

**NEWSLETTER**

 **JUNE '2016**

Well done to the Elite and A’squad members who competed at the WKU open at the beginning of May, especially Carla Rudkin-Guillen who managed a well deserved gold medal at her first national competition.

The SEKF squad also competed at the Essex Open championships on Sunday 22nd May and were on fire, winning three golds, two silvers and a bronze medal.

Both articles are on the website along with all the forthcoming event information including saturday courses / grading dates, so please take a look on [www.sekf.co.uk](http://www.sekf.co.uk)

### Saturday course for Poole area students

There will be a special course on **Saturday 11th June** at the **Ashdown Leisure Centre, (Adastral Rd, Canford Heath. BH17 8PY).**

This course will be aimed at fighting techniques which are important if you wish to grade in July.

 White 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 11th June** at **New Milton Health & Leisure Centre,** (Gore Road, New Milton BH25 6RR).

This course will be aimed at fighting techniques which are important if you wish to grade in July.

 White and Red belts - 2.00 – 3.00pm

 Yellow belt to Green tag - 3.00 – 4.00pm

 Green belt & Above - 4.00 – 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 12th June

 Time: 11.00am – 1.00pm

####  Cost: £12.00

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