

Stubbington Karate Academy Newsletter



August 2010

WWW.STUBBINGTONKARATE.CO.UK



Grading

Well done to all those students who graded in July. An excellent effort was made from all students which was clearly visible. As a reminder to everyone—attending classes twice a week is always going to be of benefit and as a note to parents it is only £5 extra for the whole month! Keep up the hard work and effort throughout the holiday period and the rewards will be clearly visible in the November test.

Holiday Training

A reminder to all parents—the Dojo will remain open throughout the Summer period for all classes as we usually do. Please encourage students to train where possible as holiday training is always great fun!

Community Centre Memberships 2010

As a gentle reminder to all parents, we are obligated by the CCA to ensure all students have a CCA membership if we are to continue to retain our affiliated membership rates. Although the CCA increases their rates every year by a minimum of between 3% and 5% yet I have always managed to keep our rates the same until totally necessary (which is about every 3 or 4 years) but this can only be sustained providing we are all CCA members.

Membership forms can be completed at the Community Centre front desk and should not go through the dojo. Usually the CCA give me a list of outstanding members but this year it would be great if we could all renew / join before they hassle me.

Why not email Sensei Rob? Rob@stubbingtonkarate.co.uk

Achievement Badge Scheme



The first of the awards has now been completed and the results are amazing! Almost all students had spent some time at home practising the chosen technique and I am pleased to say that almost everyone that attempted the gyaku tzuki (reverse punch) technique successfully managed it. Next months' technique will be a kicking technique which I hope will receive the same enthusiasm.

Diary 2010

- Nov Sunday 21st Grading 9:00am—11:00am

July Students of the Month

Students of the month are:

Infant: Mark Estall for his great efforts

Junior: Jamie Nevin excellent grading effort

Cadet: Steven Davis for kata improvements

Special Mentions: Abi Grace, Amy Fisher, Lewis Fisher, Paolo Sait, Lillah Duckworth, Tom Haynes-Smith, Tom Rogers, Jack Gregory, William Roser, Jessica Wilson, Lili Thomas & Iain Leadbeater

Junk / Spam Mail

Some parents have said that the newsletter emails are going straight to the junk folder. Can you please check and allow our mails as we will be phasing out paper newsletters soon

August Birthdays

Happy Birthday to all those who have a birthday in August—Charlie Hooper, Amy Fisher, Dan Fitton, Douglas Johnson, Iain Leadbeater & Tom O'Callaghan