



NEWSLETTER

JULY '2014



Dear Parents/Students,

Well, June 2014 has been a rather monumental month. At the beginning of June I finally lost my battle with the ageing process and turned 50! At the end of June I was awarded my 6th Dan Black Belt and Danny was awarded his 5th Dan by Ticky Donovan OBE 9th Dan. This award was a great honour as Ticky is the most influential Karate-ka for British Karate, especially as he coached the Great Britain team to World Karate Champions five times in a row, which to date has never been equalled by any Nation.

Well done to everyone who competed at the recent SEKF Karate championships, especially Olivia Sebis who won Gold at both Kumite and Kata.

Both the articles above will shortly be on the website so please take a look as they were both great events. www.sekf.co.uk

Saturday course for Poole area students

There will be a special course on **Saturday 12th July** at the **Ashdown Leisure Centre**, (Aadastral Rd, Canford Heath. BH17 8PY).

This course will be a pre-grading and is vital if you wish to grade on Sunday 20th 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 12th 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 20th 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 only, and Squad members, to be held at **New Milton Health and Leisure centre**. (Gore road, New Milton. BH25 6RR). This advanced course is vital for anyone wishing to take a Brown belt grade.

Date: Sunday 13th 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 20th July** at **New Milton Health & Leisure Centre**, for all students and grades below brown belt. All Grading forms are to be handed in no later than Saturday 12th 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 & 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.

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