

**Newsletter September 2025**

Dear parents and students,

I hope everyone had a fantastic summer.

**Congratulations** to all the students who graded before the break.

**Well done to everyone** who attended the Summer Karate camp. It looked great fun and very exciting. Next camp will be during the October half term. Details soon…

**It was great to work with our** enthusiastic squad members over the summer especially our elite athletes, Carla, Chris and Denis who have been preparing for a busy international season ahead which kicks off with the British International Open at the end of August.

#### Saturday grading course for all students

There will be a special grading course on **Saturday 13th September** to be heldat New Milton Health & Leisure Centre, (Gore Road, New Milton. BH25 6RR)

This course will be aimed at learning the kata for your next belt (or tag) and is important preparation for the forthcoming grading in December.

 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 14th September** for students’ blue belt & above and squad members to be held at New Milton Health and Leisure Centre. (Gore road, BH25 6RR). This course will cover some exciting, advanced work including advanced kata and knife defences in preparation for the forthcoming advanced grading in December.

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

There is an extra charge for the advanced course. Please confirm your attendance via WhatsApp to sensei Collin on 07966 303 585 and make payment to the following account:

**Southern England Karate Federation - Account: 03807886 - Sort Code: 20-96-96**

### Website

Please check the club website at [www.sekf.co.uk](http://www.sekf.co.uk) for all the recent Articles, Events Calendar and Latest News...You can also sign up to the clubs Facebook page.

**Private lessons**

If anyone would like some further 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 [www.sekf.co.uk](http://www.sekf.co.uk)