

**Newsletter November 2020**

I hope everyone is enjoying some rest over the half term break.

Please see below our course dates for November which all beginners are also invited to attend in preparation for their possible first grading in December.

#### Saturday course for New Forest area students

There will be a special course on **Saturday 7th November** at **New Milton Health & Leisure Centre,** (Gore Road, New Milton BH25 6RR).

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

White belt to Orange tag - 2.00 – 3.00pm

Orange belt to Purple tag - 3.00 – 4.00pm

Purple belt & Above - 4.00 – 5.00pm

### Saturday course for Poole area students below Purple belt

There will be a special course on **Saturday 7th November** at the **Ashdown Leisure Centre, (**Adastral Rd, Canford Heath. BH17 8PY**).**

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

White to Purple tag - 11.00am – 12.00pm

### Advanced Course

There will be an advanced course for Blue belt & above, and Squad members only, 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 and pad work. It is vital for students wishing to grade in December to attend.

**Date:** Sunday 8th November **Time:** 11.30am – 1.30pm **Cost:** £15.0**0**

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

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