

End of Year Newsletter

www.seitouryukarate.com

A few words from the Chief Instructor

As we prepare to close our doors for a well earned rest over the Christmas holidays I like to take a moment to reflect on what's happened over the last 12 months.

2015 has been a rather epic year for Seitou Ryu Karate. In March we celebrated our club's 10 year anniversary with a black tie event at the Holiday Inn Basildon where 150 current and past members, friends and families attended.

The SRK National Squad had a successful year on the tournament circuit, winning an impressive 69 medals and trophies between them. Our own SRK Spring and Winter Open Championships were equally impressive, with 80 students representing the club across both tournaments and winning a large number of medals too. Well done to you all!

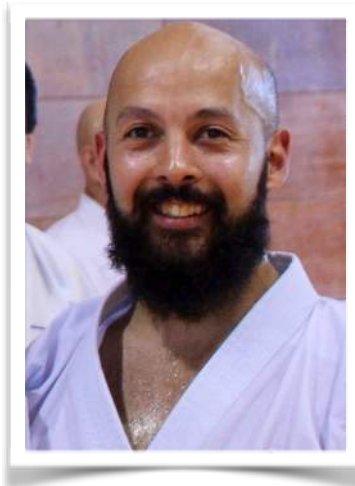
In July our annual gasshuku summer camp was a blast, over 60 students attended across the weekend and a new black belt emerged at the end of it, well done Connor Frost! Continuing the trend, myself, Sensei Caroline and Sensei Martin travelled to Japan for the annual Seiwakai and JKF Goju Kai Karate seminars, where Sensei Caroline and I successfully passed our Nidan/2nd Dan and Yondan/4th Dan gradings respectively. The latter part of this year Sensei Kim Mandy and daughter Tatum along with several other SRK students attended the Seiwakai Karate seminars in London with Fujiwara Hanshi (8th Dan) where Kim and Tatum also successful in attaining Nidan/2nd Dan and Shodan/1st Dan grades.

October saw many students and instructors don a pink belt for breast cancer awareness and together we raised a staggering £400 towards cancer research.

And last weekend 55 students took part in the final grading test of the year: 51 got a full pass and 4 got a provisional pass. Congratulations all of you. The full list of results are now on the club website and photos from the grading and kata workshop are up on our Facebook page.

As you read this, many will be preparing for our Christmas Party & Award Presentations at the South Ockendon dojo on Saturday 19th December so if I don't get to see you there, I'd like to take a moment to say a huge thank you to all the students, instructors, parents and friends for being a part of the SRK family. However you may be celebrating I hope you all have a great time with your family and loved ones and I look forward to seeing you all in the dojo when we return in the New Year.

Sensei Richard Hang Hong



Holiday Closure

Classes close for 2 weeks from Sunday 20th December and reopen from Monday 5th January 2016.



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seitouryukarate.com

You can also keep up to date on the latest news, check event dates and read some fantastic articles written by your instructors on our website

www.seitouryukarate.com

2016 Event Calendar

Dates are subject to change, please check the club website or contact Sensei Richard to subscribe to the online calendar (iCloud account required).

31st January	Squad Selections
13th March	Kata Workshop & Grading
24th April	SRK Spring Open Championships
25th-26th June	Gasshuku Summer Camp
18th - 28th July	Seiwakai Seminars, Japan
4th September	Kata Workshop & Grading
11th September	Squad Selections
20th November	SRK Winter Open Championships
4th December	Kata Workshop & Grading
17th December	SRK Christmas Party & Awards

Dates for the monthly black belt classes and weekly squad training sessions dates as well as any additional events will be announced in the New Year.

Class time changes at South Ockendon Dojo

Classes will change to the following times on Mondays & Fridays from 4th January 2016.

6.45pm - 7.45pm (Juniors: -13 years)

8pm - 9.30pm (Adults: 13 years+)

Fitness Class will return in 2016!

The ever popular karate based fitness class will be returning to a dojo near you in the New Year. We're in the process of finding a new venue so as soon as that's done, we'll announce where and when the class will be. Watch this space!



PRICE CHANGES IN 2016

Due to the rising costs of hall hire and insurance, we need to increase the price of our monthly training fees.

Even though the clubs running costs have increased annually, we have managed to keep our fees the same for the last 3 years. But with further increases coming in the New Year we have no option but to make a very small increase in the fees.

These price changes will come into effect from 1st January 2016, although members who joined in November and December will only see these changes after their initial 3 months membership has completed.

	Children 5 - 12 years	Adults 13 years+	Inclusive Discounts
Gold (Unlimited training)	£50	£60	Up to 25% off club events & equipment
Silver (2 classes a week)	£40	£50	Up to 10% off club events & equipment
Bronze (1 class a week)	£20	£25	