

Firstly, I would like to welcome everybody back after the summer break and I trust you all had a great time, as we did. My family and I spent the summer travelling around Spain, whilst Danny ventured a little further spending a few weeks in Colombia.

Well done to everybody who graded in July, especially Sasha Haydon and Lee Dawson who were both awarded their 4th Dan Black belts, along with Nick Issacson who was awarded his 1st Dan Black belt.

I would also like to congratulate the squad members who competed at the recent Central England Karate championships. Well done.

A big thank you to Danny who run this year’s summer camp along with Scott Miguel and some very dedicated Mentors. The feedback I received again from this year’s summer camp was excellent; everybody had a great time playing all sorts of games whilst learning some exciting karate. (Please check out all the above articles at our website [www.sekf.co.uk](http://www.sekf.co.uk))

Rather late congratulations to Theo Simpson, Marriett Whitney and Oliver Darlington who raised a staggering £306.00 between them for the 100 club fund, winning themselves a day out at a national theme park. Thank you to everybody who helped us raise a total of £1080.00 at the recent summer fete.

I am looking forward to the term ahead as we have plenty of positive things happening. After the recent Instructor / Mentor course I am very happy to see so many students with such enthusiasm to teach and I cannot wait to see them improving their skills at the classes.

The SEKF squad members will be busy this term with one International and two national competitions to attend. Due to their continuous hard training and recent competition successes, I will be hoping for some more national champions to end a great year. In addition we can all look forward to the SEKF inter-club competition and the Christmas party.

**Parents please note,** that we offer an open door policy for parents to watch at all our karate classes, however in the interest of child protection I would like to request that you are prompt in entering the Dojo at the beginning of the lesson to avoid people coming in and going out during the lesson.

### Saturday course for Poole area students

There will be a special course on **Saturday 4th October** at the **Ashdown Leisure Centre, (Adastral Rd, Canford Heath. BH17 8PY).**

This course will be aimed at learning 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 4th October** at **New Milton Health & Leisure Centre,** (Gore Road, New Milton BH25 6RR).

This course will be aimed at learning 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 **Lymington Health and Leisure Centre.** (North Street. SO41 8FZ).

Date: Sunday 5th October

Time: 11.00am – 1.00pm

#### Cost: £12.00

### Website

Please check the club Website at [www.sekf.co.uk](http://www.sekf.co.uk) for the Events calendar up to January 2015, and for the latest news...You can also sign up to the clubs face book page.

**Club time changes** for October are also on the website under downloads at the bottom of the home page.

**Private lessons**

If anyone would like to improve their previous grading mark for the forthcoming grading in December, please do not hesitate to organise a date/time with Danny.

Try not to leave it to just before the grading, as last time before the July grading, Danny ran out of spare time and could not give private lessons to everyone who required them.

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

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