

**Newsletter December 2019**

Dear Parents/Students

**Congratulations again this month to our hard-working Squad**, after winning 2 Gold, 1 silver and 4 Bronze medals at the Central England International Open Championships, placing the Southern England Karate Federation in the top ten out of over 45 other clubs.

**With Christmas,** just around the corner we are holding our annual Christmas Party on Friday 20th December at New Milton Town Football Club**.** For those new parents and students who have not yet attended, this is the event of the year and a good time to meet the instructors and mentors on a more social level.

**Club time changes** for the Christmas break will shortly be on the Website at the bottom of the home page ‘under Downloads.

### Saturday course for Poole area students

There will be a special course on **SATURDAY 30th NOVEMBER** at the **ASHDOWN LEISURE CENTRE (Adastral Rd, Canford Heath, BH17 8PY).**

This course will be a pre-grading and is vital if you wish to grade on Sunday 8th 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 30th NOVEMBER** at **NEW MILTON HEALTH & LEISURE (Gore road, New Milton, BH25 6RR).**

This course will be a pre-grading and is vital if you wish to grade on Sunday 8th December.

 White & Red belts - 2.00 – 3.00pm

 Yellow belt to Green tag - 3.00 – 4.00pm

 Green belt & Above - 4.00 – 5.00pm

**Advanced course**

There will be an advanced pre-grading course for blue belt and above plus squad members, to be held at **New Milton Health and Leisure.** (Gore road, New Milton, BH25 6RR).

 Date: Sunday 1st December

 Time: 11.15am – 1.15pm

 Course fee : £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 8th DECEMBER** at **NEW MILTON HEALTH & LEISURE,** for all students and grades purple and below.

Please return grading forms no later than **Saturday 30th November.**

### 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.

If you have any queries, please do not hesitate to contact me.

**Club Enquiries -** collinrudkin@gmail.com

**Collin -** 07966 303 585

**Danny -** 07813 329 710

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

