

**Newsletter**

 **March 2020**

**Congratulations to our five athletes** who were selected on to the England National Karate Squad. James Arnold and Adam Barnes were selected on to the National Kumite Squad. Ethan Stonton and Harrison West were selected on to the National Kata squad, whilst Carla Rudkin-Guillen made SEKF history by being selected on to both the National Kumite and National Kata squad. Amazing work guys!

**Team SEKF were on the BBC South Today News** on Thursday 27th February following the recent success of our athletes being selected on to the England National Squad, including, James Arnold’s 7th place competing for England at the Junior European championships and Carla Rudkin-Guillen’s recent double gold success at the Berlin International Open…The story was filmed live but this did not faze our athletes who were all amazing!

**Sponsorship** is an ongoing priority for the SEKF. At present, we have our five England athletes who need to compete internationally up to six times a year in preparation for being selected to represent England at the Forthcoming European and World championships in 2021.

As a federation we are dedicated in supporting our athletes and can offer anyone who runs a business the great opportunity of being linked with our successful federation through one of our exciting sponsorship packages. For further information please contact Collin Direct on either collinrudkin@gmail.com or on 07966 303 585

**If you do not run a business there are some other ways you could help our young athletes. Thanks everyone, let’s support Team SEKF.**

* **If you are an employee,** please inform your boss about what the SEKF is trying to achieve for our young local athletes.
* **YouTube:** Can you please view our videos through the home page of our website and like them, perhaps adding a comment and subscribe to our channel as this will help with raising our profile?
* **SEKF Facebook page:** Please like our page and add a comment about the Southern England Karate Federation
* **SEKF on Google:** Please add a comment and rate
* **Website:** [www.sekf.co.uk](http://www.sekf.co.uk)

#### Saturday course for New Forest area students

There will be a special course on **Saturday 21st March** at **New Milton Health & Leisure centre, Gore road. BH25 6RR).**

This course will be a pre-grading therefore it is important to attend if you wish to grade the following week.

 White & Red belts - 2.00pm - 3.00pm

 Yellow to Green tags - 3.00pm - 4.00pm

 Green belt & Above - 4.00pm - 5.00pm

### Saturday course for Poole area students

There will be a special course on **Saturday 21st March** at the **Ashdown Leisure Centre, Adastral Rd, Canford Heath. BH17 8RE.**

This course will be a pre-grading therefore it is important to attend if you wish to grade the following week.

 White belt to Green tag - 10.00am – 11.00am

 Green belt & Above - 11.00am – 12.00pm

 **Advanced course**

There will be an advanced course for student’s Blue belt and above plus squad members only, to be held at **New Milton Health & Leisure,** Gore Road, BH25 6RR. This course will cover Knife defences, Advanced kata and Pad work

Date: Sunday 22nd March

Time: 11.15 – 1.15pm

 Cost: ₤15.00

### Southern England Karate Federation Grading

## The grading is an exam where students from all the different clubs within the SEKF are assembled together and assessed for their next grade (belt/tag). Please note that students must wear their full karate suit, belt and badge.

## **NB.** It is necessary for student’s yellow belt & above to bring mitts and gum shields.

The SEKF Grading will be held on **SATURDAY 28th MARCH** at **NEW MILTON HEALTH & LEISURE,** for all students and grades purple belt and below.

Please return grading forms no later than **Saturday 21st March.**

### White belts please note

In addition to 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 be licenced before taking your first belt.

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