

STUBBINGTON KARATE

WWW.STUBBINGTONKARATE.CO.UK

February 2008



Sensei Nick Course—Hedge End Dojo

Sensei Nick Burr 5th Dan will be conducting a special course at the Hedge End dojo on March 16th. Sensei Nick has over 25 years experience and is best known for his Championship record when he was in the England team. This course will be based around Ground Work and Kumite Techniques. Students aged 7 or Red belt upwards may attend. All students that attend my Adult class should attend the Adult session as detailed below in order to gain the most benefit from this course:

Junior Class (7yrs + or Red Belt)	1:00pm—2:15pm	£5.00
Adults / Cadets	2:30pm—4:30pm	£12.00

In order that we have a smooth start to the course minimal Administration time, would all those who would like to attend, please complete the form at the bottom and return it to me as soon as possible in order to ensure a place on this course. Once again I'd like to urge all the Stubbington students to attend as I'm sure it will be of immense benefit and fun to all.

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General Information—Parents

Recently a few parents have asked about beginner classes for adults. The Senior class is held on a Wednesday evening from 7:15—8:45pm. The class consists of a wide range of student abilities but we are always welcome beginners. Classes are enjoyable and great for Fitness and Self Defence and Confidence. If you wish to come along and enjoy a free lesson please just come along and have a go.

CUT ALONG DOTTED LINE AND RETURN TO SENSEI ROB

Sensei Nick Course Administration Form

Name: Will be attending the Junior / Adult (delete as appropriate) Session on Sunday 16th March at the Hedge End Dojo.

I attach £5 / £12 (delete as appropriate) for the course and understand that this unfortunately cannot be refunded.



STUBBINGTON DOJO



January Students of the Month

Infant: Paolo Sait for his great efforts with learning his kata

Junior: Nicky Adamson for her overall improvements.

Cadet: Adam Winiarczuk for hi Kumite work

Special Mentions: Emma Davies, Thomas Preston, Ben Solly, Ben Skinner, Thaddeus Duckworth, Dominic Jackson, Sam Tyler, Lewis Terret, Greg Johnson, Henry Gill, Alex Boston & Gemma Truslove.

Community Centre Memberships

Would all parents and students be reminded that your CCA membership is now due for renewal as from August 1st 2007. It is imperative that this is made current as quickly as possible in order for the Academy to maintain it's current hall rental rate.

Forms are available at the front office however if you return your 2005/2006 card the renewal process can be made considerably easier.



February Birthdays

Happy Birthday to all those who have a birthday in February Oliver White and Owen Maynard. Best wishes from all at the dojo.

DIARY 2007

JAN	Academy Re-Opens	Tues 18th
FEB	Weapons Training	Sun 3rd 8:30am—9:30am
MAR	Grading	Sat 8th 9:00am—11:30am
MAR	Weapons Training	Sun 9th 8:30am—9:30am
MAR	Sensei Nick Course Hedge End	Sun 16th 1:00—4:30pm
APR	Weapons Training	Sun 6th 8:30am—9:30am
MAY	Weapons Training	Sun 18th 8:30am—9:30am
JUN	Grading	Sun 22nd 9.00am—11.30am
JUN	Weapons Training	Sun 29th 8:30am—9:30am
SEP	Weapons Training	Sun 14th 8:30am—9:30am
OCT	Weapons Training	Sun 12th 8.30am—9.30am
NOV	Grading	Sat 15th 9:00am—11:30am
NOV	Weapons Training	Sun 23rd 8:30am—9:30am