



S.E.M.K.A. NEWSLETTER & CALENDAR DATES 2009



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 on December 13th and Black Belt grading in the coming months. Venue: Tanbridge School Guildford Road, Horsham. West Sussex, RH12 1SR
Time : 10.00- 1.00pm Price £12.00. Instructor Paul Elliott 6th Dan Renshi For further details, please contact: Paul Elliott 6th Dan 01403218327 semka@btopenworld.com

December

Sunday 6th British Wadokai and SEMKA Pre Grading Advanced Training Course.
For those wishing to advance their training knowledge in the British Wadokai Karate and SEMKA Kyu & Dan Grade Syllabus. Instructors; Gary E Swift (7th Dan) Kyoshi. Paul Elliott 6th Dan Renshi .Venue: Tanbridge School Guildford Road, Horsham. West Sussex, RH12 1SR. Time : 10.00- 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 1.30pm onwards.. See you instructor to check if you are able to grade.

Sunday 13th British Wadokai Jiyu-Gumite & Ohyo-Gumite Tai-Sabaki Course.

Sparring tactics and practise. Also, learn about adapting the principles of all Ohyo-gumite in both Competition and Dojo Sparring (please bring Bogu (mitts and shin & instep pads) and other necessary sparring protection). Essential practise for BWK Squad Member attendance (please bring Squad Attendance Card/Sheet for signing). Instructor: Gary E Swift (7th Dan) Kyoshi. Venue: Kingslea Primary School, Kingslea, Horsham, Sussex. RH13 5PS. Time: 10am-2pm. Price: £15. For further details, please contact the Event Organiser: Gary E Swift (7th Dan) Kyoshi. Tel 01752-493210. Email: garyswift@wadokai.co.uk
Please ensure you bring your BWK Attendance Card/Squad Sheet for signing & stamping.

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 18th S.E.M.K.A. Annual awards, training course,demonstration and party 2009

All students from all the S.E.M.K.A. Groups or clubs are welcome as there will be at least one winner from each club. To be held at Horsham Karate Club, Tanbridge School, Guildford Road, Horsham. From 6.30pm -9.00pm. All S.E.M.K.A. Students seniors and juniors, all grades welcome. Food and soft drinks afterwards.
Please bring food and drink to share. Thank You. Price £5.00.