 

**Newsletter**

**February 2020**

**Well done** to everyone who attended the recent international kata course with Fran Salazar. I was very happy with the professional attitude of our students’ and their performance throughout the day.

**Congratulations** to everyone who attended the recent SEKF Open Squad Session.

#### Saturday course for Poole area students

There will be a special course on **Saturday 1st February** at the **Ashdown Leisure Centre** (Adastral Rd, Canford Heath. BH17 8RE). This course will be aimed at improving your kata and stances.

White 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 1st February at New Milton Health & Leisure**, (Gore Road, New Milton. BH25 6RR). This course will be aimed at improving your kata and stances.

White & Red belts - 2.00pm – 3.00pm

Yellow Belt to Green tag - 3.00pm – 4.00pm

Green Belt & Above - 4.00pm – 5.00pm

**Advanced course**

There will be an advanced course for student’s Blue belt & above and squad members only, to be held at **New Milton Health & Leisure,** Gore Road, BH25 6RR.

Date: Sunday 2nd February

Time: 11.15 – 1.15pm

Cost: ₤15.00

If you have any queries, please do not hesitate to contact me

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