

# Ken Shin Kai - March Newsletter

Volume 1, Issue 1

MARCH 2012

## CHANGES TO REGULAR CLASSES

**Fri 24<sup>th</sup> Feb (ALNS ADULTS) - CANCELLED**  
ALNS Adult class is cancelled for the Wales Kyu Grading.

**Sun 26<sup>th</sup> Feb (ALNS SENIORS) - CANCELLED**  
ALNS Senior class is cancelled for the Wales Kyu Grading.

**Sun 18<sup>th</sup> March (ALNS SENIORS) - CANCELLED**  
ALNS Senior class is cancelled.

**Wed 28<sup>th</sup> March (HIGHBURY) - WEAPONS**  
Please bring Jo, Bokken and Tanto if you have them.

## CLUB T-SHIRTS

New club T-Shirts are now available to purchase. They show the Ken Shin Kai Kanji and the translation which is association of "Strong Heart, Mind and Spirit". They are available in four different colours; please see/request an order form (available soon) from your club instructor to order and for more details on colours, sizes and price.



STRONG HEART  
MIND AND SPIRIT

## FUTURE EVENTS

**\*SUNDAY SESSION - OPEN TO ALL GRADES**  
**SUNDAY 11<sup>TH</sup> MARCH - 11.00 TO 13.00**  
ADMIRAL LORD NELSON SCHOOL, PORTSMOUTH.

**\*HAMPSHIRE (ADULT) KYU GRADING**  
**SUNDAY 25<sup>TH</sup> MARCH - 10.00 TO 13.30**  
ADMIRAL LORD NELSON SCHOOL, PORTSMOUTH

Seminars are open to **ALL** members, unless otherwise stated  
\*indicates that Sensei Garry Masters is attending the event

## FREE - OPEN TO ALL GRADES

The senior class on **Sunday 11<sup>th</sup> March** (11.00am to 1.00pm) at Admiral Lord Nelson School, will be open to **"All"** grades with the focus being basics and grading techniques. Please wait outside the room until the Junior class has finished and bring weapons if you have them.

You will get a session count for this class, however we will not count it as one of your pre-paid sessions and therefore this is classed as a Free session.

## REGULAR CLASSES

(Please arrive 15 minutes before the listed start time)

**Monday (Adults 18yrs+): 8.00pm - 9.30pm**  
@ Fareham Leisure Centre, Fareham, PO16 7JU.

**Wednesday (Adults 16yrs+): 8.00pm - 9.30pm**  
@ Highbury College, Cosham, Portsmouth, PO6 2SA.

**Friday (Adults 16yrs+): 7.30pm - 9.30pm**  
**Sunday (Juniors 6yrs+): 9.30am - 11.00am**  
**Sunday (Seniors 4<sup>th</sup> Kyu+): 11.00am - 1.00pm**  
@ Admiral LN School, Portsmouth, PO3 5XT.

**Friday (Adults 18yrs+): 7.00pm - 9.00pm**  
@ Five Rivers Leisure Centre, Salisbury, SP1 3NR.

**Wednesday (Adults 16yrs+): 8.15pm - 10.00pm**  
@ Llandrindod Wells Sports Centre, Llandrindod Wells, Powys, Wales, LD1 6AN.

## ADULT KYU GRADING (HAMPSHIRE)

**Sun 25<sup>th</sup> March @ ALNS School, Portsmouth**  
**10.00am - 1.30pm (arrive 9.45am)**

Eligibility for a grading examination is based upon a number of factors including: sessions trained since last grading, consistent training, technical ability, attitude and ability to uke and ukemi. You may not be told if you are to participate in a grading examination, and please do not assume you will automatically be entered just because you have the minimum sessions required.

**ALL** members are expected to attend a grading examination even if you think that you will not be grading this time. A lot can be learned from watching a grading! Please note: it is considered bad etiquette to leave early from a grading examination.

NB: Please remember mobile phones are **NOT** permitted to be used during the grading, however there will be drink breaks where you can use your phone if necessary.

Please remember to bring a drink!