

SenShinRyu Karate Summer News Letter

Competition News

Senshinryu recently entered competitors in the Wku Invitational held at Hutton Moor Sports centre, Weston and although the standard was extremely high with some events being entered by International fighters we managed to come away with a number of trophies, Sebastian Sepulveda made it to the final and gained 2nd place (silver) whilst Josh Robinson, Rozzy Pring, Sofie Wray and Sam Hinton all achieved 3rd place (bronze) in their respective categories.....well done!



Rozzy Pring...a lean, mean, fighting machine.

Apologies for the cancellation of the Senshinryu Junior competition. (I know a number of you were looking forward to competing in this event) unfortunately this was caused by a booking error and now re-arranged for 23rd September 2007 (10.00am-2.00pm) at Scotch Horn Sports Centre.

All information can be found on our website

www.senshinryukarate.co.uk (01275.810459)

SenShinRyu Karate

Summer News Letter

MONDAY TRAINING IS BACK

After much deliberation and coercion we have decided to re-instate the Monday evening sessions at Strode Road Sports Centre on a once monthly basis. These sessions will be structured for the higher grade and only students of 4th kyu (green belt) status and above or aged over 15 years of age will be eligible. This will give the more advanced student from all SenShinryu clubs the opportunity to train together with the expertise from different Instructors. The emphasis will focus on various aspects of Karate with one session concentrating on Kihon (basics) the next Kata (forms) the next Kumite (fighting)

The cost of each 1 hour lesson will be £4.00 and payable in cash on the night.

Dates are as follows:

Monday 2nd July (7.00-8.00pm) (Strode Road Sports Centre, Clevedon)		
Monday 6th August
Monday 3rd Sept
Monday 1st Oct
Monday 5th Nov
Monday 3rd Dec

Please note these sessions are for your benefit.....use them or lose them!

Events & Dates for 2007

<p style="text-align: center;"><u>Squad Training</u> For <u>Kata & Kumite</u></p> <p style="text-align: center;">25th February 15th April 3rd June 16th September 4th November</p> <p>Times and venue to be confirmed</p>	<p style="text-align: center;"><u>Spring/Summer/Winter</u> <u>Grading</u></p> <div style="text-align: center;">  </div> <p style="text-align: center;">Sunday 29th April Sunday 29th July Sunday 25th November</p> <p style="text-align: center;">Strode Road Sports Centre Clevedon</p> <p style="text-align: center;">n.b.check website for times</p>	<p style="text-align: center;"><u>Competitions</u></p> <p style="text-align: center;">SenShinRyu Junior Competition</p> <div style="text-align: center;">  </div> <p style="text-align: center;">Sunday 23rd Sept'07</p>
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Beginners Courses for all SenShinRyu Clubs will commence monthly
Adults (18plus) Cadets (16-18yrs) Juniors (11-15yrs) Junior (5-10years)