

**Newsletter July 2021**

Dear parents and students,

It feels great to be back in the swing of things and working towards the gradings in July. Danny and I were impressed with the number of beginners who attended the recent Saturday course, and we are looking forward to preparing them for their first grading.

I am happy to announce our two sponsor’s Laura Legg and Tony Smith who’s funding has helped towards our new squad tracksuits and club banners. In addition, we will be able to part fund our athletes over 2021 / 2022… Great News!

#### Saturday pre-grading course for all students

There will be a special grading course on **Saturday 10th July** to be heldat New Milton Health & Leisure Centre, (Gore Road, New Milton. BH25 6RR)

This course will be aimed at learning and perfecting Basics and fighting techniques for your next belt (or tag) and is vital if you wish to grade in July.

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 11th July** for 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 kicks, fighting techniques, pad work, advanced Kata and knife defences. It is vital for students wishing to grade.

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

Please make payment to the SEKF – Account: 03807886 - Sort Code: 20-96-96

### Southern England Karate Federation Grading

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

The SEKF Grading will be held on **SUNDAY 18th JULY** at **NEW MILTON HEALTH & LEISURE,** for all students and grades purple belt and below.

Please return grading forms no later than **Saturday 10th July**

### White belts please note

In addition to your grading form, you will be required to complete a licence form. Both forms can be found at the bottom of the homepage of our website at [www.sekf.co.uk](http://www.sekf.co.uk)

Please fill out both forms and send via WhatsApp to Sensei Collin on 07966 303 585 Please note it is compulsory to be licenced before taking your first belt.

**If you would like further private tuition** for the forthcoming grading in July, please do not hesitate to organise a date/time with 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)

 