

Ken Shin Kai – September Newsletter

Volume 1, Issue 1

SEPTEMBER 2010

CHANGES TO REGULAR CLASSES

Last Wednesday of the Month (Highbury College)
Please remember this is weapons training so please bring along your Jo, Bokken and Tanto if you have them. Weapons will be available to borrow if needed. All grades welcome.

FUTURE EVENTS

2010 - GRADING EXAMINATIONS
SUNDAY 26TH SEPT – ADMIRAL LORD NELSON SCHOOL

2010 – SEMINARS

- SATURDAY 9TH OCT – BAB NATIONAL COURSE
COST £20 (PRE-REGISTER) OR £25 ON THE DAY
SEE WEBSITE WWW.BAB.ORG.UK FOR DETAILS
BRUNEL UNIVERSITY, UXBRIDGE, MIDDLESEX
* SENSEI GARRY MASTERS IS TEACHING AT THIS EVENT
- SATURDAY 30TH OCT – ROY SHEPHERD 40 YRS SEMINAR
COST £20
HIGH WYCOMBE JUDO CENTRE, BUCKINGHAMSHIRE
* SENSEI GARRY MASTERS IS TEACHING AT THIS EVENT

SEMINARS LISTED HERE ARE OPEN TO ALL MEMBERS, REGARDLESS OF GRADE, UNLESS OTHERWISE STATED. IF YOU REQUIRE TRANSPORT PLEASE DISCUSS WITH YOUR CLUB INSTRUCTOR.

REGULAR CLASSES

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.

Grading

Sunday 26th September

10.00am – 1.30pm (arrive 9.45am)

ALNS School, Portsmouth



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

1. Sessions trained since last grading – a minimum number of sessions is required between gradings
2. Consistent training – a large number of sessions since you were last graded does not necessarily mean that you are ready to grade, it could indicate inconsistent training as you have not been graded sooner!
3. Technical ability – even if you have achieved the minimum number of sessions you will not be eligible for a grading if you do not know ALL of the techniques required
4. Attitude – the correct attitude to training is also assessed which includes many things such as punctuality, helping others get ready for their grading, putting away your share of the mats, helping move the mat trolleys etc.
5. Ukemi – if you cannot fall correctly and safely you cannot be entered into a grading examination as it would be unfair on your grading partner and dangerous to you.

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 required sessions and have been practising grading techniques.

Club Instructors, if members are not selected to participate in a grading examination you also need to consider whether you have allocated enough time to prepare your students!

**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 and your attendance is also noted, when considering whether you will be entered into the next grading!*

BAB National Course

Pre-register to save £5 on fees at www.bab.org.uk.