

End of Year Newsletter

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A few words from the Chief Instructor

Wow! What an amazing year we've had! 2016 has seen so much happen that I don't think I can fit everything on this page. But let's give it a go...

The SRK National Squad had two great developmental and competitive seasons, winning a total of 59 medals and trophies between them. They are now preparing for their first international tournament in February where they'll be competing in the All Russian Goju Karate Federation Championships. Wish them luck!

Our own SRK Open Championships hit new heights in its popularity, so much so that we had to restrict the number of entrants to prevent overcrowding. We have moved the tournament to a larger venue so the 2017 Championships will be even greater. This is all down to you the students who support the event by competing and the many others who help to run the day.

The SRK Foundation for Achievement in Sport committee have been working so hard this year with fundraising events, with the Quiz Night, the Inter Dojo Bike Ride, the SRK Café at the Winter Open and the raffle at the Christmas Party. They've been a huge support for the club and the squad. Through their efforts we've managed to purchase new mats for the Grays dojo and raised funds towards the squads trip to Russia.

The Gasshuku Summer Training Camp in Hockley was once again a huge success with over 70 students in attendance across the 2 days. Half that number successfully tested for their next grades.

This summer was packed full of events that were attended by numerous members as well as myself travelling solo for a few. These included the MSK Seminar in Eastbourne, Seiwakai Seminars in Japan, Ultimate Karate Fighters Bootcamp in Kent led by multiple world karate champions Wayne Otto (England), Elisa Au Fonseca (USA) and Alex Biamonti (France), followed by Shihan Leo Lipinski's seminar in Sheppey and finally the Shin Atemi Summer Camp in Hertfordshire. Over 100 hours of world class training packed into the few weeks of summer. Woah!

Earlier this month we had our final grading of the year which was an emotional milestone event as we saw 3 successful Dan grade tests completed. Claire Gillman to Shodan/1st Dan, James Lockhart to Nidan/2nd Dan and Martin Lawrence to become the first Sandan/3rd Dan in SRK. Congratulations to them and everyone else who passed.

Last weekend saw around 100 members of the SRK family come together for one last hurrah at the Christmas Party and Awards Night. Thanks to those who helped to organise, set up and pack away at the end of the night (or all of the above). Congratulations to everyone who received an award too, and remember that in SRK, nothing is simply given, everything is earned.

Finally a huge thanks to all of you for being a part of the SRK family throughout 2016. Enjoy the next couple of weeks away from the dojo, take the time to rest your bodies and have a wonderful Christmas with your family and friends and I look forward to seeing you all back in the dojo in the New Year.

Sensei Richard Hang Hong



Holiday Closure

Classes are closed for 2 weeks from Sunday 18th December 2016 and reopen from **Tuesday 3rd January 2017**.



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We're on Facebook, Twitter, Instagram and YouTube! Just search for us at @SeitouRyuKarate.



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

2017 Event Calendar

Please note that whilst the majority of the time the dates are final, on the rare occasion they are subject to change so please check the club [website](#), [Facebook Members Group](#) or contact Sensei Richard to subscribe to the online calendar (iCloud account required).

22nd January	Squad Selections
28th-29th January	SRK Seminar with Shihan Leo Lipinski
26th March	Kata Workshop & Grading
7th May	SRK Spring Open Championships
23rd-25th June	Gasshuku Summer Camp
TBA	Seiwakai Seminars, Japan
3rd September	Kata Workshop & Grading
10th September	Squad Selections
19th November	SRK Winter Open Championships
3rd December	Kata Workshop & Grading
16th December	SRK Christmas Party & Awards

Dates for the weekly squad training sessions dates as well as any additional events will be announced in the New Year or as they come up.

Fit2Fite: Fighting Moves to Funky Grooves

If you're looking to improve your fitness in the new year then come along to our Fit2Fite class on Saturday mornings, 9am-10am at the Grays dojo (Belmont Village Hall, Parker Road, RM17 5YN).

Fit2Fite is a self regulating, all over body workout, developed for families, men, women and children of mixed ability and fitness levels.

Burn up to 700 calories in a single 1 hour class! That's more than your average aerobics class. You don't need to be a karate student, Fit2Fite is for everyone. No special equipment required, all you need is a drink and a towel.

See more at our Fit2Fite Facebook page www.facebook.com/Fit2FiteGrays



EXTRA CLASSES FOR ALL STUDENTS IN JANUARY

To help kick start your training for the new year, we are giving all members up to 4 free karate classes to use at any dojo throughout January.

Bronze members receive 2 classes and Silver members receive 4 classes. This is the equivalent of 2 weeks worth of training so take advantage of it in the New Year.

If you missed any lessons during December these unfortunately will not roll over into January but instead you have the aforementioned free classes to use instead. The normal missed lesson rollover policy will be reinstated from 1st February.

Winter Grading Results

Sunday 4th December 2017
The Gateway Academy, Tilbury.

8th Kyu (Yellow Belt)

Bryan Wyatt	Lexi Clark
Christopher McGregor	Lukas Rankele
Delia Dima	Nikita Coslet
Freya Walker	Phoebe Hang Hong
Jaden Mootooperian	Stanislav Coslet
Joshua McGregor	Tannya Birajdar
Juan Carlos Meade	

7th Kyu (Orange Belt)

Aashna Tohani	Karolina Grzesiuk
Alicia Playle	Lilly Rochford
Chloe Rochford	Liyana Forster
Dhillon Forster	Lunathi Nday
Freddie Strange	Olunje Mluma
Harry Morris	Talha Javed
Jacob Sapala	Tharagan Yogarathinam
James Mancini	Zac Stone

6th Kyu (Green Belt)

David Kwasny	Kristiana Prodanova
Gary Cox	Molly Cornwell
Ionut Deju	Priya Ramjee
James Le	

5th Kyu (Blue Belt)

Adam Carter	Harry Wyatt
Amy Ives	Hiran Solanki
Avani Kelkar	Liam Cox
Charlie O'Kane	Motiejus Pilka
Chloe Cribbon	Neel Ramjee
Dhruv Solanki	William Copley
Ellie Cox	

4th Kyu (Purple Belt)

Harrison Catchpole	Tony Pickford
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2nd Kyu (Brown Belt +1 black tip)

Katalin Margittai

1st Kyu (Brown Belt +2 black tips)

Davy Jones	Kylie Mandy
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Shodan (1st Dan)

Claire Gillman

Nidan (2nd Dan)

James Lockhart

Sandan (3rd Dan)

Martin Lawrence

Congratulations to all of the above students on their successful grading tests. Feedback reports will be emailed to you in January.

No price changes

We're pleased to announce that there are no planned price changes to either training fees, membership licence renewals or equipment in 2017.

SRK Christmas Party & Awards Night 2016

On Saturday night around 100 members of the SRK family turned up for our final event of the year before we closed the dojo doors for the Christmas holidays and made it one of the most enjoyable club social events of 2016.

Thank you to all of the wonderful people who helped organise the night and to congratulations to all of the award winners below.

Excellent Attendance	
Amy Ives (Wickford)	Harry Wyatt (South Ockendon & West Thurrock)
Ellie Cox (South Ockendon)	Samuel Parker (Wickford)
Tony Pickford (South Ockendon)	
100 Club Award	
Claire Gillman (138)	Harry Wyatt (138)
Arron Read (120)	Martin Lawrence (117)
Kata Margittai (109)	Tony Pickford (109)
Davy Jones (103)	Samuel Parker (102)
Kylie Mandy (100)	

Karate Family Of The Year
The Cox Family
V.I.P (Very Involved Parent) Award
Sarah Homer
Outstanding Supporter Award
Dave Wyatt
Parent Of The Year
Natalie Catchpole

Newbie Of The Year	
Kaz Grzesiuk	
Most Improved Student (Junior/Senior)	
Jacob Sapala	Gary Cox
Kata Athlete Of The Year (Junior/Senior)	
Megan Homer	Martin Lawrence
Fighter Of The Year (Junior/Senior)	
Rares Dima	Tatum Mandy
Competitor Of The Year (Junior/Senior)	
Emma Ludkins	Claire Gillman
Black Belt Of The Year	
Connor Frost	
Student Of The Year (Junior/Senior)	
Ellie Cox	Davy Jones
Dedication to Karate (10 Years)	
Nikki McBane	

Long Service Award (10 Years)	
Kim Mandy	Martin Lawrence
Instructor Of The Year	
Katalin Margittai	
Dojo Of The Year	
Grays	

