

**Newsletter**

**September 2019**

I would like to welcome everybody back after the summer break.

**During the summer break,** some of our lucky squad members travelled to Marbella in Spain this August and were treated to a week of elite training on the beach by the SEKF coaching Team and European team kata champion, Fran Salazar. The training included, fun physical conditioning, advanced kumite, kata drills and Bunkai.

**Well done** to everyone who graded in July, especially Debbi Schaffer who passed her 2nd Dan Black belt with flying colours…...A great achievement Debbi.

**I would like to welcome** Nick Issacson to the SEKF coaching team after being appointed assistant coach. Nick has competed in kata and kumite at National level as a junior. Since returning from University he continues to compete as a senior.

**New Lead Safeguarding Officer for the SEKF**

Iwould like to welcome Mrs Jane McNair, in her new role as Lead Safeguarding Officer for the SEKF. Jane has been a co-operated governor for Ringwood CE Infants School since May 2015 and was appointed Co-Chair of Governors in July (2019).

Jane, who is DBS checked, has attended Child Protection, Safe-Guarding and Safer Recruitment training. She receives continuous training and updates from Hampshire County Council and Hampshire Governor Services. Jane’s contact details can be found on the SEKF website under CLUBS.

**I am looking forward** to the term ahead as we have plenty of positive events in our agenda. Our dedicated squad members will be busy with two national and two international competitions to attend. In addition, I will be running a joint Kata and Kumite course alongside the SEKF Coaching Team and guest instructor, James Scanlon. The students can also look forward to the SEKF inter-club competition, December grading and finally our Christmas party.

**Congratulations** to James Arnold, Carla Rudkin-Guillen, Ethan Stonton, Adam Barnes, Autumn Fry, Matilda Arnold, Stanley Arnold, Nick Issacson, Denis Margolin, Bethany McNair, Jamie Speirs and Oliver Darlington who have all been selected for the winter term, Elite Kumite Personal Training Program.

The SEKF have sponsored three of the above athletes…

**Local Sponsorship is required** to help our young hard-working elite athletes to compete with the best in the world. Can any parents join local business owner, Laura Legg and help with sponsoring for 2019 / 2020? … In return the SEKF can offer a comprehensive sponsor advertising package .

**We have new Tracksuits, Club Leaflets and Advertising boards waiting to go to print.** Contact Collin if you would like to be part of Team SEKF: 07966 303 585

### Saturday course for Poole area students

There will be a special course on **Saturday 14th September** at the **Ashdown Leisure Centre, (Adastral Rd, Canford Heath. BH17 8PY).**

This course will be aimed at learning the new kata for your next belt (or tag) and is vital if you wish to grade in December.

White 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 14th September** at **New Milton Health & Leisure Centre,** (Gore Road, New Milton BH25 6RR).

This course will be aimed at learning the new kata for your next belt (or tag) and is vital if you wish to grade in December.

White & Red belts - 2.00 – 3.00pm

Yellow belt to Green tags - 3.00 – 4.00pm

Green belt & Above - 4.00 – 5.00pm

### Advanced Course

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

Date: Sunday 15th September

Time: 11.15am – 1.15pm

#### Cost: £15.00

### 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 or would like to improve their kata / Kumite in preparation for the SEKF interclub competition, please do not hesitate to organise a date/time with Sensei Danny.

**CLUB ENQUIRIES -** [collinrudkin@gmail.com](mailto:collinrudkin@gmail.com)

Sensei Collin: 07966 303 585 Sensei Danny: 07813 329 710

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

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