

SenShinRyu karate

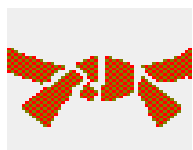
Xmas 06 newsletter

SEASON'S GREETINGS

SenShinRyu Winter Grading

Sunday 17th December 2006

Strode Road Leisure Centre
Clevedon



Grade

Time

| | |
|------------------------------|-----------------|
| White to Red Belt | 10.00am-10.45am |
| Red to Yellow Belt | 10.45am-11.30am |
| Yellow to Orange | 11.30am-12.15pm |
| Orange to Green | 12.15pm-1.00pm |
| Green to Purple | 1.00pm - 1.30pm |
| Purple to Blue/Blue to Brown | 1.30pm - 2.00pm |
| Brown to Black | 2.00pm - 3.00pm |

Requirements:

*Karate Gi & Association Badge
Senshinryu i.d. card
Licence/Record Book
Sparring Mitts
Appropriate Grading Fee*

n.b. please note that all students are required to arrive at least 15 mins before allotted grading times

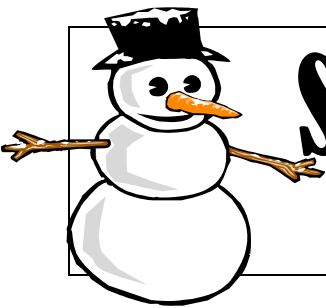
Sen: head & mind (the spirit)

Shin: heart & body (the soul)

Ryu (style or association)

www.senshinryukarate.co.uk

01275.810459



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SenShinRyu Grading Record

So here we are at the end of another year and Senshinryu Karate is growing slowly but surely into one of the most successful karate associations in the South West of England, whilst other clubs are struggling for members we have seen a steady increase of numbers in all of our dojo's, especially at Clifton and Cwmcarn Unfortunately you can never please all the people all the time, so we therefore urge all students and parents to appreciate and understand that karate is an ancient 'art' form of combat with a distinct set of disciplined rules and etiquette that need to be followed and will never be a 'quick fix' exercise sport such as aerobics or football, and that the benefits will only be noticed and appreciated over a period of time, with the emphasise on repeated class training and continual individual practise outside of the dojo. We would encourage you to view the grading as merely a guide to your progress not the 'one upmanship' race it is in danger of becoming, slowly but surely is the surest route of moving forward, to fast and you will slip and fall, if in any doubt talk to your Instructor.

The transition period between 'dojo fee's' and 'standing order' is finally over and I thank everybody for their patience and understanding in this matter but increased numbers meant half of the lesson was being taken up with administration duties, so hopefully to clarify all S/O should be dated from the first of the month, on received payment a student may train at any SenShinRyu karate class free other than squad training's, competitions or gradings.

We had extremely good feed back from our 1st SenShin Karate Competition at Scotch Horn, Nailsea and intend to hold the 2nd of these events in March at the same venue. (note below for relevant dates in 2007 or check website) for those students that would like to enter other competitions www.karate-competitions.com, but please always check with your squad coach first..

Events & Dates for 2007

Squad Training

For

Kata & Kumite

25th February

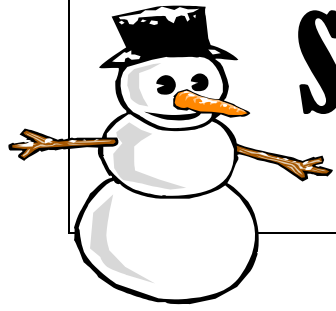
15th April

3rd June

23rd September

4th November

Times and venue to be confirmed



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Spring/Summer/Winter Grading



Sunday 29th April 07
Sunday 29th July 07
Sunday 25th November 07

Strode Road Sports Centre
Clevedon

Competitions

SenShinRyu
Junior
Competition



Sunday 11th March 07

Beginners Courses for all SenShinRyu Clubs will commence in January'07
Adults (18plus) Cadets (16-18yrs) Juniors (11-15yrs) Junior (5-10years)