

**Newsletter January 2020**

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 lovely Christmas presents and cards we received.

**Congratulations** to everyone who graded in December, especially our new black belts, Bethany McNair, Marriott Witney, Lewis Grainger and Jessica Reels

**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 and preparing such great food. Thanks everyone!

**I would like to congratulate** all the students / parents who were presented with an award for their contribution to karate throughout 2019, especially our top athletes who received Special Achievement Awards: James Arnold, Carla Rudkin-Guillen and Ethan Stonton, who excelled beyond all expectations.

**James:** Regained his English Championship Title for the 2nd year running…Placed 9th in the World ranking K1…Selected to represent England at the Junior Europeans in Budapest, 2020.

**Carla –** Current ranked No 1 in Great Britain after achieving Silver medals at the British, English and British International Open Championships….Placed 7th in the World ranking K1…Awarded ‘New Forest Junior Sports Person of the Year’

**Ethan –** Zaragoza International Open Champion…British International Open Silver medal…British Championship Bronze medal…Selected to compete at World K1 level.

I would like to congratulate **Sasha Haydon** for being presented with SEKF Dedication Award after over 25 years of training and teaching within the SEKF. Amazing!

**Student of the Year Awards:**

**SEKF Dedication Award** - Sasha Haydon

**SEKF Honours Award -** James Arnold

**SEKF Mentor Award -** Nick Issacson

**New Forest student Award -** Adam Barnes

**Poole Student Award -** Bethany McNair

**SEKF Primary School Award -** Megan Barnes

**SEKF Novice Award** - Hamish Legg

**SEKF Parent Award -** Mrs Jane McNair / Mrs Laura Legg

#### Saturday course for Poole area students

There will be a grading course on **Saturday 11th January** at the **Ashdown Leisure Centre** (Adastral Rd, Canford Heath. BH17 8RE). This course will be aimed at learning the new Kata for your next belt (or tag) 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 grading course on **Saturday 11th January at New Milton Health & Leisure**, (Gore Road, New Milton. BH25 6RR). This course will be aimed at learning the new Kata for your next belt (or tag) 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

**Advanced course**

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

**Date**: Sunday 12th January …**Time:** 11.15 – 1.15pm…..**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**…We are offering parents free karate lessons throughout January...

We run an Adults only class on a Monday evening at Lymington H & L from 6.30pm-7.30pm. We also run an Adult / Family class at Ringwood H & L on a Tuesday Evening from 5.00pm-6.00pm…Come and join us!

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

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[www.sekf.co.uk](http://www.sekf.co.uk)

