

**Newsletter December 2020**

I hope everyone enjoyed the online training over the course of the national lockdown.

Please see below our course dates for December which all beginners are also invited to attend in preparation for their possible first grading later in December. Details to follow….

#### Saturday grading course for all students

There will be a special course on **Saturday 5th December** at **New Milton Health & Leisure Centre,** (Gore Road, New Milton BH25 6RR).

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

White and red belts - 1.00 – 1.50pm

Yellow belt to Orange tag - 2.00 – 2.50pm

Orange belt to Purple tag - 3.00 – 3.50pm

Purple belt and 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). This course will cover some exciting advanced work including advanced kicks, fighting techniques / pad work and Kata. It is vital for students wishing to grade in December to attend…. Please pay online prior to the course and confirm with Sensei Collin.

**Date:** Sunday 6th December **Time:** 11.30am – 1.30pm **Cost:** £15.0**0**

**If you would like further private tuition** for the forthcoming grading in December, please do not hesitate to organise a date/time with Danny.

**Sensei Collin -**  07966 303 585 **Sensei Danny** - 07813 329 710

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