



# NEWSLETTER DECEMBER 2014'



Dear Parents/Students

Firstly, I would like to thank everyone who has wished me good luck with my post operation recovery.

Well done to everyone who competed at the recent SEKF interclub competition and a special thank you to all the instructors and mentors that helped Danny make it such a success in my absence. (Write up and photos will be on the website shortly)

With Christmas just around the corner we are holding our annual Christmas party on Sunday 21<sup>st</sup> December at the Chianti Italian Restaurant. For those new parents & 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 140 guests, so please return your forms ASAP to avoid disappointment.

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

**WEBSITE:** By the beginning of December, the club website will have all the dates of the forthcoming Grading's, Competitions and Courses up to September 2015. If you are not yet familiar with our club website, then please take a look at [www.freestylecombatkarate.co.uk](http://www.freestylecombatkarate.co.uk) or [www.sekf.co.uk](http://www.sekf.co.uk)

## Saturday course for Poole area students

There will be a special course on **SATURDAY 6<sup>th</sup> 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 14<sup>th</sup> 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 6<sup>th</sup> 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 14<sup>th</sup> 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 purple belt & above and squad members, to be held at **Lymington Health and Leisure**. (North Street, Lymington, SO41 8FZ). **The brown belt grading** will take place from 12.30pm – 3.00pm directly after the advanced course.

Date: Sunday 7<sup>th</sup> December  
Time: 10.00am – 12.00pm  
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 & gum shields.

The SEKF Grading will be held on **SUNDAY 14<sup>th</sup> DECEMBER** at **LYMINGTON HEALTH & LEISURE**, for all students and grades purple belt and below. All Grading forms are to be handed in no later than **Saturday 6<sup>th</sup> December**.

### **White belts please note**

With your Grading form, you will also receive a green licence form. Please fill out & return to your Instructor with your Grading form, as it is compulsory to have a licence before taking your first belt.

**CLUB ENQUIRIES** - collinrudkin@btinternet.com  
**COLLIN** - 01202 893 633 or 07966 303 585  
**DANNY** - 07813 329 710  
[www.freestylecombatkarate.co.uk](http://www.freestylecombatkarate.co.uk) or [www.sekf.co.uk](http://www.sekf.co.uk)