

**NEWSLETTER MARCH / APRIL 2017**

Parents, we need your help?

As I am sure you are aware, the SEKF squad members are working very hard and successfully competing at the highest level. In fact, we currently hold a British title, two England International bronze medals and numerous National titles. However, our squad fund, which is managing to support the members, is in need of small business sponsorship. At present we require finance in order to purchase new tracksuits for our elite squad.

If you can help sponsor this, we can offer your business publicity through our website, social media outlets, and by adding your company logo to our prestigious tracksuits’. In addition, we will mention your company’s support in all media articles.

If anyone can help, please contact me direct on 07966 303 585 (Collin)

**Club time changes** for Easter are on our website ‘Under Downloads’ so please check out your club at [www.sekf.co.uk](http://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 a special course on **Saturday 25th March** at the **Ashdown Leisure Centre, Adastral Rd, Canford Heath. BH17 8RE.**

This course will be a pre-grading and is vital if you wish to grade this term.

 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 25th March** at **New Milton Health & Leisure centre, Gore road. BH25 6RR).**

This course will be a pre-grading and is vital if you wish to grade this term.

 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 & Leisure centre.** (Gore road, BH25 6RR).

**The advanced grading** will take place from 1.30pm – 5.00pm directly after the advanced course. Please note this grading is strictly for those advanced students who did not grade in December.

 Date: Sunday 26th March

 Time: 11.00am – 1.00pm

####  Cost: £15.00

### 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 2nd April** 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 25th 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.

 **CLUB ENQUIRIES -** collinrudkin@btinternet.com

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[www.freestylecombatkarate.co.uk](http://www.freestylecombatkarate.co.uk) or [www.sekf.co.uk](http://www.sekf.co.uk)