

**Newsletter July 2022**

Dear parents and students,

Congratulations to Carla Rudkin-Guillen after representing England at the Junior European Karate championships and being placed 15th on her first outing.

Well done to everyone who competed at the SEKF grass roots inter-club competition recently. A special thanks to Sensei Danny and Debbi, and the rest of the team who helped make the event such a success.

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

There will be a special grading course on **Saturday 9th 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 & Red belts: - 12.00 – 12.55pm

 Yellow belts - 1.00 – 1.55pm

 Orange tag to blue tag. - 2.00 – 2.55pm

 Blue belt and above. - 3.00 - 4.00pm

**A special notice to students taking brown or black belt grades**

Sensei Collin will be running a free workshop separately on the Saturday course from 12.00-3.00pm for all students who wish to take a brown / black belt this July. However, all students attending this extra workshop must attend the advanced course on the Sunday as usual.

### Advanced Course

There will be an advanced course **on Sunday 10th 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:** £16.0**0**

Please make payment to the Southern England Karate Federation – 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 17th JULY** at **NEW MILTON HEALTH & LEISURE,** for all students and grades purple belt and below.

Please return grading forms no later than **Saturday 9th 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 [www.sekf.co.uk](http://www.sekf.co.uk)

 