

**Newsletter October 2021**

Dear parents and students,

Firstly, I would like to welcome all the new beginner students to our club.

Congratulations to England athlete Carla Rudkin-Guillen who managed to compete in Spain recently, restarting her international journey after over eighteen months out due to Covid. No medals were won on this occasion. However, Carla gained valuable experience which can only help her future performances.

Well done to everyone who attended the recent weekend of World champions course with Fran Salazar and Jordan Thomas. It was so exciting to have two World champions visit our club in one weekend.

#### Saturday grading course for all students

There will be a special grading course on **Saturday 16th October** to be heldat New Milton Health & Leisure Centre, (Gore Road, New Milton. BH25 6RR)

This course will be aimed at basics and perfecting the kata for your next belt (or tag) and is important preparation for the forthcoming grading in December.

White belt and Red belts - 1.00 – 1.55pm

Yellow belt to Green tag - 2.00 – 2.55pm

Green belt to Purple belt - 3.00 – 3.55pm

Brown Tag and above. - 4.00 - 5.00pm

### Advanced Course

There will be an advanced course **on Sunday 17th October** for students Blue belt & above to be held at New Milton Health and Leisure Centre. (Gore road, BH25 6RR). This course will cover some exciting, advanced work including advanced kata and knife defences in preparation for the forthcoming grading in December.

**Time:** 11.15am – 1.15pm **Cost:** £15.0**0**

There is an extra charge for the advanced course. Please confirm your attendance via WhatsApp to sensei Collin on 07966 303 585 and make payment to the following account: **SEKF – Account: 03807886 - Sort Code: 20-96-96**

### 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.

**Sensei Collin -**  07966 303 585 **Sensei Danny** - 07813 329 710

[collinrudkin@gmail.com](mailto:collinrudkin@gmail.com) [www.sekf.co.uk](http://www.sekf.co.uk)

 