 

**Newsletter 2**

**February 2019**

**Congratulations** to everyone who successfully selected for a place on the SEKF squad for 2019. The full list of athletes is on our website at [www.sekf.co.uk](http://www.sekf.co.uk)

**Well done** to everyone who attended the Fran Salazar Kata course. It was great to see everyone training hard on their kata’s and working in teams.

#### Saturday course for Poole area students

There will be a grading course on **Saturday 2nd March** at the **Ashdown Leisure Centre** (Adastral Rd, Canford Heath. BH17 8RE). This course will be aimed at improving the basics and fighting techniques for your next belt (Tag) and is important if you wish to grade at the end of March.

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 grading course on **Saturday 2nd March at New Milton Health & Leisure**, (Gore Road, New Milton. BH25 6RR). This course will be aimed at improving the basics and fighting techniques for your next belt (Tag) and is important if you wish to grade at the end of March.

White & Red belts - 2.00pm – 3.00pm

Yellow Belt to Green tag - 3.00pm – 4.00pm

Green Belt & Above - 4.00pm – 5.00pm

**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 kicks and Pad work

Date: Sunday 3rd March

Time: 11.15 – 1.15pm

Cost: ₤15.00

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

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