



NEWSLETTER

MARCH / APRIL '2015



I would like to congratulate all the new Southern England Karate Federation squad members who selected recently at the open squad session. See website for updated squad members list for 2015.

Fun run. Well done to everyone who supported the annual SEKF fun run....See website for photos.

Social media networks. I have been informed by a few parents that pictures of our Southern England Karate Federation karate events are being posted on social media networks, such as Facebook. In the interest of child protection, can I please remind everyone that it is vital that parents only post pictures of their own children on these sites unless they have permission to do otherwise?

Free karate lessons throughout March for students who introduce a friend to any of our clubs...See your instructor for more details.

Club time changes for Easter are on our website 'Under Downloads' so please check out your club on www.freestylecombatkarate.co.uk or at www.sekf.co.uk
Please note our website covers all the Current News, Courses and Events Information.

Saturday courses for Poole area students

There will be two special courses on **Saturday 28th February and Saturday 14th March** at the **Ashdown Leisure Centre, Adastral Rd, Canford Heath. BH17 8PY**. These courses will be aimed at grading work and are vital if you wish to grade on Sunday 22nd March.... **Please note course time change due to hall availability.**

White belt to Green tag	-	9.00am – 10.00am
Green belt & Above	-	10.00am – 11.00am

Saturday course for New Forest area students

There will be two special courses on **Saturday 28th February and Saturday 14th March** at **New Milton Health & Leisure centre, Gore road. BH25 6RR**). These courses will be aimed at grading work and are vital if you wish to grade on Sunday 22nd March.

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 March
Time: 10.00am – 12.00 noon
Cost: £12.00

Southern England Karate Federation Grading

The grading is where students from all the different 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 22nd March** at **New Milton Health & Leisure centre, Gore road, BH25 6RR** for all students and grades.

All grading forms are to be handed in no later than **Saturday 14th March**.

Please make cheques 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 and return to your Instructor with your grading form, as it is necessary to have a licence before taking your first belt. **Please make cheques payable to SEKF.**

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

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www.freestylecombatkarate.co.uk or www.sekf.co.uk