 

**Newsletter**

**March ‘18**

I am excited to announce that the BBC will be visiting our club in Lymington to report on the success of the SEKF, focusing on Carla’s gold medal at the recent Berlin International Open championships.

It also gives me great pleasure to announce that due to her recent National and International success, Carla has been selected to compete at the prestigious USA Open in Las Vegas at the end of March. Let’s all get behind her injecting our positive energy as I am sure she will appreciate it during her crucial last few weeks of pre-training.

**Sponsorship** is something the SEKF is trying hard to achieve for our elite athletes on a continuous basis. At present, we have four students competing at International level, Carla Rudkin-Guillen, Louis Naraine, Elliott Lowman and James Arnold. All four currently hold international titles.

Due to karate entering the Olympics in Japan, 2020 and our elite squad’s success, the SEKF is looking to increase the number of international competitions they attend per year, whilst also bringing through more of our talented national squad to elite status. Funding is now a high priority for the SEKF especially as I am passionate that the hardest working athletes should always be selected.

If anyone can offer help in this regard, please contact me direct.

**In the meantime**, I am raising the profile of our elite athletes through YouTube before approaching major companies for funding. At present, Carla’s final in Berlin is on YouTube. Can you please view and like it, perhaps adding a positive comment and subscribe to our channel as this all helps with raising our profile? I will shortly add the other three students highlights of their international medal performances and keep everyone informed….. FUNDRAISING FOR TEAM SEKF!

#### Saturday course for New Forest area students

There will be a special course on **Saturday 17th March** at **New Milton Health & Leisure centre, Gore road. BH25 6RR).**

This course will be a pre-grading therefore it is important to attend if you wish to grade the following week.

White & Red belts - 2.00pm - 3.00pm

Yellow to Green tags - 3.00pm - 4.00pm

Green belt & Above - 4.00pm - 5.00pm

### Saturday course for Poole area students

There will be a special course on **Saturday 17th March** at the **Ashdown Leisure Centre, Adastral Rd, Canford Heath. BH17 8RE.**

This course will be a pre-grading therefore it is important to attend if you wish to grade the following week.

White belt to Green tag - 10.00am – 11.00am

Green belt & Above - 11.00am – 12.00pm

**Special Kata course run by England Coach, Jon Mottram**

There will be a special advanced kata course for blue belt and above, plus squad members, run by the current England Kata Coach, Jon Mottram. All students will learn the exciting competition kata GanKaku

This course will be held at **New Milton Health and Leisure centre.** (Gore road, New Milton. BH25 6RR).

**Date: Sunday 18th March**

**Time: 11.15am – 1.15pm**

#### Cost: £20.00 (Please make cheques payable to SEKF)

**The Elite Kata Squad will also train 1.30pm – 3.30pm perfecting Unsu, Empi and GanKaku**

### Southern England Karate Federation Grading

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

## **NB.** It is necessary for student’s yellow belt and above to bring mitts and gum shields.

The SEKF Grading will be held on **SUNDAY 25th MARCH** at **NEW MILTON HEALTH & LEISURE,** for all students and grades purple tag and below.

Please return grading forms no later than **Saturday 17th March.**

### White belts please note

In addition to 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 compulsory to be licenced before taking your first belt.

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

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