 

**Newsletter**

 **January 2018**

Firstly, I would like to welcome everybody back after the Christmas break and wish you all a Happy New Year.

Danny and I would like to thank everyone for the Christmas presents and cards we received.

**Congratulations** to everyone who graded in December, especially our two new black belts, Damla Kaya and Harrison West.

**Christmas Party:** I would like to thank everyone for helping make the Christmas Party such a success this year, especially the parents who kindly contributed food for the buffet or prizes for the raffle. Sasha for organising the buffet and finally our superstar Master Chef Semi Finalist, Gavin Barnes, for supplying our best tasting food to date. Thanks everyone!

**I would like to congratulate** all the students who were presented with an award for their contribution to karate throughout 2017, especially our two top athletes, Carla Rudkin-Guillen and Elliott Lowman. Both Carla and Elliott have excelled beyond all expectations, setting new standards within the SEKF and were awarded the coveted Black Belt in an emotional presentation at the Christmas party!

**Student of the Year Awards:**

**SEKF Honours Award -** Carla Rudkin-Guillen / Elliott Lowman

**SEKF Mentor Award -** Damla Kaya

**New Forest student Award -** James Arnold

**Poole Student Award -** Thomas Klemz

**SEKF Novice Award** - Megan Barnes

**SEKF Parent Award -** Mrs Filiz Kaya / Mr Gavin Barnes

The above articles and upcoming events can be seen on our website at [www.sekf.co.uk](http://www.sekf.co.uk)

**Important notice** for parents and students of the Lymington Health & Leisure centre class running 6.45pm – 7.45pm. This class will permanently change times from week commencing **Monday 5th February** to **6.00pm – 7.00pm.** This new time has been negotiated as part of changes within the NFDC and I apologise if this causes any inconvenience.

#### Saturday course for Poole area students

There will be a special course on **Saturday 13th January** at the **Ashdown Leisure Centre** (Adastral Rd, Canford Heath. BH17 8RE). This course will be aimed at learning your new Kata for your next belt (or tag) and it’s vital for your grading 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 13th January at New Milton Health & Leisure**, (Gore Road, New Milton. BH25 6RR). This course will be aimed at learning your new Kata for your next belt (or tag) and it’s vital for your grading 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

**Advanced course**

There will be an advanced course for students, Blue belt & above and squad members only, to be held at **New Milton Health & Leisure,** Gore Road, BH25 6RR. This course will cover advanced kata and weapon defence.

Date: Sunday 14th January

Time: 11.00 – 1.00pm

 Cost: ₤15.00

**Private lessons:** Please contact Danny direct if you require private lessons for either grading work to help improve your mark at the March grading or competition work for the forthcoming open squad session and selections at the end of January.

**Parents**, now is your chance to start karate. As a special incentive, there will be free lessons throughout January for any new parents taking up the challenge.

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

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