

**Newsletter December 2021**

Dear parents and students,

Well done to everyone who attended the recent kumite course under World Champion Jordan Thomas.

We have a busy few weeks ahead before the Christmas break especially with the forthcoming grading. Early December, our England athletes Carla, Ethan and Harrison will be attending the final selections for the European championships which take place early next year, so the very best of luck to them. In addition, Carla will be competing at the World ranking Youth K1 and will be heading out to Venice on Wednesday 8th December. Good luck Carla.

#### Saturday grading course for all students

There will be a special grading course on **Saturday 4th December** to be heldat New Milton Health & Leisure Centre, (Gore Road, New Milton. BH25 6RR)

This course will be aimed at learning and perfecting Basics and fighting techniques for your next belt (or tag) and is vital if you wish to grade the following week.

 White belts - 1.00 – 1.55pm

 Red belts - 2.00 – 2.55pm

 Yellow belt to blue tag. - 3.00 – 3.55pm

 Blue belt and above. - 4.00 - 5.00pm

### Advanced Course

There will be an advanced course **on Sunday 5th December** for Blue belt & above to be held at New Milton Health and Leisure Centre. (Gore road, BH25 6RR). This course will cover some exciting, advanced work including advanced kicks, fighting techniques, pad work, advanced Kata and knife defences.

**Time:** 11.15am – 1.15pm **Cost:** £15.0**0**

Please make payment to the SEKF – Account: 03807886 - Sort Code: 20-96-96

### Southern England Karate Federation Grading

## The grading is an exam where students from all the different clubs within the SEKF are assembled and assessed for their next grade (belt/tag). Please note that students must wear their full karate suit, belt and badge.

## **NB.** It is necessary for student’s yellow belt & above to bring mitts and gum shields.

The SEKF Grading will be held on **SUNDAY 12th DECEMBER** at **NEW MILTON HEALTH & LEISURE,** for all students and grades purple belt and below.

Please return grading forms no later than **Saturday 4th December**

### White belts please note

In addition to your grading form, you will be required to complete a licence form. Both forms can be found at the bottom of the homepage of our website at [www.sekf.co.uk](http://www.sekf.co.uk)

Please fill out both forms and send via WhatsApp to Sensei Collin on 07966 303 585 Please note it is compulsory to be licenced before taking your first belt.

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

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

collinrudkin@gmail.com [www.sekf.co.uk](http://www.sekf.co.uk)

 