

**Newsletter October 2025**

Dear parents and students,

**Congratulations** to our SEKF elite athletes who recently competed at the British International Open. Carla Rudkin-Guillen achieved the dream result by winning double gold in the following categories, female -21 yrs Kata and the female -61kg Kumite. Denis Margolin managed to win a tough bronze medal in the male Junior kumite -68kg and Christopher Cytus also competed well gaining valuable experience. Fantastic work everyone!

**More Congratulations** to Carla after she won gold and bronze medals at the English International Open. Carla won gold in the female -21 yrs Kata and bronze in the female -61kg Kumite category. Another incredible result.

#### Saturday grading course for all students

There will be a special grading course on **Saturday 18th October** to be heldat New Milton Health & Leisure Centre, (Gore Road, New Milton. BH25 6RR)

This course will be aimed at stances and perfecting the kata for your next belt (or tag) and is important preparation for the forthcoming grading in December.

White & Red belts: - 10.00am – 11.00am

Yellow & Orange tag - 11.00am –12.00pm

Orange belt to blue tag. - 12.00pm – 1.00pm

Blue belt and above. - 1.00pm - 2.00pm

### Advanced Course

There will be an advanced course **on Sunday 19th October** for students’ blue belt & above and squad members to be held at New Milton Health and Leisure Centre. (Gore road, BH25 6RR). This course will cover some exciting, advanced work including advanced kata / knife defences and pad work in preparation for the forthcoming grading in December.

**Time:** 10.00am – 12.00pm **Cost:** £18.00

There is an extra charge for the advanced course. Please confirm your attendance via WhatsApp to sensei Collin on 07966 303 585 and make payment to the following account:

**Southern England Karate Federation - Account: 03807886 - Sort Code: 20-96-96**

### The popular Half Term Karate Camp

### Will be running from Wednesday 29th October -Friday 31st October. Details and booking link will be sent out to the WhatsApp group soon.

### Website

Please check the club website at [www.sekf.co.uk](http://www.sekf.co.uk) for all the recent Articles, Events Calendar and Latest News...You can also sign up to the clubs Facebook page.

**Private lessons**

If anyone would like some further tuition for the forthcoming grading in December, please do not hesitate to organise a date/time with Sensei Danny.

**Sensei Collin -**  07966 303 585 **Sensei Danny** - 07813 329 710

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