 

**Newsletter September 2017**

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

Some of our lucky squad members travelled to Madrid this August and were treated to a week of elite training by myself and world team kata champion, Fran Salazar.

Well done to everyone who graded in July, Danny and I were very happy with the overall standard.

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 summer 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 one 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 Louis Naraine, Carla Rudkin-Guillen, James Arnold, Ethan Stonton, Elliott Lowman, Adam Barnes and Thomas Klemz as they have all been selected for the Winter Term, Elite Kumite Personal Training Program.

The 2nd part of our 2017 price increase has now taken effect. The fees will now be £7.00 per session. This is our first increase since 2014, with the next due in 2019. Please note, all students who pay for twice a week can enjoy unlimited training at any of our clubs during the weekdays.

### 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.

**Parents please note,** that we offer an open-door policy for parents to watch at all our karate classes. However, in the interest of child protection I would like to request that you are prompt in entering the Dojo at the beginning of the lesson and avoid entering or leaving whilst the class is in progress.

### Saturday course for Poole area students

There will be a special course on **Saturday 16th September** at the **Ashdown Leisure Centre, (Adastral Rd, Canford Heath. BH17 8PY).**

This course will be aimed at learning your 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 16th September** at **New Milton Health & Leisure Centre,** (Gore Road, New Milton BH25 6RR).

This course will be aimed at learning your 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 17th September

 Time: 11.00am – 1.00pm

####  Cost: £15.00

**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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