

SenShinRyu Karate

Oct' Nov' Dec' News Letter 2008

My editorial this quarter is tinged with more than a touch of sadness as we at SenShinRyu Karate, have only recently, discovered that Lee Skinner, 5th Dan, Instructor at Clevedon and Nailsea Karate clubs, SenShinRyu Competition Coach and a very good personal friend, has been diagnosed as suffering with Lymphoma, (a type of cancer that attacks the lymphatic glands), he is undergoing intensive chemo-therapy treatment for a period of six months and his medical team are very positive of the outcome, unfortunately this treatment is overly tiring and we, possibly, won't be seeing him as often as we would like. I feel sure you will all join me in wishing him well and let him know that our thoughts are with him every step of the way.

Please note our change of address and telephone number:

SenShinRyu Karate Association
The Heritage Centre
4 The Beach
Clevedon
North Somerset
BS21 7QU

Tel: 01275.873333

Email: Senshinryukarate@btconnect.com

www.senshinryukarate.co.uk

SenShinRyu Karate Grading Times

Sunday 30th november 2008

White	to	Red	10.00 am - 10.30 am
Red	to	Yellow	10.30 am - 11.00 am
Yellow	to	Orange	11.00 am - 11.30 am
Orange	to	Green	11.30 am - 12.00 pm
Green	to	Purple	12.00 pm - 12.30 pm
Purple	to	Blue	12.30 pm - 1.00 pm
Blue	to	Brown	1.00 pm - 1.30 pm
Brown	to	Black	1.30 pm - 2.00 pm

Please note: All times are approximate and all attendees are expected to register at least 15 minutes before grading start times.

Late arrivals will not be allowed to grade.

Kata Course
Sensei Mike
O'Brien

Essential grading
kata's

Pinan Ichi & Pinan Ni

Sunday 16th Nov'08

11.00am - 1.00pm

**Scotch Horn Leisure
Centre
Nailsea**

£5.00

Tel: 07751.880203

**Winter
Grading**



**Sunday 30th
November
2008**

**Strode Road
Sports Centre
Clevedon**

Competition

*SenShinRyu
Junior
Competition*



**29th March 2009
Nailsea**

Beginners Courses for all SenShinRyu Clubs will commence monthly

Adults (18plus) Cadets (16-18yrs) Juniors (12-15yrs) Minors (5-11yrs)