



S.E.M.K.A. Mat Fund

The Mat fund currently stands at £1094.50, which means we are well on the way to making it possible to buy 10 square meters of jigsaw karate mats. I am currently looking at a few suppliers of these mats to see which one offers the best price.

I would like to personally thank all Students, Parents and anyone else who gave their time or who helped support the event in any way.

A special Thank You to all the Instructors who all taught at the course free of charge :- Gary Swift, Mike Rapley, Mark Beeby, Ray Field and not forgetting Fallon Rayman (all the students enjoyed fighting her!)

Feedback from the course showed that the students all enjoyed the Competition Kumite side of Karate. With this in mind what has been decided is that in order to progress this more students will be introduced to competition fighting at all the S.E.M.K.A. clubs.

Next year I aim to organise more courses on this side of karate and once we have the mats, to set up a competition for all students at Tanbridge School Sports Hall

NOVEMBER

- Sunday 1th** **Black Belt and 1st Kyu Standardization Course.** The course is open to all S.E.M.K.A./BWK. of 1st Kyu and above. All students of these grades from S.E.M.K.A. must attend these courses. At Tanbridge School Guildford Road, Horsham 10.00am to 1.00pm price £12.00 Instructor Paul Elliott 6th Dan Renshi For further details, please contact: Paul Elliott 6th Dan 01403218327 semka@btopenworld.com
- Sunday 7th** **British Wadokai Kata & Kumite Course.** Open to all British Wadokai Members; and essential for BWK Squad Members. Instructor: Gary E Swift (7th Dan) Kyoshi. Venue: Shin Ichi Do Club, Hut 15, Tilgate Recreation Centre, Crawley, Sussex. RH11 9LB. Time: 10am-2pm. Price; £15. Due to location, please also bring packed-lunch. For further details, please contact the Event Organiser: Gary E Swift (7th Dan) Kyoshi. Tel 01752-493210. Email: garyswift@wadokai.co.uk British Wadokai: www.wadokai.co.uk
Please ensure you bring your BWK Attendance Card for signing/stamping.
THIS EVENT MUST BE BOOKED IN ADVANCE DUE TO LIMITED SPACES.
- Sunday 8th** **British Wadokai Coaching Course – Essential for New Instructors, and for Coaches who require re-qualifying.** Paul Elliott - English Karate Federation (EKF) recognised assessor is holding a Coaching Course which is open to all EKF members. This course will benefit all Instructors who may have an interest in the future of qualifying in the following EKF coaching awards 3 - JUNIOR DOJO LEADER. LEVEL 1 - PROVISIONAL COACH, LEVEL 2 - ASSISTANT COACH, LEVEL 3 – CLUB COACH, LEVEL 4- SENIOR COACH, LEVEL 5 – CHIEF INSTRUCTOR, ‘S’ LEVEL – SPECIALIST COACH. The course will explain the implications and requirements needed in order to pass the EKF Assessment in your own Dojo. Venue: Tanbridge School Guildford Road, Horsham. West Sussex. RH12 1 SR. (NB: Course will be held in the meeting room, which is in one of the mobile classrooms between the gym and the main hall. Please bring pen & paper.) Time: 10.00am to 2.00pm Price: £20.00 plus EKF coaching manual £8.50: To secure your place please book in by 1st November. For more Information please contact: Paul Elliott 6th Dan. Tel: 01403 218327 Mob: 07778 058482 Email: semka@btopenworld.com. Mob: 07778 058482.
- Sunday 15th** **S.E.M.K.A. Pre Competition Kata & Gyo Course.** . Open to all Students covering all the Katas. Ideal warm up for anyone taking BWK competition this month and grading in the coming months. At Tanbridge School Guildford Road, Horsham 10.00am to 1.00pm price £12.00 Instructor Paul Elliott 6th Dan Renshi For further details, please contact: Paul Elliott 6th Dan 01403218327 semka@btopenworld.com

Friday 20th Wado Training Course. Instructor: Gary E Swift (7th Dan) Kyoshi. Time; 6-8.15pm. Venue: Okasan Wadoryu Karate Club. United Reformed Church Hall (to the rear of), 45 Linden Road, Bognor Regis, West Sussex. PO21 2AP. For further details, please contact the Club Secretary/Organiser: Samantha Alexander. Tel: 01243-830909. Email: okasan.karate.club@googlegmail.com Website: www.wadokai.co.uk
Please ensure you bring your BWK Attendance Card for signing/stamping.

Saturday 21th Traditional British Wadokai Kata & Gyo Open Championships.

Open to all British Wadokai Clubs and Individuals. APPLICATIONS BEFORE 14th November 2009.

Venue: Tanbridge School, Guildford Road, Horsham, West Sussex.

Book-in: With Licence (for EKF Chit Number inspection), 9.30am. (No more bookings after 10.15am).

Eliminations: 10.30am.

Categories for all ages and levels. Events: Individual Kata, Pairs Kata, Pairs Gyo. The official Kata for will consist of British Wadokai (WIKF based) Kata: Pinan Shodan, Nidan, Sandan, Yodan, Godan. Ku-Shanku, Nai-Hanchi, Seishan, Chinto, Bassai, Wanshu, Ni-Sei-Shi, Rohai, Ji-tte, Ji-han, Ji-in, Suparinpei.

Gyo requirements – last between 60-70 seconds and possess no props/aids, etc. Due to location, it may be advised to bring a packed-lunch/refreshments etc.

Correct Dress Code: Competitors must wear clean white Gi. Judges **must** wear blazer, white shirt/tie, black trousers and soft footwear (no shoes), etc.

For an Information Pack & Application Form, please contact Paul Elliott Renshi. 54, Billingshurst Road, Broadbridge Heath, Horsham, West Sussex. RH12 3LW. Email: semka@btopenworld.com

Website: www.semka.co.uk **Open to all BWK/EKF Licensed Members only.**

Sunday 29h S.E.M.K.A. General Course. Open to all Students covering Sanbon Gumite, Ohyo Gumite, Kihon Gumite SEMKA Blocks, Kumite Gata., Kata , Basics and combinations
Ideal warm up for anyone taking grading this month and Black Belt grading in the coming months. At price £12.00 Instructor Paul Elliott 6th Dan Renshi For further details, please contact: Paul Elliott 6th Dan 01403218327 semka@btopenworld.com

December

Saturday 5th S.E.M.K.A. Pre Grading Black Belt Training Session at Shin Ichi Do Club, Hut 15, Tilgate Recreation Centre, Crawley 10.00am - 1.00pm. Price £12.00

Sunday 6th S.E.M.K.A Black Belt Grading at Horsham Karate Club Tanbridge School Open to all senior grades and juniors grades taking 1st Dan & 2nd Dan 9.30am onwards.. See you instructor to check if you are able to grade.

Saturday 12th S.E.M.K.A. Pre Grading Training Session at Shin Ichi Do Club, Hut 15, Tilgate Recreation Centre, Crawley 10.00am - 1.00pm. Price £10.00

Sunday 13th S.E.M.K.A. Kyu Grading at Horsham Karate Club Tanbridge School Open to all senior grades and juniors grades taking green belt and above. 9.30am to 12.30pm.
See you instructor to check if you are able to grade.

Friday 19th SEMKA end of year presentation Party Tanbridge School Guildford Road, Horsham West Sussex. RH12 1SR. 6.00pm to 9.00pm