

**Newsletter**

**July 2019**

Firstly, I would like to thank everyone for supporting the recent SEKF annual Fun Run. We all had a fantastic time with lots of laughs along the way and managed to raise close to £900.00 for our squad fund. Fantastic!... We are still waiting for one or two sponsor forms back for final figures and will announce the three winners for the special day out soon.

I would like to welcome Laura Legg who runs her own successful business 1:1 diet by Cambridge weight plan, as new sponsors for the SEKF…Please check out her website at [www.one2onediet.com/LauraL](http://www.one2onediet.com/LauraL)

**The SEKF** are still looking for a further sponsor and can offer a comprehensive advertising package to promote your business….For further information please contact Collin direct on 07966 303 585

**Congratulations to our squad** after their success at the Central England Open. We managed 1 Gold, 4 Silver and 3 Bronze medals…Well Done everyone!

**Full articles** are on our website at [www.sekf.co.uk](http://www.sekf.co.uk)

**James Arnold and Carla Rudkin-Guillen** are off to Croatia at the beginning of July to compete at their 2nd World ranking K1 competition. Currently ranked 9th and 7th they are both quietly confident after their amazing performances at the Central England Open. James won his category in style, whilst Carla manged silver in her category and an amazing bronze medal in the -16 Years…Keep it up Guys!

### Saturday course for Poole area students

There will be a special course on **Saturday 13th July** at the **Ashdown Leisure Centre, (**Adastral Rd, Canford Heath. BH17 8PY**).**

This course will be a Pre-Grading for your next belt (tag) and is important if you wish to grade in July.

White belt 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 13th July** at **New Milton Health & Leisure centre (**Gore road, New Milton. BH25 6RR**).**

This course will be a Pre-Grading for your next belt (tag) and is important if you wish to grade in July.

White & Red belts - 2.00pm - 3.00pm

Yellow to Green tags - 3.00pm - 4.00pm

Green belt & Above - 4.00pm - 5.00pm

**ADVANCED COURSE**

There will be an advanced course for Blue belt & above only, and Squad members, to be held at **New Milton Health & Leisure Centre.** Gore road, New Milton. BH25 6RR.

**Date:** Sunday 14th July **Time:** 11.15am – 1.15pm **Cost**: £15.00

### Southern England Karate Federation Grading

## The grading is an exam where students from all the different clubs within the SEKF are assembled together 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 and above to bring mitts and gum shields.

The SEKF Grading will be held on **SUNDAY 21st JULY** at **NEW MILTON HEALTH & LEISURE,** for all students and grades purple belt and below.

Please return grading forms no later than **Saturday 13th July.**

### White belts please note

In addition to your grading form, you will also receive a green licence form. Please fill out and return to your instructor with your grading form, as it is compulsory to be licenced before taking your first belt.

**CLUB ENQUIRIES -** [collinrudkin@gmail.com](mailto:collinrudkin@gmail.com)

Collin: 07966 303 585 Danny: 07813 329 710

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

The SEKF Sponsored by….

