 

**Newsletter**

 **July ‘18**

Happy 25th Birthday to the SEKF!

Twenty-five years ago, I opened my first karate club with Danny as my junior mentor. We started with nine students and now teach over two hundred and fifty a week with the added help of our two long standing instructors, Sasha Haydon and Lee Dawson. During this time, as athletes we have successfully represented England at international level, as instructors nurtured countless students to achieve similar success. Our most recent being Carla Rudkin-Guillen, Elliott Lowman and James Arnold who all hold international titles.

The SEKF also prides itself on the students it has helped over the past twenty-five years by improving their self-confidence and positive attitude to life.

To celebrate our success, Emma and Steve Burn kindly organised an amazing party to coincide with our annual fun run …. Please see article on our website

**Club time changes** for the Summer are on our website ‘Under Downloads’ so please check out your club at [www.sekf.co.uk](http://www.sekf.co.uk)

Please note our website includes all the current News, Courses and Events information.

### Saturday courses for Poole area students

There will be a special course on **Saturday 7th July** at the **Ashdown Leisure Centre, Adastral Rd, Canford Heath. BH17 8RE.**

This course will be a pre-grading and is vital if you wish to grade this term.

 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 7th July** at **New Milton Health & Leisure centre, Gore road. BH25 6RR).**

This course will be a pre-grading and is vital if you wish to grade this term.

 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 and above plus squad members, to be held at **New Milton Health & Leisure centre.** (Gore road, BH25 6RR).

 Date: Sunday 8th July

 Time: 11.15am – 1.15pm

####  Cost: £15.00

### Southern England Karate Federation Grading

## The grading is where students from all the different SEKF clubs are assembled together and assessed for their next grade (belt/tag). All students must wear their full karate suit, belt and badge.

## N.B. It is compulsory for yellow belt and above to bring mitts & gum shields.

The Southern England Karate Federation Grading will be held on **Sunday 15th July** at New Milton Health & Leisure centre. This grading is for students’ Purple tag and below.

All grading forms are to be handed in no later than **Saturday 7th July.**

**Please make cheques payable to the SEKF.**

### White belts please note!

With your grading form, you will also receive a green licence form. Please fill out and return to your Instructor with your grading form, as it is necessary to have a licence before taking your first belt. **Please make cheques payable to SEKF.**

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

 CLUB ENQUIRIES - collinrudkin@gmail.com

 COLLIN - 01202 893633

 DANNY - 07813 329 710

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