 

**2nd Edition**

**Newsletter Feb**

**2018**

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**March ‘17**

Firstly, I would like to welcome everyone back after the half term break

What an exciting and eventful first two weeks of February. At the beginning of the month our Elite and A‘Squad competed at the Shito Ryo England Open National Championships in London and won a record breaking Eight gold, two silver and two bronze medals. Both Carla Rudkin-Guillen and James Arnold even managed to win two titles each. Full article with photos is on our website at [www.sekf.co.uk](http://www.sekf.co.uk)

During half term, three of our elite squad, Carla Rudkin-Guillen, James Arnold and Louis Naraine travelled to Germany to compete in the Berlin International Open Championships. After our success in Lisbon the belief of success was high. Louis and James both fought very well and just lost out on bronze medals. The pair gained valuable International experience as Louis had six rounds whilst James had three.

Young Carla, was on top form throughout the day, and after five flawless katas, I have pleasure in announcing that she won the -12yrs category to become the ‘**Berlin International Open Champion’** On her way to gold, Carla beat National representatives of both Russia and Ukraine. Carla also performed four great katas in the -14yrs category, ending up in 7th place. Nine katas in total!

This result is a milestone for Carla’s International career and will give her a massive boost for the forthcoming USA Open in Las Vegas at the end of March.

Well done TEAM SEKF, especially Alan and Angela who helped in Berlin and our squad parents for all their support throughout the day via WhatsApp.

Full article and photos will be on our website soon……..

### Saturday course for Poole area students

There will be a special course on **Saturday 24th February** at the **Ashdown Leisure Centre, Adastral Rd, Canford Heath. BH17 8RE.**

This course will be aimed at basics and fighting techniques, therefore it is important to attend if you wish to grade in March

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 24th February** at **New Milton Health & Leisure centre, Gore road. BH25 6RR).**

This course will be aimed at basics and fighting techniques, therefore it is important to attend if you wish to grade in 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 and above, plus squad members, to be held at **New Milton Health and Leisure centre.** (Gore road, New Milton. BH25 6RR).

Date: Sunday 25th February

Time: 11.00am – 1.00pm

#### Cost: £15.00

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