 

**Newsletter December 2018**

Dear Parents/Students

**Well done** to everyone who competed at the recent SEKF interclub competition.

I would like to thank all the instructors, mentors and parents who helped make it such a success. A special well done to Adam Barnes who won competitor of the day and our fantastic Elite Squad for their amazing demonstrations.

**With Christmas,** just around the corner we are holding our annual Christmas Party on Friday 21st December at New Milton Town Football Club**.** For those new parents and students who have not yet attended, this is the event of the year and a good time to meet the instructors and mentors on a more social level.

**Club time changes** for the Christmas break will shortly be on the Website at the bottom of the home page ‘under Downloads.

### Saturday course for Poole area students

There will be a special course on **SATURDAY 8th DECEMBER** at the **ASHDOWN LEISURE CENTRE (Adastral Rd, Canford Heath, BH17 8PY).**

This course will be a pre-grading and is vital if you wish to grade on Sunday 16th December.

 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 8th DECEMBER** at **NEW MILTON HEALTH & LEISURE (Gore road, New Milton, BH25 6RR).**

This course will be a pre-grading and is vital if you wish to grade on Sunday 16th December.

 White & Red belts - 2.00 – 3.00pm

 Yellow belt to Green tag - 3.00 – 4.00pm

 Green belt & Above - 4.00 – 5.00pm

**Advanced course**

There will be an advanced pre-grading course for blue belt and above plus squad members, to be held at **New Milton Health and Leisure.** (Gore road, New Milton, BH25 6RR).

 Date: Sunday 9th December

 Time: 11.15am – 1.15pm

 Course fee : £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 16th DECEMBER** at **NEW MILTON HEALTH & LEISURE,** for all students and grades purple tag and below.

Please return grading forms no later than **Saturday 8th December.**

### 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.

**Private lessons**

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

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

**Club Enquiries -** collinrudkin@gmail.com

**Collin -** 07966 303 585

**Danny -** 07813 329 710

[www.sekf.co.uk](http://www.sekf.co.uk)