

**Newsletter April 2025**

I hope everyone enjoyed a lovley Easter break.

**Congratulations** everyone who graded before the Easter break especially Philipp Moinier who passed his black belt grading and our three new 2nd Black belts Carla Rudkin-Guillen, Katie Walter and Ethan Stonton who all performed magnificently to achieve their well-deserved senior black belt grade. Fantastic achievements!

**A massive congratulations** to Carla Rudkin-Guillen after winning double Gold at the Swiss International Open Championships also congratulations to Nada Wegrzyn and Denis Margolin who also won gold medals. Great work and a record for Team SEKF. Four gold medals from three athletes…

**Also, more congratulations** to Carla Rudkin-Guillen and Nada Wegrzyn after they both won silver medals at the English Karate Championships.

**Well done** to the students who attended the exciting Easter karate Camp. Next Camp will be in August!

**Please note** there will be no classes running on Bank holiday Monday 5th May.

#### Saturday grading course for all students

There will be a special grading course on **Saturday 26th April** to be heldat New Milton Health & Leisure Centre, (Gore Road, New Milton. BH25 6RR)

This course will be aimed at learning the new kata for your next belt (or tag)

White & Red belts: - 10.00am – 11.00am

Yellow and 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 27th April** for students’ blue belt and above plus 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.

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

Please make payment to the SEKF – Account: 03807886 - Sort Code: 20-96-96

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