 

**Newsletter**

**January 2019**

Firstly, I would like to welcome everybody back after the Christmas break and wish you all a Happy New Year.

Danny and I would like to thank everyone for the Christmas presents and cards we received.

**Congratulations** to everyone who graded in December, especially our new black belt, Zara Grimwood.

**Christmas Party:** I would like to thank everyone for helping make the Christmas Party such a success this year, especially the parents who kindly contributed food for the buffet or prizes for the raffle and Auction. Sasha for organising the buffet and finally our superstar Master Chef Semi Finalist, Gavin Barnes, for supplying and preparing such great food. Thanks everyone!

**I would like to congratulate** all the students / parents who were presented with an award for their contribution to karate throughout 2018, especially our top athletes who received Special Achievement Awards: Carla Rudkin-Guillen, Ethan Stonton, James Arnold and Elliott Lowman who excelled beyond all expectations, setting more new standards within the SEKF.

**Carla –** Selected to represent England and current Berlin and Helsinki International Kata Champion

**Ethan –** Current British International Kata champion

**James** – Current English Kumite champion

**Elliott** – Current English Kumite champion

**Student of the Year Awards:**

**SEKF Honours Award -** Carla Rudkin-Guillen

**SEKF Mentor Award -** James Arnold

**New Forest student Award -** Adam Barnes

**Poole Student Award -** Ethan Stonton

**SEKF Primary School Award -** Megan Barnes

**SEKF Novice Award** - Autumn Fry

**SEKF Parent Award -** Mr & Mrs Burns / Mr & Mrs Barnes

The first term in 2019 is jammed packed for our SEKF students. In addition to our usual courses, there will be an international match with students from Spain, our annual open squad session and a special course by world renowned Kata champion Fran Salazar… See website for more details at [www.sekf.co.uk](http://www.sekf.co.uk)

#### Saturday course for Poole area students

There will be a grading course on **Saturday 12th January** at the **Ashdown Leisure Centre** (Adastral Rd, Canford Heath. BH17 8RE). This course will be aimed at learning the new Kata for your next belt (or tag) and is important if you wish to grade in March

White to Green Tag - 10.00am – 11.00am

Green Belt & Above - 11.00am – 12.00noon

##### **Saturday course for New Forest area students**

There will be a grading course on **Saturday 12th January at New Milton Health & Leisure**, (Gore Road, New Milton. BH25 6RR). This course will be aimed at learning the new Kata for your next belt (or tag) and is important if you wish to grade in March.

White & Red belts - 2.00pm – 3.00pm

Yellow Belt to Green tag - 3.00pm – 4.00pm

Green Belt & Above - 4.00pm – 5.00pm

**Advanced course**

There will be an advanced course for students, Blue belt and above plus squad members, to be held at **New Milton Health & Leisure,** Gore Road, BH25 6RR. This course will cover advanced kata and weapon defence.

Date: Sunday 13th January

Time: 11.15 – 1.15pm

Cost: ₤15.00

**Private lessons:** Please contact Danny direct if you require private lessons for either grading work to help improve your mark at the March grading or competition work for the forthcoming open squad session and selections at the end of January.

**Parents**…We have received several requests recently to run an Adults only class. I have organised a Monday evening class at Lymington either from 6.30 or 7.00pm. This class can start on Monday 21st January. If you are interested, please contact Collin direct ASAP giving your preferred start time!

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

**Club enquires -** [collinrudkin@gmail.com](mailto:collinrudkin@gmail.com)

**Collin -**  07966 303 585

**Danny -** 07813 329 710