore road, BH25 6RR).

Date: Sunday 18th September

Time: 11.00am – 1.00pm

#### Cost: £12.00

**Private lessons**

If anyone would like to improve their previous grading mark for the forthcoming grading in December or would like a head start on their kata / Kumite training in preparation for the SEKF interclub competition, please do not hesitate to organise a date/time with Danny.

If you have any queries, please do not hesitate to contact us:

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