



NEWSLETTER

JUNE '2013



I hope you all had a great half term holiday.
Well done to everyone who competed at the recent SEKF Inter-Club competition, especially Zak Smyth who won both his Kumite and Kata events.

Saturday course for Poole area students

There will be a special course on **SATURDAY 15th JUNE** at the **ASHDOWN LEISURE CENTRE (Aadastral Rd, Canford Heath. BH17 8PY)**.
This course will consist of basics & stances, and is necessary 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 Lymington area students

There will be a special course on **SATURDAY 15th JUNE** at **LYMINGTON HEALTH & LEISURE** (North Street, Pennington. SO41 8FZ).
This course will consist of basics & stances, and is necessary if you wish to grade in July.

White & Red belts - 2.00 – 3.00pm
Yellow & Orange tags - 3.00 – 4.00pm
Orange belt & above - 4.00 – 5.00pm

Advanced course

There will be an advanced course for students Purple belt & above, to be held at **New Milton Health & Leisure**. (Gore Road, BH25 6RR). This course will cover the complete brown belt syllabus and is vital for students grading in July

Date: Sunday 16th June
Time: 10.00 – 12.00pm
Cost: £12.00

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