 

**Newsletter November 2018**

Dear parents/Students

**I hope you have all enjoyed** a nice half term break. I spent most of my time in the office working on funding for our young athletes. However, I was still lucky enough to enjoy the great weather with my family, visiting some lovely local attractions.

**Congratulations to our fantastic Squad**, after winning a total of 2 Gold, 7 silver and 4 Bronze medals at the BIKO Open Championships. Well done everyone!

**Special congratulations,** for our elite squad who also competed at the Central England International Open and managed an amazing total of 1 Gold, 4 Silver and 2 Bronze medals…

**The above articles** and other news/events are on our website at [www.sekf.co.uk](http://www.sekf.co.uk)

**There will be an article in the Lymington and New Milton Times** on our Elite Squad’s success at the Central England International, so keep an eye out.

**In addition,** they will be running an article on our successful federation with the sole aim to help attract sponsorship for our young athletes. This will include a visit to the New Milton Health & Leisure class on Thursday 15th November to take photos. Please wear complete karate suits if you are attending the 6.30pm -7.30pm class.

**Well done to the prize-winning students** who raised the most sponsorship for the SEKF at this year’s Fun Run. Autumn Fry, Adam Barnes and Yasmin Allner, were all treated to a great day out American Bowling with Danny over the half term.

**All parents, please be invited to write a review about the SEKF** on both the Internet and our YouTube channel. This will help give the club positive exposure that is vital for any prospective sponsors. It will only take 3-4 minutes…Firstly, go to your Google search engine and type ‘SEKF Karate’. SEKF / Freestyle Combat Karate links will appear. However, on the right-hand side of the page, our club information with reviews will be present…. You can then write a review.…If you do not have a Google account, you can set up a free one straight away which takes less than 2 minutes… Once done you can leave a review…

**To like our YouTube channel,** you just need to be signed in to your Google account. However, to leave a review, you need to open a YouTube account…. This is simple and takes less than 2 minutes… Firstly, click on the video you are going to comment on…. Scroll down to the bottom of the page…Click on comments…You can then follow the steps to open a free account…. Once you have the YouTube account, you can subscribe to our channel and leave comments on all our videos!

**Please note,** on Monday 11th November, we will draw out one of the names that have left a review. The student will receive a Free private lesson from Danny. Thanks, in advance for your support. Team SEKF!

#### Saturday course for New Forest area students

There will be a special course on **Saturday 10th November** at **New Milton Health & Leisure Centre,** (Gore Road, New Milton BH25 6RR).

This course will be aimed at learning and perfecting the basics and fighting techniques 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

### Saturday course for Poole area students

There will be a special course on **Saturday 10th November** at the **Ashdown Leisure Centre, (Adastral Rd, Canford Heath. BH17 8PY).**

This course will be aimed at learning and perfecting the basics and fighting techniques for your next belt (or tag) and is important if you wish to grade in December.

White to Green tag - 10.00am – 11.00am

Green Belt & Above - 11.00am – 12.00pm

### 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). This course is vital for advanced students wishing to grade in December.

Date: Sunday 11th November

Time: 11.15am – 1.15pm

#### Cost: £15.00

**Private lessons**

If you would like further tuition for the forthcoming grading in December or to improve on 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:

**COLLIN -**  07966 303 585 [collinrudkin@gmail.com](mailto:collinrudkin@gmail.com)

**DANNY** - 07813 329 710