



NEWSLETTER

JULY '2015



Dear Parents/Students,

Well done to everyone who competed at the recent SEKF Karate championships. I would like to thank Danny, Sasha and the mentors for running the competition in my absence and the parents who helped out with the 100 club café. The real stars of the competition were Patchouli Philips and Zak Smyth who both gave up their chance to compete at the last minute, in order to help me out with the judging. Unfortunately, I was involved in a car accident and was unable to attend.

Please take a look at our website on www.sekf.co.uk for the competition results, latest news and events.

Saturday course for Poole area students

There will be a special course on **Saturday 11th July** at the **Ashdown Leisure Centre**, (Adastral Rd, Canford Heath. BH17 8PY).

This course will be a pre-grading and is vital if you wish to grade on Sunday 19th July.

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 11th July** at **New Milton Health & Leisure Centre**, (Gore Road, New Milton BH25 6RR).

This course will be a pre-grading and is vital if you wish to grade on Sunday 19th July.

White & Red belts	-	2.00pm – 3.00pm
Yellow belts & Green tags	-	3.00pm – 4.00pm
Green belt & Above	-	4.00pm - 5.00pm

Advanced Course

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

Please note: The grading of students Purple belt and above will take place after this course at 12.30pm.

Date: Sunday 12th July
Time: 10.00am – 12.00 noon
Cost: £12.00

Southern England Karate Federation Grading

The grading is where students from all the different SEKF karate 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 19th July** at **New Milton Health & Leisure Centre**, for all students and grades below Purple belt.

All Grading forms are to be handed in no later than Saturday 11th July, with cheques made payable to the Southern England Karate Federation. (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 for licence books payable to the Southern England Karate Federation. (SEKF).

PRIVATE LESSONS

If anyone would like to improve their previous grading mark for the forthcoming grading in July, please do not hesitate to organise a date, time with Danny.

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

CLUB ENQUIRIES - 01202 893 633
COLLIN - collinrudkin@btinternet.com
DANNY - 07813 329 710
www.freestylecombatkarate.co.uk