 

**Newsletter**

**May 2019**

Firstly, I would like to wish Carla Rudkin-Guillen, Elliott Lowman and James Arnold, the very best of luck in Cyprus competing at their first World ranking K1 Competition. Our three hard working athletes will leave for Cyprus on Wednesday 1st May, returning Monday 6th May…. GO TEAM SEKF!

Well done to everyone who attended the amazing Wayne Otto kumite course recently. Photos and article will be on the website shortly… [www.sekf.co.uk](http://www.sekf.co.uk)

### Saturday course for Poole area students

There will be a special course on **Saturday 18th May** at the **Ashdown Leisure Centre, (**Adastral Rd, Canford Heath. BH17 8PY**).**

This course will be aimed at improving kata and stances for your next belt (tag) and is important if you wish to grade in July.

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 18th May** at **New Milton Health & Leisure centre (**Gore road, New Milton. BH25 6RR**).**

This course will be aimed at improving kata and stances for your next belt (tag) and is important if you wish to grade in July.

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 Blue belt & above only, and Squad members, to be held at **New Milton Health & Leisure Centre.** Gore road, New Milton. BH25 6RR.

**Date:** Sunday 19th May **Time:** 11.15am – 1.15pm **Cost**: £15.00

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