

**NEWSLETTER**

**JULY '2016**

Dear Parents/Students,

Well done to everyone who competed at the recent SEKF karate championships. I would like to thank Danny, Sasha, the Mentors and Parents who helped make the day such a success. A great team effort!

I would like to congratulate Louis Naraine for his recent gold medal at the Four Nations Karate Championships. Louis will now be attending the England squad training sessions in the hope that he will be selected for a permanent place on the squad. Well done Louis!

Congratulations to the squad members who were selected to train under the World Team Kata Champion, Fran Salazar in Madrid at the beginning of August. What a fantastic opportunity to train with the best the world has to offer at kata. I am really looking forward to it.

Please take a look at our website @ [www.sekf.co.uk](http://www.sekf.co.uk) for the latest competition results, news and events.

### Saturday course for Poole area students

There will be a special course on **Saturday 9th July** 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 17th July.

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 9th July** at **New Milton Health & Leisure Centre,** (Gore Road, New Milton BH25 6RR).

This course will be a pre-grading and is vital if you wish to grade on Sunday 17th July.

White & Red belts - 2.00pm – 3.00pm

Yellow belts & Green tags - 3.00pm – 4.00pm

Green belt & Above - 4.00pm - 5.00pm

**Advanced Course**

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

**Please note:** The grading for student’s purple belt and above will take place after this course at 1.30pm.

Date: Sunday 10th July

Time: 11.00am – 1.00pm

#### Cost: £12.00

**Southern England Karate Federation Grading**

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

## **N.B.** It is compulsory for yellow belt and above to bring mitts & gum shields.

The Southern England Karate Federation Grading will be held on **Sunday 17th July** at **New Milton Health & Leisure Centre**, **for** all students and grades below Purple belt.

All grading forms are to be handed in no later than Saturday 9th July, with cheques made payable to the Southern England Karate Federation. (SEKF)

### White belts please note: With 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 necessary to have a licence before taking your first belt. Please make cheques for licence books payable to the Southern England Karate Federation. (SEKF).

**PRIVATE LESSONS**

If anyone would like to improve their previous grading mark for the forthcoming grading in July, please do not hesitate to organise a date, time with Danny.

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

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