



NEWSLETTER DECEMBER 2015'



Dear Parents/Students

Well done to everyone who competed at the recent SEKF interclub competition and a special thank you to all the instructors, mentors and parents who helped make it such a success. Check out the website for photos www.sekf.co.uk

With Christmas just around the corner we are holding our annual Christmas party on Sunday 20th December at the Chianti Italian Restaurant. For those new parents and students who have not yet attended, this is the event of the year and a good time to meet the instructors and mentors on a more social level. Due to the venue size we are limited to 120 guests, so please return your forms as soon as possible to avoid disappointment.

Club time changes for the Christmas break are on the Website at the bottom of the home page 'under Downloads.

Saturday course for Poole area students

There will be a special course on **SATURDAY 5th DECEMBER** at the **ASHDOWN LEISURE CENTRE (Adastral Rd, Canford Heath, BH17 8PY)**.

This course will be a pre-grading and is vital if you wish to grade on Sunday 13th December.

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 5th DECEMBER** at **NEW MILTON HEALTH & LEISURE (Gore road, New Milton, BH25 6RR)**.

This course will be a pre-grading and is vital if you wish to grade on Sunday 13th December.

White & 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 plus squad members, to be held at **New Milton Health and Leisure**. (Gore road, New Milton, BH25 6RR). **The advanced grading** will take place from 1.30pm – 4.00pm directly after the advanced course.

Date: Sunday 6th December
Time: 11.00am – 1.00pm
Cost: £12.00

Southern England Karate Federation Grading

The grading is where students from all the different clubs under the SEKF are assembled together and assessed for their next grade (belt/tag). All students must wear their full karate suit, belt and badge.

NB. It is vital for students yellow belt and above to bring mitts and gum shields.

The SEKF Grading will be held on **SUNDAY 13th DECEMBER** at **NEW MILTON HEALTH & LEISURE**, for all students and grades purple tag and below.

All Grading forms are to be handed in no later than **Saturday 5th December**.

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 compulsory to have a licence before taking your first belt.

Private lessons

If you would like to improve your last grading mark or just need some extra help with your karate training, please contact Danny direct on 07813 329 710

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

Club Enquiries - collinrudkin@btinternet.com

Collin - 01202 893 633 or 07966 303 585

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