 

**Newsletter November, 2017**

Dear parents/Students

I hope you have all enjoyed a nice half term break. I spent my time in Madrid with Carla, training under Fran Salazar (Current Team European Kata Champion). Carla, improved her competition kata to even new heights, whilst I took notes to enhance our overall standard within the federation.

**Congratulations to our fantastic Elite Squad**, who competed at the recent British International Open in Edinburgh, especially Elliott Lowman who was crowned ‘British International Open Champion’ after demolishing the eleven years old kumite category. Carla Rudkin-Guillen, who won a silver medal in the under 12’s kata at only ten years old and Louis Naraine who also won a silver medal in the under 18’s kumite at just sixteen. Great work, Team SEKF!

**Another positive congratulations,** go to the following hard working successful athletes who have been selected to compete at the Lisbon Open in December…Carla Rudkin-Guillen, Elliott Lowman, James Arnold and Louis Naraine. Well done!

There have been a couple of newspaper articles in connection to the above. However, the Bournemouth Echo will be running an article on our successful federation which will include a visit to the New Milton Health & Leisure class on Thursday 2nd November… Full Karate suits please if you are attending the 6.30pm -7.30pm class.

After our busy September and October, we have another jammed packed month of karate ahead of us, with the highlight being the Jon Mottram (England Kata Coach) Kata course on Sunday 5th November. Not to be missed!

**SEKF Squad**, please note that I am waiting on our World Kumite Champion “Jordan Thomas” to organise his training schedule with Olympic committee after being selected to represent Team GB in Tokyo 2020. Once organised, Jordan has promised our federation 1st refusal on available course dates for 2018. This is great news for the SEKF!

**Well done to the prize-winning students**, Autumn Fry, Rebecca Pearce, Adam, Emma, and Megan Barnes, who were treated to a great day out with Danny over the half term. The day started with an energetic time at Activate, followed by lots of fun at the Arcades, finishing off with some tasty KFC. Everyone had a great time including Danny, who also welcomed the help from Gavin and Ella Barnes along with his girlfriend, Daniella.

Articles will be on the website along with the forthcoming events at [www.sekf.co.uk](http://www.sekf.co.uk)

### Saturday course for Poole area students

There will be a special course on **Saturday 18th November** at the **Ashdown Leisure Centre, (Adastral Rd, Canford Heath. BH17 8PY).**

This course will be aimed at learning and perfecting the basics and fighting techniques for your next belt (or tag) and is important 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 18th November** at **New Milton Health & Leisure Centre,** (Gore Road, New Milton BH25 6RR).

This course will be aimed at learning and perfecting the basics and fighting techniques 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). This course is vital for advanced students wishing to grade in December.

Date: Sunday 19th November

Time: 11.00am – 1.15pm

#### Cost: £15.00

**Private lessons**

If you would like further tuition for the forthcoming grading in December or to improve on kata / Kumite in preparation for the SEKF interclub competition, please do not hesitate to organise a date/time with Danny.

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

**COLLIN -**  07966 303 585 [collinrudkin@gmail.com](mailto:collinrudkin@gmail.com)

**DANNY** - 07813 329 710