

End of Year Newsletter

www.seitouryukarate.com

A few words from the Chief Instructor

So 2017 officially comes to an end and what an incredible year we have had!

It's been an action packed, non-stop ride for us as a club; definitely one of our busiest years to date. Classes have been growing so much so that we made the decision to separate the majority of the junior classes to accommodate the demand. The change has been a huge success with the quality of the classes and standard of the students improving equally. This couldn't have been possible without the assistance of our superb team of instructors and senior students; thank you.

January saw our first seminar with Shihan Leo Lipinski (8th Dan) where over 50 students attended the 2 days of training and heads were filled with an abundance of information to improve and develop their karate.

The SRK Squad had two superb seasons, winning an impressive total of 225 medals and trophies between them including 57 Gold, 64 Silver and 104 Bronze. This year they added several international competitions to their regular schedule of local, regional and national tournaments, with some traveling to Russia, Italy, Japan and Belgium. Next year there will be opportunities to compete in some of those countries again and also in Germany and Hungary. Spring season selections is on 20th January 2018 and is open to all Silver and Gold students who are orange belt or higher.

The SRK Spring & Winter Open Championships settled in well to its new home at Basildon Sporting Village and was once again a great success. We came joint first in both of the events' medal tables and both competitions ran extremely well; receiving glowing reviews from the many who attended. This is down to all of you who support the event by competing and helping to run it to make it such a spectacular tournament.

The SRK Foundation for Achievement in Sport have done amazing things this year, organising a variety of events to raise funds to help better your training. Check out their end of year report for more details.

In other news, the Gasshuku Summer Training Camp in Hockley was a big success. 65 students training over 3 days, and many successfully tested for their next grades.

Summer was quiet for events; I travelled to Japan for the Seiwakai and JKF Goju Kai seminars, bringing back lots of information to the classes that followed. I also had the opportunity to compete in the All Japan Championships where I placed in the top 18 for kata and top 10 for kumite. Next year I would like to see some of our SRK black belts travel with me to Japan so they can benefit from the experience of training there.

In December our final grading sessions took place and resulted in a 100% pass rate; including Kylie Mandy passing her mock test for junior shodan (1st Dan) and Tatum Mandy also successfully grading to Nidan (2nd Dan) after a gruelling 10-Man Kumite. Congratulations to them and everyone else who passed.

Finally a huge thank you to all of you for being a part of Seitou Ryu Karate throughout 2017. Enjoy the time off, have a wonderful Christmas 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 17th December 2017 and reopen from **Tuesday 2nd January 2018**.



Like, Follow & Watch

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

2018 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).

20th January	Squad Selections
27th-28th January	SRK Seminar with Shihan Leo Lipinski
25th March	Kata Workshop & Grading
15th April	SRK Spring Open Championships
23rd June	Novice Grading (8th & 7th kyu)
29th June - 1st July	Gasshuku Summer Camp
14th - 30th July	SRK Black Belts Trip to Japan for Seiwakai & JKF Goju Kai Seminars
2nd September	Kata Workshop & Grading
8th September	Squad Selections
25th November	SRK Winter Open Championships
8th - 9th December	Kata Workshop & Grading
15th or 22nd 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.

PLUS+ Membership

For students who are already supplementing their fitness training with Fit2Fite on Saturdays, or if you'd like to start improving your fitness even further, from January there will be an option of upgrading your current membership to "PLUS+".

For an additional £20 per month, this will include all Fit2Fite classes on Saturday mornings and any new Fit2Fite classes that we open in 2018. To upgrade, please contact Sensei Richard.

PLUS+ Membership is also available to non-members for £20 per month. Fit2Fite is for everyone, no special equipment required all you need is a drink and a towel. So if you or any family members and friends are looking to start their fitness journey in the New Year come along and have a go.

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 3rd December 2017
The Gateway Academy, Tilbury.

8th Kyu (Yellow Belt)

Alex Petretchi	Gustas Krajasevicius
Brooke Sullivan	Nathan Leavitt
Elena Bortone	Paige Sullivan
Emily Masters	Samuel Strange
Faith Kenyon	Selena Chiorean

7th Kyu (Orange Belt)

Amelia Sheikh	Harrison Parratt
Czeslaw Kwasny	Oliver Dunkin
Daniel Amon	Oscar Tyszynski
Daniel Pavli	Taylor Parratt

6th Kyu (Green Belt)

Bia Andrez Martins	Lukas Rankele
Bill Gill	Nikita Straw
Smithan Navaranjan	

5th Kyu (Blue Belt)

Aashna Tohani	Hannah Jones
Darcey Martin	Jacob Sapala
David Kwasny	James Le
Freddie Strange	Lunathi Nday
Rares Dima	

4th Kyu (Purple Belt)

Amy Ives	Lionel Diogo
Avani Kelkar	Luna Diogo
Krisztofer Margittai	Neel Ramjee

3rd Kyu (Brown Belt)

Adam Carter	Chloe Cribbon
Charlie O'Kane	Ellie Cox

2nd Kyu (Brown Belt +1 black tip)

Tony Pickford

1st Kyu (Brown Belt +2 black tips)

Arron Read

Nidan (2nd Dan)

Tatum Mandy

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

Price Changes

Membership for **adults** (13yrs+) and licence renewal fees (18yrs+) will increase by £5 from 1st January. The new prices will be £50 for new membership and £20 for annual licence renewal. All other fees will remain unchanged for 2018.

SRK Christmas Party & Awards Night 2017

On Saturday 16th December 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 2017.

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	
Amelia Hang Hong (Wickford)	Adam Carter (South Ockendon)
Arron Read (Wickford)	Bill Gill (Wickford & South Ockendon)
Chloe Cribbon (Wickford & South Ockendon)	Emma Ludkins (South Ockendon)
Hannah Jones (South Ockendon)	Harry Lawrence (Wickford)
Lunathi Nday (Wickford)	Martin Lawrence (Wickford & Grays)
Olunje Mluma (Wickford)	Phoebe Hang Hong (Wickford)
Phoenix Kenyon (West Thurrock)	
Perfect Attendance	
Samuel Parker (Wickford)	
100 Club Award	
Hannah Jones (100)	Kylie Mandy (105)
Megan Homer (107)	Ellie Cox (110)
Kata Margittai (113)	Emma Ludkins (127)
Martin Lawrence (135)	Samuel Parker (136)
Arron Read (140)	Chloe Cribbon (144)

Karate Family Of The Year
The Mandy Family
Outstanding Contribution Award
SRK Foundation Committee
V.I.P (Very Involved Parent) Award
Natalie Catchpole

Outstanding Supporter Award	
Sarah Homer	Jenny Jones
Bill Gill	Ann Cribbon
Parent Of The Year	
Cheryl Read	

Newbie Of The Year	
Nikita Straw	
Most Improved Student (Junior/Senior)	
Harrison Catchpole	Harry Lawrence
Kata Athlete Of The Year (Junior/Senior)	
Hannah Jones	Megan Homer
Fighter Of The Year (Junior/Senior)	
Charlie O'Kane	Emma Ludkins
Competitor Of The Year (Junior/Senior)	
Chloe Cribbon	Kylie Mandy
Black Belt Of The Year	
Tatum Mandy	
Student Of The Year (Junior/Senior)	
Kylie Mandy	Tony Pickford

Instructor Of The Year
Sensei Claire Gillman
Dojo Of The Year
South Ockendon

Returning to training

Be prepared for the post holiday blues!

Time off from training can often be the best thing the mind and body needs, especially when a student train as hard as you do. However,

when most of us step back onto the mat there there will usually be a mild drop in fitness and even the feeling of being a little rusty in our technique. Don't let that get you down, it's completely normal, just be prepared for it.

Also for some students, particularly children, the freedom of being out of a routine like going to karate, football or any other regular activities including school can be somewhat liberating, but when the thoughts of returning to that routine creep in sometime after New Year's Day some might even give up at this point, saying that they don't like it anymore when it's more likely that they don't like the idea of losing that feeling of freedom from a routine. (Parents, if you ask your children do they look forward to going back to school after a holiday? The answer is usually no).

Karate and other activities can often be the same so be prepared for this by sitting down and setting some goals for the year to get you or your child fired up. Whether it be learning a new kata or kumite technique, moving up a belt or winning a trophy, returning to training is a lot more motivating when you have something in mind to work towards. See you in the dojo!

SRK Foundation For Achievement In Sport

End of Year Report

A lot has happened this year with trying new things and raising money for SRK. We are pleased to report that most has gone well. We have taken a lot of time and effort and can only achieve this with the support of the members of Seitou Ryu Karate.

Date	Description	Debit	Credit	Total
01/10/17	Opening Balance			£232.00
05/10/17	Printing tickets	£36.00		£196.00

06/10/17	Printing letter and paper	£10.00		£186.00
08/10/17	Envelopes	£10.00		£176.00
26/10/17	Raffle money collected		£815.00	£991.00
27/10/17	Raffle prizes cost	£350.00		£641.00
28/10/17	Poster printing for competition	£40.00		£601.00
19/11/17	Competition raffle bands		£241.00	£841.00
19/11/17	Prices for competition raffle	£38.00		£803.00
16/12/17	Raffle money collected		£177.00	£980.00
16/12/17	Raffle prizes cost	£80.00		£900.00

We have a lot planned for next year so please look out on the [Foundation Facebook page](#) and club calendar and continue to support as much as you can.

On speaking with the senseis, new equipment will be popping up in class to help everyone with their training in 2018.

Linda Parker has put a lot into this but has taken some time off and we would like to thank her for everything that she has done.

Meetings are held once a month. If anyone is interested in joining or has any questions and ideas please feel free to contact us on the Foundation Facebook page or find one of us and have a chat.

Merry Christmas and a Happy 2018!



Foundation Committee: Linda Parker, Sarah Homer, Kim Mandy, Claire Gillman, Cheryl Read, Caroline Hang Hong, Natalie Catchpole