 

**Newsletter October, 2016**

Dear parents/Students

Please find below the course dates and times for October.

### Saturday course for Poole area students

There will be a special course on **Saturday 15th October** at the **Ashdown Leisure Centre, (Adastral Rd, Canford Heath. BH17 8PY).**

This course will be aimed at stances and perfecting 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 15th October** at **New Milton Health & Leisure Centre,** (Gore Road, New Milton BH25 6RR).

This course will be aimed at stances and perfecting 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 16th October

 Time: 11.00am – 1.00pm

####  Cost: £12.00

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

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