 

**Newsletter**

 **July ‘17**

Congratulations to both Carla Rudkin-Guillen and Elliott Lowman for achieving silver medals at the Four Nations Karate Championships. Carla performed five great kata’s, winning her first three rounds 5-0, which was an absolute pleasure to witness. This was another record breaking achievement for both Carla and the SEKF, as it is our first Kata medal at British level.

Elliott Lowman was on fire in his kumite section, storming through his opponents with great determination, whilst showing a fantastic array of techniques. Well done Team SEKF.

A big well done to everyone who competed at the SEKF Inter-Club competition and congratulations to all who won medals, especially Carla Rudkin-Guillen who managed two gold medals and won competitor of the day after her great performances in both the advanced and elite kata categories, Finley Burn who also won two gold medals, Laura Laurent for winning a gold and silver medal, Alessio Sebis for winning a gold and bronze medal and Ruben Lane who won two bronze medals.

**Club time changes** for the Summer are on our website ‘Under Downloads’ so please check out your club at [www.sekf.co.uk](http://www.sekf.co.uk)

Please note our website includes all the current News, Courses and Events information.

### Saturday courses for Poole area students

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

This course will be a pre-grading and is vital if you wish to grade this term.

 White belt 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 8th July** at **New Milton Health & Leisure centre, Gore road. BH25 6RR).**

This course will be a pre-grading and is vital if you wish to grade this term.

 White & Red belts - 2.00pm - 3.00pm

 Yellow to 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 only, and Squad members, to be held at **New Milton Health & Leisure centre.** (Gore road, BH25 6RR).

**The advanced grading** for Purple belt and above will take place from 1.30pm – 5.00pm directly after the advanced course.

 Date: Sunday 9th July

 Time: 11.00am – 1.00pm

####  Cost: £15.00

### Southern England Karate Federation Grading

## The grading is where students from all the different SEKF 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 16th July** at New Milton Health & Leisure centre. This grading is for students’ Purple tag and below.

All grading forms are to be handed in no later than **Saturday 8th July.**

**Please make cheques payable to the 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 payable to SEKF.**

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

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 [www.sekf.co.uk](http://www.sekf.co.uk)