 

**Newsletter October 2018**

**September** has been another busy month for the SEKF…. Firstly, I would like to congratulate all the Instructors and Mentors that were selected to represent the SEKF. They are easily spotted at the classes due to the new design “Train with the Champions’ polo shirts…Nice!

**The Elite squad** have been very active throughout September. They attended the UK Open as a warm up for the British International, and it was a great success. Our Six athletes managed to win a staggering 5 Gold, 2 Silver and 3 bronze medals.

Our hard-working Elite, then managed an incredible four medals, 1 Gold, 1 Silver and 2 Bronze at the British International Open…. Amazing!

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

**I would like to thank** one of our parents, Rob Maynard, for sorting out the SEKF website and offering to build a new one. However, the SEKF is still in urgent need of local sponsorship to help our successful athletes achieve their true potential. Can anyone help?

### Saturday course for Poole area students

There will be a special course on **Saturday 13th October** at the **Ashdown Leisure Centre, (Adastral Rd, Canford Heath. BH17 8PY).**

This course will be aimed at stances and perfecting the new kata 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

#### Saturday course for New Forest area students

There will be a special course on **Saturday 13th October** at **New Milton Health & Leisure Centre,** (Gore Road, New Milton BH25 6RR).

This course will be aimed at stances and perfecting the new kata for your next belt (or tag) and is important 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). This course is vital for advanced students wishing to grade in December.

**Date:** Sunday 14th October **Time:** 11.15am – 1.15pm **Cost:** £15.00

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