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** Half Term Karate Camp** 

I have pleasure in announcing that the “Southern England Karate Federation Holiday Camp” will be held at **ASHLEY JUNIOR SCHOOL, Normans way, Ashley, New Milton. BH25 5FN. (School gym).**

The holiday camp is open to all children from year two upwards and will consist of a mixture of karate and sports games, running eight hours a day for five days. The SEKF holiday camp will be jammed packed with fun whilst offering some very exciting karate, games and agility training. There is no need to wear a karate suit as sportswear and trainers are more appropriate.

Everyone who attends the full five days will receive a certificate.

**ITINERARY FOR A TYPICAL DAY AT HOLIDAY CAMP.**

 8.00 - 8.30am - Arrive and settle in

 8.30 - 9.30am - Sports games (basketball / softball soccer / dodge ball)

 9.30 - 9.45am - Rest and Waterbreak **(**bringa water bottle**)**

 9.45 - 11.00am - Karate (pad work)

11.00 - 11.30am - Snack and Waterbreak **(**bring a snack**)**

11.30 - 1.00pm - Sports games (various fun sport games)

 1.00 - 2.00pm - Lunch break (bring lunch)

 2.00 - 3.00pm - Karate (agility training / karate games)

 3.00 - 4.00pm - Rest / read and draw time (bring a book and pencil case)



**COURSE DETAILS**

**Monday 17th February – Friday 21st February -** 8.00am - 4.00pm

**COST - Karate Students / Ashley School students -** £125.00

 **SEKF Squad members –** £100.00 **Daily Rate -** £32.00

Please return the form below with **full payment** no later than

**Friday 14th February** as there are limited numbers for this camp.

 PLEASE FILL OUT AND RETURN BOTTOM HALF ONLY

NAME:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**\_\_\_\_** MOB:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

I ENCLOSE THE SUM OF: £\_\_\_\_\_\_\_\_ DATES ATTENDING\_\_\_\_\_\_\_\_\_\_\_\_

**! Please make cheques payable to SEKF …….Contact Danny Rudkin – 07813 329 710** [**www.sekf.co.uk**](http://www.sekf.co.uk) **Federation head: Collin Rudkin: 07966 303 585**