



NEWSLETTER MARCH '2014



I would like to congratulate all the new Southern England Karate Federation squad members who selected recently at the Open Squad session. See Website for updated squad members list for 2014.

Help required... I am organising a demo karate squad which will perform karate techniques to music at competitions. It would be very helpful if someone with dance choreography experience could offer their input. Please contact me direct on 07966 303 585 if you can help.

Club time changes for Easter 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 15th March** 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 23rd March.

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 15th March** at **New Milton Health & Leisure centre (Gore road, New Milton. BH25 6RR).**

This course will be a pre-grading and is vital if you wish to grade on Sunday 23rd March.

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 purple belt & above only, and Squad members, to be held at **New Milton Health and Leisure centre**. (Gore road, New Milton. BH25 6RR).

Date: Sunday 16th March

Time: 10.00am – 12.00 noon

Cost: £12.00

Freestyle combat grading

The grading is where students from all the different clubs are assembled together and assessed for their next grade (belt/tag). All students must wear their full karate suit, belt and badge.

N.B. It is compulsory for yellow belt and above to bring mitts & gum shields.

The Freestyle Combat Grading will be held on **Sunday 23rd March** at **New Milton Health & Leisure centre, Gore road, BH25 6RR** for all students and grades.

All Grading forms are to be handed in no later than **Saturday 15th March**.

Please make cheques payable to the Southern England Karate Federation (SEKF)

White belts please note!

With your Grading form, you will also receive a green licence form. Please fill out & return to your Instructor with your Grading form, as it is necessary to have a licence before taking your first belt. **Please make cheques payable to SEKF.**

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

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