 

**Newsletter**

 **May ‘18**

Dear Parents / Students

Another record breaking month for the SEKF after Carla Rudkin-Guillen, was selected to represent England in Helsinki, Finland in August. After a full day of selections, Carla was selected to represent England at both Individual and Team Kata. Our first ever student to represent England at Kata…Congratulations Carla!

Also, congratulations to Carla Rudkin-Guillen, Elliott Lowman and James Arnold who have all been selected by the Shito Ryu England Federation to compete in Italy in June….Our three hard working athletes all received invites after their recent incredible competition success…. Well done TEAM SEKF!

### Saturday course for Poole area students

There will be a special course on **Saturday 19th May** at the **Ashdown Leisure Centre, (**Adastral Rd, Canford Heath. BH17 8PY**).**

This course will be aimed at improving kata and stances for your next belt (tag) and is important if you wish to grade in July.

 White belt 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 19th May** at **New Milton Health & Leisure centre (**Gore road, New Milton. BH25 6RR**).**

This course will be aimed at improving kata and stances for your next belt (tag) and is important if you wish to grade in July.

 White & Red belts - 2.00pm - 3.00pm

 Yellow to Green tags - 3.00pm - 4.00pm

 Green belt & Above - 4.00pm - 5.00pm

**ADVANCED COURSE**

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

**Date:** Sunday 20th May **Time:** 11.00am – 1.00pm **Cost**: £15.00

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[www.sekf.co.uk](http://www.sekf.co.uk)