



# NEWSLETTER OCTOBER 2015



Dear parents/students,

Please note the club time changes for October half term are on the website.

## **Saturday course for Poole area students**

There will be a special course on **Saturday 3<sup>rd</sup> October** at the **Ashdown Leisure Centre, (Adastral Rd, Canford Heath. BH17 8PY).**

This course will be aimed at learning your new kata for your next belt (or tag) and is vital if you wish to grade in December.

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 3<sup>rd</sup> October** at **New Milton Health & Leisure Centre, (Gore Road, New Milton BH25 6RR).**

This course will be aimed at learning your new kata for your next belt (or tag) and is vital if you wish to grade in December.

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

## **Advanced Course**

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

Date: Sunday 4<sup>th</sup> October  
Time: 11.00am – 1.00pm  
Cost: £12.00

## **Website**

Please check the club Website at [www.sekf.co.uk](http://www.sekf.co.uk) for the Events calendar up to January 2016, and for the latest news... You can also sign up to the clubs Facebook page.

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

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