

**Newsletter October 2019**

**September** has been another busy month for the SEKF…. Firstly, I would like to congratulate all the Instructors / Mentors who attended the recent Mentor course and were selected to represent the SEKF. They are easily spotted at the classes due to their eagerness to help others and their Navy Blue “Train with the Champions’ polo shirts.

**The Elite squad** has been very active throughout September. They attended the British International Open in Scotland and it was a great success. Our four athletes managed to win a staggering 3 Silver medals.…. Amazing!

**The above articles and other news/events are on our website at** [www.sekf.co.uk](http://www.sekf.co.uk)

### Saturday course for Poole area students

There will be a special course on **Saturday 12th October** at the **Ashdown Leisure Centre, (Adastral Rd, Canford Heath. BH17 8PY).**

This course will be aimed at stances and perfecting the new kata for your next belt (or tag) and is important if you wish to grade in 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 12th October** at **New Milton Health & Leisure Centre,** (Gore Road, New Milton BH25 6RR).

This course will be aimed at stances and perfecting the new kata for your next belt (or tag) and is important if you wish to grade in December.

White & Red belts - 2.00 – 3.00pm

Yellow belt to Green tags - 3.00 – 4.00pm

Green belt & Above - 4.00 – 5.00pm

### 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 is vital for advanced students wishing to grade in December.

**Date:** Sunday 13th October **Time:** 11.15am – 1.15pm **Cost:** £15.00

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