

**Newsletter October 2024**

Dear parents and students,

**Congratulations** to Carla Rudkin-Guillen and Denis Margolin after both athletes won gold medals at the England International Open at the beginning of September. Carla won gold in the female Junior Kata category which is great preparation for the forthcoming World championships. Denis won gold in the male cadet kumite category beating the England number one in the final which was a great achievement. Christopher Cytus and Emma Barnes also competed and both managed to gain valuable experience winning a few rounds. Well done everyone!

**Good Luck** to Carla Rudkin-Guillen as she travels to Venice, Italy on Sunday 6th October to represent England at the Junior World Karate Championships.

Let’s go Carla!.

#### Saturday grading course for all students

There will be a special grading course on **Saturday 19th October** to be heldat New Milton Health & Leisure Centre, (Gore Road, New Milton. BH25 6RR)

This course will be aimed at stances and perfecting 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 20th October** 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 / knife defences and pad work 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**

### The popular Half Term Karate Camp

### Will be running from Monday 28th October -Wednesday 30th October. Details and booking link will be sent out to the WhatsApp group soon.

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