

**Newsletter**

**July 2025**

Well done to everyone who competed at the recent club competition and congratulations to all the students who managed to win a medal. A big thanks to all our instructors, mentors and parents who helped make the day a success.

A massive congratulations to our hard-working young squad after they managed to win a respectable 3 Silver medals and 4 Bronze medals at the Elite national championships.

A special thanks to Carla and Denis who helped coach the athletes and to our parents for the great support. A focused day but with lots of laughs too.

Summer is here which means Sensei Danny will be running the popular summer karate camp from Monday 4th August to Wednesday 6th August.

Forms will be out early July.

#### Saturday grading course for all students

There will be a special grading course on **Saturday 5th July** 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 important if you wish to grade the following week.

White & Red belts: - 10.00am – 11.00am

Yellow & Orange tag - 11.00am –12.00pm

Orange belt to blue tag. - 12.00pm – 1.00pm

Blue belt and above. - 1.00pm - 2.00pm

### Advanced Course

There will be an advanced course on **Sunday 6th July** for students’ blue belt and above to be held at the New Milton Health Memorial Centre, Whitefield Road. BH25 6DE. This course will cover important advanced work which is vital for students wishing to grade the following week.

**Time: 10.00am – 12.00pm Cost: £18.00**

Please make payment to the Freestyle Combat Karate – Account: 50134759 - Sort Code: 20-68-79

### 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 over two days and will take place at The **New Milton Memorial Centre, Whitefield Road. BH25 6DE**

Students currently purple tag and above will grade on **Saturday 12th July.**

Students white belt to blue belt will grade on **Sunday 13th July.**

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

Please complete the grading / licence links no later than **Sunday 6th July by 8.00pm** as the link will expire.

### White belts please note.

In addition to your grading form, you will be required to complete a licence form. Both links will be added to the club information WhatsApp group on Monday 23rd June.

Please note it is compulsory to be licenced before taking your first belt.

**Students who cannot make the main SEKF grading** please note there is an alternative grading day and venue on Tuesday 8th July. Please contact Sensei Danny on 07813 329 710 for further information or if you require a private grading. However, please note an alternative grading date will only be given if you are away on holiday or in exceptional circumstances.

**If you would like further private tuition** in preparation for the next grading in July, please do not hesitate to organise a date/time with Sensei Danny.

If you have any queries, please do not hesitate to contact either Danny or myself

**Sensei Collin -**  07966 303 585 **Sensei Danny** - 07813 329 710

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