Dear Parents / Students

I hope you have all enjoyed the online training lessons.

Over the past month we have worked hard to develop and refine our online training program. Our first objective was to give the students an upbeat positive Karate lesson to help them adapt to the lockdown, in addition we wanted to give the whole family the opportunity to train together and started the Family Fun Fitness classes.

The classes went down well. However, we wanted to offer better tuition and divided the classes into different grade abilities which was a great success. Our squad sessions were also introduced and have helped our squad members stay focused on their training.

Our next step is to introduce online Saturday course sessions in May, running five different grade ability classes once a month in preparation for the student’s next grading as this will help with their mindset to train with purpose during these unprecedented times.

At present we cannot be certain when normal classes will return, therefore, we believe it is in the student’s interest if we maintain a full and professional karate program whilst online which can transfer back to the clubs once they re-open.

On the Website [www.sekf.co.uk](http://www.sekf.co.uk) we have been adding the full weeks karate program to the latest NEWS item on the homepage to help parents with organisation. The classes will run along the same lines as now and we will only make changes to enhance the student’s Karate.

From 1st May we will be charging for karate lessons but at a reduced rate. The Fees will be as follows:

White to Blue belts students (001) will be charged £30.00 per month per person which includes two karate classes per week, plus one Saturday course a month. In addition, the whole family can also train on the Monday fitness sessions.

Purple belt and above students (002) will be charged £40.00 per month per person which includes two 1 hour, karate sessions per week, one Saturday course per month separated into two grades. In addition. the whole family can also train on the Monday fitness sessions.

Households with more than two students training or if you are in need of financial support please contact me (Collin) direct on 07966 303 585 or at [collinrudkin@gmail.com](mailto:collinrudkin@gmail.com)

Can you please make sure that if you wish to continue with the online training that you make payment by Friday 1st May, followed by the 1st of each successive month, adding your child’s name and either code 001 or 002 depending on their grade.

Once the payment is made on the 1st occasion please WhatsApp me (Collin) privately so I can add you to a new online karate group that will receive the Zoom codes.

Bank details are as follows:

Name: Freestyle Combat Karate (or Collin Rudkin)

Account No: 50134759

Sort Code: 20-68-79

We look forward to seeing everyone for Monday’s Family Fun Fitness Training