 

**Newsletter**

**June 2019**

I hope everyone enjoyed a great half term.

Angela and I spent a very needed relaxing week break in Madrid. However, Carla trained non-stop in preparation for the K1 in Croatia next month. She trained twice a day with Fran Salazar (European Team Kata Champion) and was also lucky enough to train alongside the England senior female kata team……What a great experience!

**Congratulations to our amazing Elite Squad.** At the beginningof May, Carla Rudkin-Guillen and James Arnold competed in the World ranking K1 in Cyprus, Carla managed 7th place and James 9th....Fantastic! … Both are training hard for their 2nd K1 in Croatia next month.

**Also, congratulations go to,** Carla Rudkin-Guillen, Ethan Stonton, James Arnold, Finley Burn and Adam Barnes who all won medals at the recent British Karate Championships….Incredible ….Full articles are on our website at [www.sekf.co.uk](http://www.sekf.co.uk)

### Saturday course for Poole area students

There will be a special course on **Saturday 15th June** at the **Ashdown Leisure Centre, (**Adastral Rd, Canford Heath. BH17 8PY**).**

This course will be aimed at improving basics and fighting techniques 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 15th June** at **New Milton Health & Leisure centre (**Gore road, New Milton. BH25 6RR**).**

This course will be aimed at improving basics and fighting techniques 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 16th June **Time:** 11.15am – 1.15pm **Cost**: £15.00

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