



HOTLINE NEWS

GB Grand Slam League 2019

24th February, 9th June & 15th September 2019

2019 marked the start of the new GB Grand Slam League, with three tournaments and a Gala Fight Night to end the season. Venues for these tournaments were situated in Cannock, Crawley, and finally Bristol. All three events obtained high praise all round, what with the excellent organisation (thanks to the wonderful Facilitators), the high standard of the officials and referees and the amazing atmosphere created by all in attendance.

Event 1 was held at the Chase Leisure Centre in Cannock, with Team SAS coach

Tony Anderton as the promoter. It was the kick off event for the new league, and saw the best of the best in attendance. Open Weight winners included Grace Chandler for the women's division, as well as Chris Aston and Elijah Everill plotting the prize for the men's division. Great performance from the Wolfpack throughout the day, with several fighters taking home golds and even more placing with silver or bronze

Event 2 took place at K2 Crawley, with promoter Sean McCarthy from KBK, and looked to be the biggest Grand Slam yet, so much so a 5th area was introduced. One again, the Open Weight divisions saw some of the UK's best fighters, with Grace Chandler taking



The Facilitator Team at GBGS Event 3, left to right: Jemma Parsons, Samantha Clark, Sandra Meekin & Kyle Menzies

her second women's division win and Cory Cook taking the win of the men's division. The Wolfpack dominated this event, coming first in the medal table for overall performance. Once again with multiple golds taken by both Dojo and Alliance students. In addition to this, we had multiple students partake in their first national competition, with excellent pay off and some brilliant experience gained. As before, this event received high praise for



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its professionalism and being an all round high standard event.

Event 3, the final event of the league, took place at the WISE Campus in Bristol. The promoter was Team EPiC coach Andy Cleeves. As before, the Open Weight divisions exhibited the best of the best from the UK, with Tennessee Randall beating Grace Chandler to take the women's division win, and Cory Cook taking his second open weight win. The Wolfpack, as expected, took home several medals from this event as well, with students performing excellently well, showing their development and hard work paying off.

All Series Division League winners for the 2019 League will receive their end of league prize very soon...

Massive congratulations to Jacey and the GB Grand Slam team for putting on such exemplary and successful tournaments, and well done to all of the Wolfpack for the brilliant results obtained at these events. Here's to many years of the GB Grand Slam to come! #beGBGrand

SKF leads the way with new Safeguarding Code



SKF Dojo Safeguarding and Welfare Contact,
Lauren Cashman

Local Crawley club, Sports Karate Federation, is leading the charge in sports safeguarding, having successfully attained the Safeguarding Code in Martial Arts "mark".

Achieving the Safeguarding Code, demonstrates SKF's commitment to upholding its duty-of-care to the community and young people and recognises SKF as a martial arts provider that has reached and effectively maintained good safeguarding standards. The Safeguarding Code in Martial Arts has been created so that parents and carers can clearly identify a martial arts provider that have demonstrated that they have reached and maintained good safeguarding standards and can make informed decisions when selecting a club for their child.

Sue Harrison, Stakeholder Marketing at the Safeguarding Code in Martial Arts said:

"We are delighted to see that so many clubs, including Sport Karate Federation, have successfully attained the Safeguarding Code in Martial Arts.

"When making choices about martial arts schools, parents and carers can easily determine, and be reassured that clubs in their local area are committed to safeguarding and upholding safe practices for their children if they display the Safeguarding Code 'mark'."

Lauren Cashman, Co-Owner at Sports Karate Federation, said:

"It is of upmost importance to us to ensure the safeguarding and welfare of ALL our students, both young and old. We look to ensure we can do all within our resources to

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continue making sports safe and accessible. We are thrilled to be credited with the mark.”

Developed in consultation with Sport England, representatives from martial arts governing bodies, and leading safeguarding experts, the Code is funded by the National Lottery and was launched by the Sports Minister in 2018. To date, over 150 clubs have now attained the Code.

SKF Kata Squad Launches! Watch this space...

7th September 2019



The SKF Kata Squad at their first Squad Training

We are excited to announce that, after lots of planning and discussion, we have officially started our SKF Kata Squad and have had our first Kata Squad Training session!

Led by instructors Samantha Clark and Carlos Mendes Le Flay, this session was busy with people keen to improve their Kata to a competition standard. The session involved learning new and effective techniques which aren't covered in regular classes, going above and beyond to greatly improve the standard of Kata.

The Kata Squad has some competition dates lined up to work towards and we are really looking forward to seeing how

awesome they can be, and what successes they can bring!

Kata Squad Training is every first Saturday of the month, after Advance Training. It is on an invite only basis, if you haven't received a message speak to Instructors Jacey Cashman, Guy Hamilton, Samantha Clark or Carlos Mendes Le Flay to express your interest in being a part of the Squad.

Summer Course and Summer Grading Success for SKF!

29th & 30th June 2019 (Summer Course), 13th July 2019 (Summer Gradings)



Summer Course 2019 Attendees and Instructors

We have had a very successful couple of weeks for students grading both at the Summer Course or our Dojo Summer Club Colour Belt Gradings.

The Summer Course saw students from all across the SKF Alliance take part in a 14 hour course over 2 days at the

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Ashcombe School in Dorking. All students demonstrated their skills to the best of their abilities, and saw their hard work pay off through the completion of their gradings, earning themselves their next belt. Dojo students Daisy Cashman and Piranas Jeyanathan achieved their Junior Black Belts, adult students Nick Cowell, Melissa Cowell, Vicky Cowell and Carlos Mendes Le Flay achieved their Shodan Black Belt, and Instructor Kyle 'Mouse' Menzies achieved his Nidan Black Belt.



SKF Dojo Adult Black Belts: Shodan Grades Melissa, Nick, Vicky & Carlos, Nidan Grade Mouse, with Instructor and Black Belt Mentor Samantha Clark

We also saw several colour belt students achieving their next belts at the Dojo Club

Gradings two weeks later. Congratulations to students Amaya Castenada, Katie Gates and Lars Houpt for achieving highest kids, juniors and adults grading scores respectively.

Massive well done to all who graded at both the Summer Course and Dojo Summer Gradings. It was brilliant to see everyone continuing their martial arts journey and putting in all the effort and hard work required to get their next belts. Osu!

Next opportunity for colour belts to grade will be at the Club Gradings on the 10th of November, and then for advanced belts, the Winter Course, which will be held at Oriel High School, on 14th and 15th of December.

DOJO STUDENT OF THE MONTH

July



Melissa Cowell

August



Erin Elston Evans

September



Aiyla Gulzar

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Fitness Update at SKF Dojo

We at SKF Dojo are super excited to offer our popular Fitness Excellence sessions now partnered up with Fire Fitness to bring a 'fired up' fitness programme to members and non members alike based in Crawley, West Sussex.

Offering 1-1 Personal Training, Group Training, Pad work Focused Sessions, Circuits, Kettle Bell, TRX & Strength and Conditioning Sessions, Gym Instructing / PT and Classes cover, plus nutrition advice.

You will get high quality, fun fitness sessions that promote good technique and are designed to keep you motivated to reach your health and fitness goals. Fire Fitness is delighted to join forces with SKF Dojo.

Every Monday 🧘

8:45pm Stretching & Movement with Jacey

Every Tuesday 🔥

7.10pm Fire Fitness Total Body Workout

Every Wednesday 🥊

8:00pm Champion Beast Session with World Champion Gemma Upfold

Every Thursday 🔥

8:45pm Fire Fitness Total Body Workout

Every Friday 🥊

7:10pm Pad Fit with Team Cashman's

Every Saturday 🏆

9am Fire Fitness Super Strength Saturday

Any of the above Fitness sessions can be added to your current membership package, upgrade your membership package if you wish to add extra sessions to your membership, or pay the £7 drop in fee ad hoc.



Fire Fitness PT Jemma Parsons leading a Fire Fitness Session, she has just achieved her Level 3 PT Qualification, huge congratulations to her!

SKF Dojo Hotline News Words of Wisdom

As a coach or mentor there are two things I can never give you. Two things that only you can provide. The first is a deep underlying PASSION for what you do. I can deepen that passion, fuel it, strengthen it - but only YOU can CREATE it; and you either have it or you don't. The second is the ability to **PULL THE TRIGGER** when opportunity presents itself. I can teach you all manner of techniques, tactics, game plans, risk calculations, strategy, drills etc etc. But in the end, at the crucial moment, **ONLY YOU CAN MAKE THE NAKED CHOICE TO PULL THE TRIGGER.** In competitive fighting and in life - much can be offered to you - but these two things, passion and the ability to seize the moment and pull the trigger, these two must come from within you - they are yours and yours alone.

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Fourth Quarter Upcoming Events

October, November and December 2019

We have a lot of exciting events coming up for you all to look forward to:...

October

27th - Open Day

27th - Kick4Cash

30th - Kids Camp, Day of the Dead theme

31st - Fighting Skills Champion Development Workshop

November

2nd - Advanced Training

2nd - Kata Squad Training (Invite Only)

3rd - Wolf Pack Squad Training

3rd - SKF Dojo Grading Practice

10th - SKF Dojo Winter Colour Belt Gradings

16th - SKF Dojo Colour Belt Presentation

20th - GB Grand Slam 2020 Event 1 - Central

December

7th - Advanced Training

7th - Kata Squad Training (Invite Only)

14th - Winter Course Day 1

15th - Winter Course Day 2

19th - SKF Adults Christmas Party

21st - Last Classes of 2019

21st - Mini Kids and Karate Kids Christmas Party

21st - Junior and Teens Christmas Party

Make sure you are getting booked in for these events at our Echobase Reception or online at our Kickstore. For further information on these events see the posters around our Dojo, check social media or ask an Instructor or at Echobase Reception. We hope to see you at these exciting events.

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Third Quarter AWESOMENESS!...

Recognising awesomeness at our Dojo...

Best Attendance

Romany Cornwall

RPE Highest Scorers

Nael Khan

Ollie Brockman

David Jardim

Leadership Star

Gabe DeRosa

Staff Awesomeness

Matthew George

Congratulations to these students and helpers at our Dojo, your dedication to training or help at our Dojo is hugely appreciated and does not go unrecognised. Osu!

New Lesson! Self Defence Excellence on a Saturday



New Self Defence Excellence lesson will help to improve your self defence skills, cover aspects new of self defence and go into more detail than can be done in regular classes.

Instructor Samantha Clark is excited to be leading a brand new self defence focused lesson, covering grading specific self defence as well as advanced techniques and weapon defence. This session is advised for all members to get some extra skills and confidence with your self defence.

The new 'Self Defence Excellence' lesson is every Saturday at 10:50am-11:35am. The class is suitable for all

ages and abilities. If you wish to be assigned, speak to a member of staff at our dojo. We hope to see you at 'Self Defence Excellence'!

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Kickshop News

We have our new SKF Hoody design ready to order. Speak to Dojo reception for more details & to place orders. See below for new design. Options are available in Red or Black - sizes from 3-4 years up to XL (adult) full embroidery including name personalisation. £35 (full payment required at point of ordering).

Last order date before Christmas 🎄 is Friday 5th December.

Also a new design Dojo training t-shirt, available in Red/Black all sizes £15, these are in stock and available to order.

You can order specialist items such as Weapons, Cases, mesh bags & Elite Competitive fight equipment please contact Lauren for further info.

There will be changes to pad stock colour availability please look out for the email for more details.



GB Grand Slam League - 2020

Season

The GB Grand Slam League kicks off the 2020 Season on Sunday 17th November 2019. This year the GB Grand Slam will feature new Light Contact divisions, and some other new additions... watch this space.

See the list of all GB Grand Slam League 2020 events to keep in your diary.

For more information on Divisions for the 2020 Season, head to <https://www.gbgrandslam.com/> . #beGBGrand



Last Classes of 2019

Saturday 21st December 2019

The last classes of 2019 will be on Saturday 21st December. Our Dojo will then be closed for the Christmas Break from Sunday 22nd December 2019 to Sunday 5th January 2020. First Classes of 2020 start Monday 6th January 2020.

Make sure you are staying up to date with all news and events in our Facebook group. If you are not in our Facebook Group, please request to join 'SKF (Sport Karate Federation).'