 

**Newsletter December, 2016**

Dear Parents/Students

Firstly, I would like to thank everyone who attended the fantastic kata course run by Fran Salazar. What a great experience!

Well done to everyone who competed at the recent SEKF interclub competition, especially Thomas Klemz, Carla Rudkin-Guillen and Alessio Sebis who all managed to win two gold medals. I would also like to thank all the instructors, mentors and parents who helped make it such a success. Check out the website for photos of both the above articles at [www.sekf.co.uk](http://www.sekf.co.uk)

With Christmas just around the corner we are holding our annual Christmas party on Sunday 18th December at the Chianti Italian Restaurant. For those new parents and students who have not yet attended, this is the event of the year and a good time to meet the instructors and mentors on a more social level.

**Club time changes** for the Christmas break are on the Website at the bottom of the home page ‘under Downloads.

### Saturday course for Poole area students

There will be a special course on **SATURDAY 3rd DECEMBER** 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 11th 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 3rd DECEMBER** at **NEW MILTON HEALTH & LEISURE (Gore road, New Milton, BH25 6RR).**

This course will be a pre-grading and is vital if you wish to grade on Sunday 11th December.

 White & Red belts - 2.00 – 3.00pm

 Yellow belt to Green tag - 3.00 – 4.00pm

 Green belt & Above - 4.00 – 5.00pm

**Advanced course**

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

**The advanced grading** will take place from 1.30pm – 4.00pm directly after the advanced course.

 Date: Sunday 4th December

 Time: 11.00am – 1.00pm

 Cost: £12.00

### Southern England Karate Federation Grading

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

## **NB.** It is necessary for student’s yellow belt and above to bring mitts and gum shields.

The SEKF Grading will be held on **SUNDAY 11th DECEMBER** at **NEW MILTON HEALTH & LEISURE,** for all students and grades purple tag and below.

Please return grading forms no later than **Saturday 3rd December.**

### White belts please note

In addition to 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 compulsory to be licenced before taking your first belt.

**Private lessons**

If you would like to improve your last grading mark or just need some extra help with your karate training, please contact Danny direct on 07813 329 710

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

**Club Enquiries -** collinrudkin@btinternet.com

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