 

**Newsletter September 2018**

**Firstly,** I would like to welcome everybody back after the summer break and I trust you all had a great time, as we did.

**During the summer break,** Carla Rudkin-Guillen and I travelled to Finland as she was representing England for the first time at the Helsinki Open. I am extremely proud to announce that Carla managed to win GOLD in her individual category, beating the current British champion in the final. Carla and her team mates also managed SILVER in the Team Kata…. Overall England managed an impressive, 6 Gold, 5 Silver and 4 Bronze medals.

**Some of our lucky squad members** travelled to Marbella in Spain this August and were treated to a week of elite training on the beach by myself and European team kata champion, Fran Salazar. The training included some fantastic physical conditioning, advanced kumite and kata drills

**Well done** to everyone who graded in July, especially our five new Black Belts, Lucy Smith, Lewis kidd, Dylan Kidd, Adam Barnes and Ethan Stonton who all passed with flying colours…...

**A big thank you** to Danny who run this year’s summer camp along with some very dedicated mentors. The feedback I received again from this year’s camp was excellent; everybody had a great time playing all sorts of games whilst learning some exciting karate.

**I am looking forward** to the term ahead as we have plenty of positive events in our agenda. Our dedicated squad members will be busy with two national and three international competitions to attend. In addition, all the students can look forward to the SEKF inter-club competition, December grading and finally our Christmas party.

**Congratulations** to Carla Rudkin-Guillen, James Arnold, Harrison West, Ethan Stonton, Adam Barnes, Autumn Fry, Finley Burn and Matilda Arnold who have all been selected for the winter term, Elite Kata Personal Training Program.

**Local Sponsorship needed** for our young elite athletes to compete with the best in the world…. Can any parents help with sponsoring for 2019? In return the SEKF can offer business advertising on our tracksuits, YouTube channel, advertising articles on our website. In addition, due to our international success we can expect more TV and radio exposure as per the recent BBC report…. Please contact me ASAP if you can help on 07966 303 585

### Saturday course for Poole area students

There will be a special course on **Saturday 15th September** at the **Ashdown Leisure Centre, (Adastral Rd, Canford Heath. BH17 8PY).**

This course will be aimed at learning the new kata for your next belt (or tag) and is vital if you wish to grade in 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 15th September** at **New Milton Health & Leisure Centre,** (Gore Road, New Milton BH25 6RR).

This course will be aimed at learning the new kata for your next belt (or tag) and is vital if you wish to grade in December.

White & Red belts - 2.00 – 3.00pm

Yellow belt to Green tags - 3.00 – 4.00pm

Green belt & Above - 4.00 – 5.00pm

### Advanced Course

There will be an advanced course for Blue belt & above, and Squad members only, to be held at **New Milton Health and Leisure Centre.** (Gore road, BH25 6RR).

Date: Sunday 16th September

Time: 11.15am – 1.15pm

#### Cost: £15.00

### Website

Please check the club Website at [www.sekf.co.uk](http://www.sekf.co.uk) for all the recent Articles, Events Calendar and Latest News...You can also sign up to the clubs Facebook page.

**Can anyone help** with programing or designing a new Website as my current site is becoming unreliable. Please contact me ASAP on 07966 303 585

**Private lessons**

If anyone would like some further tuition for the forthcoming grading in December or would like to improve their kata / Kumite in preparation for the SEKF interclub competition, please do not hesitate to organise a date/time with Danny.

If you have any queries, please do not hesitate to contact us:

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**DANNY**  - 07813 329 710