 

**Newsletter**

 **March ‘19**

**Congratulations to Carla Rudkin-Guillen,** for being awarded the prestigious ‘New Forest Junior Sportsperson of the Year’

Carla has enjoyed a successful record breaking 2018, at both National and International level and thoroughly deserved the recognition for her hard work and determination.

**Congratulations to Elliott Lowman and Team SEKF** after receiving awards by Poole Council for ‘Outstanding Success and Dedication to Karate’

Elliott received his award for winning the coveted ‘English Championship title’ in 2018, whilst the SEKF was recognised for helping local children achieve high accolade through karate for Twenty-Five years… Well done to everyone involved!

**Sponsorship** is an ongoing priority for the SEKF. At present, we have three elite athletes selected to compete at the prestigious World ranking K1 competitions, with another three or four athletes preparing for 2020.

With the help of some great parents, I am close to completing our sponsorship package that will be offered to Local / National businesses. I would now like to raise the SEKF profile and kindly ask parents to help our cause….

**Ways to Help**

* **Sponsor the SEKF:** If anyone runs their own business and would like to consider sponsorship, we will shortly have our comprehensive sponsorship package available, therefore, please contact me direct for further information
* **If you are an employee,** please inform your boss about what the SEKF is trying to achieve for our young local athletes.
* **YouTube:** Can you please view our videos through the home page of our website and like them, perhaps adding a comment and subscribe to our channel as this will help with raising our profile?
* **SEKF Facebook page:** Please like our page and add a comment about the Federation
* **SEKF on Google:** Please add a comment and rate
* **Website:** [www.sekf.co.uk](http://www.sekf.co.uk)

#### Saturday course for New Forest area students

There will be a special course on **Saturday 23rd March** at **New Milton Health & Leisure centre, Gore road. BH25 6RR).**

This course will be a pre-grading therefore it is important to attend if you wish to grade the following week.

 White & Red belts - 2.00pm - 3.00pm

 Yellow to Green tags - 3.00pm - 4.00pm

 Green belt & Above - 4.00pm - 5.00pm

### Saturday course for Poole area students

There will be a special course on **Saturday 23rd March** at the **Ashdown Leisure Centre, Adastral Rd, Canford Heath. BH17 8RE.**

This course will be a pre-grading therefore it is important to attend if you wish to grade the following week.

 White belt to Green tag - 10.00am – 11.00am

 Green belt & Above - 11.00am – 12.00pm

 **Advanced course**

There will be an advanced course for student’s Blue belt and above plus squad members only, to be held at **New Milton Health & Leisure,** Gore Road, BH25 6RR. This course will cover Knife defences, Advanced kicks and Pad work

Date: Sunday 24th March

Time: 11.15 – 1.15pm

 Cost: ₤15.00

### Southern England Karate Federation Grading

## The grading is an exam where students from all the different clubs within the SEKF are assembled together 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 and above to bring mitts and gum shields.

The SEKF Grading will be held on **SUNDAY 31st MARCH** at **NEW MILTON HEALTH & LEISURE,** for all students and grades purple tag and below.

Please return grading forms no later than **Saturday 23rd March.**

### White belts please note

In addition to your grading form, you will also receive a green licence form. Please fill out and return to your instructor with your grading form, as it is compulsory to be licenced before taking your first belt.

 **Collin -** 07966 303 585 **Danny –** 07813 329 710 [www.sekf.co.uk](http://www.sekf.co.uk)