



NEWSLETTER

FEBRUARY 2016



It has been an eventful start to 2016. Well done to everyone who attended the recent open squad session, especially the students who were selected for a place. (The 2016 list of squad members and our federations achievements can be found on our website “under Squads”).

I would like to thank all the students and parents who supported our annual fun run on Sunday. Pictures will be on the website soon.

Club time changes for February are on our website ‘Under Downloads at the bottom of the home page’ so please check out your club on www.freestylecombatkarate.co.uk or at www.sekf.co.uk

Please note our website covers all the Current News, Courses and Events information.

Saturday course for Poole area students

There will be a special course on **Saturday 27th February** at the **Ashdown Leisure Centre** (Aadastral Rd, Canford Heath. BH17 8RE). This course will be aimed at improving your Basics / Fighting techniques and is important if you wish to grade in March.

White to Green Tag -	10.00am – 11.00am
Green Belt & Above -	11.00am – 12.00noon

Saturday course for New Forest area students

There will be a special course on **Saturday 27th February** at **New Milton Health & Leisure**, (Gore Road, New Milton. BH25 6RR). This course will be aimed at improving your Basics / Fighting techniques and is important if you wish to grade in March.

White & Red belts -	2.00pm – 3.00pm
Yellow Belt to Green tag -	3.00pm – 4.00pm
Green Belt & Above -	4.00pm – 5.00pm

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

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