

Ken Shin Kai – October Newsletter

Volume 2, Issue 1

OCTOBER 2011

CHANGES TO REGULAR CLASSES

Xmas Break – Sun 18th Dec to Mon 2nd Jan 2012

All classes cancelled for Christmas break. Dates are inclusive.

Weapons – Wednesday 26th October

The next weapons class will be held on Wednesday 26th October please bring Jo, Bokken and Tanto if you have them. If you do not have your own weapons these can be borrowed on the night.

FUTURE EVENTS

*** KENSHINKAI KYU GRADING (SALISBURY)**

FRIDAY 28TH OCTOBER – 19:00 TO 21:00 (ARRIVE 18:45)

FIVE RIVERS LC, HULSE ROAD, SALISBURY, SP1 3NR.

MEIDOKAN 20TH ANNIVERSARY GASSHUKU

SUNDAY 4TH DECEMBER – 10:00 TO 17:00 (ARRIVE 09:30)

HIGH WYCOMBE JUDO CENTRE, BUCKS, HP12 4UE.

Seminars listed here are open to all members, unless otherwise stated. If you require transport please inform your club instructor.

* indicates that Sensei Garry Masters is attending this event.

REGULAR CLASSES

(Please arrive 15 minutes before the listed start time)

Monday (Adults): 8.00pm – 9.30pm

@ Fareham Leisure Centre, Fareham, PO16 7JU.

Wednesday (Adults): 8.00pm – 9.30pm

@ Highbury Campus, Cosham, Portsmouth, PO6 2SA.

Friday (Adults): 7.30pm – 9.30pm

Sunday (Juniors): 9.30am – 11.00am

Sunday (4th Kyu +): 11.00am – 1.00pm

@ Admiral Lord Nelson School, Copnor, Portsmouth, PO3 5XT.

Friday (Adults): 7.00pm – 9.00pm

@ Five Rivers Leisure Centre, Salisbury, SP1 3NR.

Wednesday (16yrs+): 8.15pm – 10.00pm

@ Llandrindod Wells Sports Centre, Llandrindod Wells, Powys, Wales, LD1 6AN.

CONGRATULATIONS



Congratulations to the following Ken Shin Kai members who passed their Yoshinkan Kyu Grade examination on Sunday 25th September:

Tom Winn (2nd Kyu), Nigel Bilton (3rd Kyu), Justine Allingham (4th Kyu), Jake Castle (5th Kyu), Darren Foulger (7th Kyu), Susan Jennings (7th Kyu).

Adult Kyu Grading (Salisbury)

Friday 28th October

7.00pm – 9.00pm (arrive 6.45pm)

Five Rivers LC, Hulse Road, Salisbury, SP1 3NR

Eligibility for a grading examination is based upon a number of factors.

Sessions trained since last grading, Consistent training, Technical ability, Attitude and Ukemi.

Mobile Phones & Training

It has been noticed that some members have been using their mobile phones inappropriately during lessons. Please note:

- It is **NOT** acceptable to use your phone (in any way) whilst watching a grading, as this shows a complete lack of respect for those who are participating.
- It is disrespectful to use your phone whilst other members are preparing to train and/or training (e.g. setting up mats etc.)
- Phones must be kept on silent at **ALL** times, and only checked during a drink break (if necessary) unless in the event of an emergency or if you are on "call-out" for work.