

**Newsletter September 2024**

Dear parents and students,

I hope everyone had a fantastic summer break.

**Congratulations** to all the students who graded before the break especially our new Black belt George Johnson. All the hard work paying off …Well done everyone!

**Well done to everyone** who attended the Summer Karate camp. It looked great fun and very exciting. Next camp will be during the October half term. Details soon…

**It was great to witness** the enthusiasm of the students who attended the special competition kata and kumite course run by Sensei Carla during the holidays. The students all worked hard and really enjoyed themselves. Well done!

**A massive congratulations** to Carla Rudkin-Guillen after winning Gold at the British International Open on Sunday 1st September, and for recently being selected to represent England at the forthcoming Junior World Karate Championships being held in Venice, Italy early October.

Due to Carla’s tough training program, she spent most of her summer inside a gym. However, it is proving very successful which helps her maintain the intense focus. Carla still has another five weeks preparation training which also includes competing at the English International on Saturday 7th September with her teammates, Denis Margolin, Christopher Cytus and Emma Barnes. Good Luck Guys!

#### Saturday grading course for all students

There will be a special grading course on **Saturday 14th September** to be heldat New Milton Health & Leisure Centre, (Gore Road, New Milton. BH25 6RR)

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

White & Red belts: - 10.00am – 11.00am

Yellow & Orange tag - 11.00am –12.00pm

Orange belt to blue tag. - 12.00pm – 1.00pm

Blue belt and above. - 1.00pm - 2.00pm

### Advanced Course

There will be an advanced course **on Sunday 15th September** for students’ blue belt & above and squad members 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:** 10.00am – 12.00pm **Cost:** £18.00

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:

**Southern England Karate Federation - 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, 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)