

**Newsletter December 2024**

Dear parents and students,

**Well done to everyone** who competed at the SEKF Inter-Club competition. It was great to see all the parents and students really enjoying the experience especially during the medal matches. Thanks to everyone who supported!

**Congratulations to England athletes** Carla, Denis and Nada who all medalled at the recent Central England International Open. Nada won gold in the cadet kata whilst Carla and Denis both won bronze medals in their junior kumite categories. Our other athletes Chris, Sofia, Tessa and Francis all made the SEKF proud with their performances but did not manage a medal on this occasion. A great end to a busy year.

#### Saturday grading course for all students

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

This course will be a pre-grading for your next belt (or tag) and is vital if you wish to grade.

White & Red belts - 10.00am – 11.00am

Yellow belt and orange tags - 11.00am – 12.00pm

Orange belt to blue tags - 12.00pm – 1.00pm

Blue belt and above. - 1.00pm - 2.00pm

### Advanced Course

There will be an advanced course **on Sunday 8th December** for students’ 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.

**Time:** 10.00am – 12.00pm **Cost:** £18.0**0**

Please make payment to the Southern England Karate Federation – Account: 03807886 - Sort Code: 20-96-96

### Advanced Grading

The Advanced Grading will take place at New Milton Health & Leisure centre on **Saturday 14th December** from 2.15pm – 6.00pm

Preparation Course – 2.15pm -3.15pm   
Break – 3.15pm - 3.30pm   
Advanced grading – 3.30pm – 6.00pm

Please complete the grading form link and licence form link (If applicable) no later than **Sunday 8th December by 8.00pm**as the link will expire. The grading and licence form links will be added to the SEKF Information WhatsApp group.  
Please note it is compulsory to attend the preparation course prior to the grading and this has been incorporated into the cost of the grading.

### 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 is open to students from white belt to blue belt and will take place on **Sunday 15th December** at **New Milton Health & Leisure centre.**

Please make sure you fill out the online grading form and licence form (If applicable) answering all questions correctly to avoid being placed into the wrong grading.

Please complete the online forms and make payment no later than **Sunday 8th December by 8.00pm** as the link will expire.

The Grading and licence form links will be added to the SEKF Information WhatsApp group.

### White belts please note.

In addition to your grading form link, you will be required to complete a licence form link. Both links will be added to the SEKF Information WhatsApp group.

\*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 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](mailto:collinrudkin@gmail.com) [www.sekf.co.uk](http://www.sekf.co.uk)