



NEWSLETTER

MAY '2014



Firstly, I would like to welcome everyone back after the Easter break and I hope you all had a great time. My family and I visited the wonderful Marrakech in Morocco where I came face to face with a couple of local snakes, yet the most challenging experience of our trip was trying to haggle for souvenirs in the famous Jemma el Fna square....Not for the faint hearted!

Well done to all the students who graded before the Easter break as I thought the overall standard was very good and thank you to the instructors, mentors and parents who helped out on the day.

I would like to congratulate all the SEKF squad members who competed at the recent English Karate Championships, especially Alton Brown who fought magnificent and retained his English title by winning gold, Zak Smyth who won a hard fought and well deserved Silver medal, Patchouli Phillips who maintained her great standard of 2013 by winning a Bronze medal and Alessio Sebis who showed why he is the new kid on the block by taking Bronze at his first major competition. See Website for more info...

Blue belt students will now be invited to attend all advanced courses alongside the purple belt and above in an attempt to prepare them earlier for their brown belt grading. This new initiative may help to maintain and possibly improve the high standard of karate within the SEKF.

Help required...In last month's newsletter I mentioned that I am trying to organise a demo karate squad which will perform karate techniques to music at competitions, requesting help in regards to the dance choreography. Unfortunately I have received a limited response at present. If you have any experience in dance at any level and would like to offer your help then please contact me direct.

Please note there will be no classes running on Monday 5th May due to the bank holiday.

Club time changes for May half term are on our website 'Under Downloads' 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 10th May** 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 (tag) and is important if you wish to grade in July.

White belt 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 10th May** 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 (tag) and is important if you wish to grade in July.

White & Red belts	-	2.00pm - 3.00pm
Yellow to Green tags	-	3.00pm - 4.00pm
Green belt & Above	-	4.00pm - 5.00pm

ADVANCED COURSE

There will be an advanced course for Blue belt & above only, and Squad members, to be held at **New Milton Health and Leisure centre**. (Gore road, New Milton. BH25 6RR).

Date: Sunday 11th May
Time: 10.00am – 12.00 noon
Cost: £12.00

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

CLUB ENQUIRIES - collinrudkin@btinternet.com
COLLIN - 01202 893633
DANNY - 07813 329 710
www.freestylecombatkarate.co.uk or www.sekf.co.uk