 

**Newsletter December 2017**

Dear Parents/Students

**Congratulations** to our SEKF squad, especially Damla Kaya and Ethan Stonton for their medal success at the recent Central England International Open.

**Well done** to everyone who competed at the recent SEKF interclub competition.

I would like to thank all the instructors, mentors and parents who helped make it such a success. Both articles can be found on our website at [www.sekf.co.uk](http://www.sekf.co.uk)

**Commiserations** to our elite athletes, Carla Rudkin-Guillen and Louis Naraine who have broken bones in the lead up to Portugal and are now doubtful to compete. I have been overwhelmed by their positive attitude and determination to continue training within their limits. True champions!

**The Bournemouth Echo**, visited our club at New Milton recently and wrote a fantastic article giving a full page in the newspaper and on-line with 13 photos. A real positive for karate and the SEKF. Please take a look at the on-line page……

<http://www.bournemouthecho.co.uk/news/15656894._quot_Respect_for_yourself_is_key_quot___Karate_success_means_more_than_just_medals/> or just type Bournemouth Echo news / Karate

**With Christmas,** just around the corner we are holding our annual Christmas Party on Sunday 17th December at our new venue, New Milton Town Football Club**.** 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 9th 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 17th 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 9th 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 17th 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 – 5.00pm directly after the advanced course.

Date: Sunday 10th December

Time: 11.00am – 1.00pm

Course fee : £15.00

### 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 17th DECEMBER** at **NEW MILTON HEALTH & LEISURE,** for all students and grades purple tag and below.

Please return grading forms no later than **Saturday 9th 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.

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)