**NEWSLETTER**

**MAY '2016**



Parents/students

**Please note** there will be no classes running on Monday 2nd May due to the bank holiday.

**Club time changes** for May half term are on our website ‘Under Downloads’ so please check out your club on [www.freestylecombatkarate.co.uk](http://www.freestylecombatkarate.co.uk) or at [www.sekf.co.uk](http://www.sekf.co.uk)

Please note our website covers all the Current News, Courses and Events Information.

### Saturday course for Poole area students

There will be a special course on **Saturday 14th May** at the **Ashdown Leisure Centre, (**Adastral Rd, Canford Heath. BH17 8PY**).**

This course will be aimed at stances and basics for your next belt (tag) and is important if you wish to grade in July.

White belt 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 14th May** at **New Milton Health & Leisure centre (**Gore road, New Milton. BH25 6RR**).**

This course will be aimed at stances and basics for your next belt (tag) and is important if you wish to grade in July.

White & Red belts - 2.00pm - 3.00pm

Yellow to Green tags - 3.00pm - 4.00pm

Green belt & Above - 4.00pm - 5.00pm

**ADVANCED COURSE**

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

**Date:** Sunday 15th May **Time:** 11.00am – 1.00pm **Cost**: £12.00

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

**CLUB ENQUIRIES -** [collinrudkin@btinternet.com](mailto:collinrudkin@btinternet.com)

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