


HOTLINE NEWS

SKF Dojo Club Colour Belt Winter Gradings

Sunday 10th November 2019

On Sunday 10th November 2019, we saw many colour belts from SKF Dojo put all their hard work into practice at our SKF Dojo Colour Belt Gradings. We had a wide variety of students grade, from our Mini Karate Kids to our Adult Karate and Kickboxing students - all going for beginner, intermediate or advance grades.

The high calibre presented by grading students was very impressive. Huge congratulations to all students that passed their grading, your commitment, hard work and dedication in classes had definitely paid off.

Huge congratulations to the following students for achieving the highest grading scores at our Winter 2019 Club gradings: highest Karate Kids grading score, Zayne Jeyachandran; highest Junior grading score, Sheri Faisal; joint highest Adults grading score, Kate Bagnall and Mikey Stephens. Osu!



Highest Adult Grading Scorers: (left to right) Kate Bagnall and Mikey SKF Dojo Club Colour Belt Winter Gradings

The next SKF Dojo Club Colour Belt Grading will be held on Sunday 15th March 2020. Grading Practice being held the Sunday prior, Sunday 8th March 2020. There is plenty of time to get yourself prepared for these gradings so make sure you're working hard in class to achieve your full potential and get the highest grading score you can!

SKF Alliance Winter Course

Saturday 14th and Sunday 15th December 2019

The SKF Brown/Black belt 'Dan' gradings are held twice a year and are always a special grading as this is the only opportunity for students of all ages from each of the Alliance clubs to test themselves for these higher grades.

The courses are also open to all other students of any grade - any students that were not due to grade were still able to participate in each part of the course giving time to practice all aspects of the syllabus in greater depth.



Our 2019 Winter Course was held at Oriol High School in Crawley

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SKF Alliance Winter Course Instructor Team: (left to right) Lisa Boardman, Sean Reynolds, Sam Clark, Guy Hamilton, Jacey Cashman, Asil Miralay, Alan Goldwater, Linda Brown and Sean McCarthy

The course is set out over a weekend with students graded by examiners over each aspect of the syllabus - Line work / Focus pads / self defence / fitness / kata / bag work and finally sparring.

Day 1 - After the usual welcome and introduction this years course started with a general warm-up followed by instructor assessment with all students grading for Black belt taking different parts to demonstrate their understanding of the martial arts and ability to pass on that knowledge.

Following a short break it was into some technical bag work led by chief instructors Jacey with input from all the other instructors.

After that there was an hour of focus mitt drills followed by an hour of self defence, both of which assessed and marked by grading examiners.

The last hour of the day was pure fitness with the instructors taking it in turns to push the students and test their fitness.

Day 2 - Sunday morning, as is tradition, starts with a run which also includes various exercises along the way to suit the age and ability of all students attending.

There was then an early lunch break giving students time to refuel and prepare for the main part of the grading which was line-work, self defence(part2) bag work and sparring - this is always saved until the end of the course and is a true test for the students mentally as well as physically.

Very well done to all those who took part, especially the students taking their Junior Black belt - Adam Brown, Kaylee Cowell, Alex Hersom, David Jardim and Sajin Sathees.

Osu, Guy Hamilton.

SKF Dojo Hotline News Words of Wisdom

"True strength is the flower of Wisdom, but its seed is action."

"Only a warrior chooses pacifism; others are condemned to it."

"Mental bearing (calmness), not skill, is the sign of a matured samurai. A Samurai therefore should neither be pompous nor arrogant."

Fighting isn't all there is to the Art of War. The men who think that way, and are satisfied to have food to eat and a place to sleep, are mere vagabonds. A serious student is much more concerned with **training his mind** and **disciplining his spirit** than with developing martial skills.

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SKF Dojo Scholarship Program

Wow what great start to the New Year. One lucky local lad wins one full years Unlimited training at SKF Karate Dojo in Crawley as part of our new Scholarship Program. We opened applications to win a whole year of training for free at the end of last year and by the beginning of January, after many successful applications we are pleased to announce Jude Blackman as our winner. He is fully enjoying the timetable and his Martial Arts Journey, well done Jude!

Current students who referred prospects at this time were entered into a draw to win a years free unlimited training. We were pleased to announce student referral winner of one years Unlimited training goes to the Dave Goding!!

NEW at our Dojo!

We have 2 new classes on our timetable which may be of interest to anyone looking to try Martial Arts.

After another successful group successfully graduated our 6 weeks beginners course we are adding the beginners kickboxing class to our timetable with limited spaces available - this is aimed at those who are new to the sport and want to get a good foundation. Taught by one of our excellent Dojo Team, Instructor Jemma Parsons offers a great insight and fundamentals to our kickboxing syllabus. Open to All over 13 years. We are also offering a Self Defence specific session on Saturdays, lead by Instructor Samantha Clark, who has a passion for self defence. You can learn the basics to help give you confidence, improve self awareness and self development. This class is open to all ages from 4 years old! Everyone is welcome.

In addition Instructor Lauren is currently participating in her 200 Yoga Teacher Training, currently mid way through her studies, she would like to introduce a yoga session to the timetable on a Tuesday at 10:30am, open to all adults, suitable for beginners and above. She will be taking you through various explorations of poses. Also adding a 2nd session in on Thursdays after Advanced Fight Club at 11:45am. Please contact Lauren or the Dojo for further info. These are currently drop in sessions.

YOGA

Every Tuesday 10:30am

Every Thursday 11:45am

SELF DEFENCE EXCELLENCE

Every Saturday 10:50am

BEGINNERS KICKBOXING

Every Tuesday 6:20pm



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2020 Upcoming Events

January, February and March 2020

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

MARCH

7th - Advanced Training

7th - Kata Squad Training (invite only)

8th - Grading Practice

9th - Kata Class Tournament

10th - Fight Club Class Tournament

12th - Weapons and Forms Class Tournament

13th - Fight Club Class Tournament

15th - Dojo Spring Gradings

21st - Belt Presentation

APRIL

4th - Advanced Training

4th - Kata Squad Training (invite only)

5th - GBGS E2 2020

28th - Wolf Pack Squad Training

MAY

2nd - Advanced Training

2nd - Kata Squad Training (invite only)

Make sure you're getting booked in for these events at our Echo Base 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 Team Member at Echo Base Reception. We hope to see you at these exciting events.

DOJO STUDENT OF THE MONTH

December



Sara Belarbi

**Fourth
Quarter
2019**



Alfie Gunning

2019 AWESOMENESS!...

The following students have shown true commitment, dedication in their chosen field of sport, whether this may be through competitive fighting, attendance, true grit through a tough grading and ultimately showing the real essence of a Martial Artist.

WELL DONE:

Junior Student of the Year

Aiysha Gulzar

Adult Student of the Year

Melissa Cowell

Junior Competitor of the Year

Cecee Cashman

Adult Competitor of the Year

Elliott Hamilton

A Sign of Excellence Award

James Meekin

SKF Dojo Staff Member of the Year

Gemma Cook

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!

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Kickshop News

January, February and March 2020

We have rolled out our new Hoody and t-shirt options and they look great. These will be available to order through the New Year.

To fall in line with WAKO guidelines and regulations we will now be stocking Red/Blue options for all safety equipment. We are still able to order items in black as stock is available.

Due to our Echo Base Reception refurbishment, we currently have less equipment in stock, however, Kickshop will still be taking orders. Any questions please contact a Lauren at Dojo reception info@skfkarate.com.



GBGS 2020 League Event 1

Sunday 17th November 2019



Our kickoff event for the 2020 Grand Slam League was held at the International Centre in Telford. This venue felt perfectly suited to the event. Once again, our promotor for this event was Tony Anderton, coach for Team SAS. This is the first event of the Grand Slam series that we introduced light contact fighting, which was met with much enthusiasm from all participants who entered these divisions. In addition, the first set of awards for the league winners of each division from the 2019 league.

Overall, the Wolfpack came back successful in both division league winners and winners for just that event, with a total of 48 medals. The Open Weight Mens division for this Event was once again dominated by Cory Cook, and Molly Cooper taking the win for the Open Weight Women's division. This event, Team Energize claimed the top spot on the medal table.

The next Grand Slam event on April 5th will introduce our new forms division, lead by acclaimed Martial Artist and Stunt Woman Chloe Bruce. There will be divisions for both traditional and freestyle forms, open to all.

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SKF Dojo Martial Arts Word Search

Can you find any of the 20 Martial Arts Themed words in our SKF Dojo Word Search? If you do, make sure you mark it off! Good luck!

N	S	O	W	O	I	K	A	R	A	T	E	U	M
E	N	D	R	B	F	I	T	N	E	S	S	E	E
K	P	P	L	G	N	I	X	O	B	K	C	I	K
O	K	U	D	I	S	C	I	P	L	I	N	E	K
N	E	N	O	N	O	T	S	S	N	G	Y	F	B
O	C	C	K	E	A	K	A	T	A	N	F	E	T
I	N	H	J	I	D	I	M	N	I	I	A	N	N
P	E	Y	T	I	R	I	P	S	I	R	M	K	E
M	L	S	B	A	G	W	O	R	K	R	I	D	D
A	L	U	Y	R	O	D	A	W	U	A	L	O	U
H	E	B	K	T	K	N	H	T	I	P	Y	J	T
C	C	Y	D	O	B	I	R	E	D	S	I	O	S
E	X	S	S	A	T	M	X	A	K	G	S	L	I
O	E	G	C	G	A	M	E	M	O	S	E	W	A

DISCIPLINE
 BODY
 PUNCH
 SPARRING
 EXCELLENCE
 FITNESS
 CHAMPION
 MIND
 KATA
 AWESOME
 SPIRIT
 KICKBOXING
 KARATE
 FAMILY
 STUDENT
 DOJO
 KIAI
 WADO RYU
 BAGWORK
 TEAM

We've had a great start to the New Year at our Dojo and we look forward to the rest, with many exciting events and opportunities coming up!

Make sure you're following us on our social media:



@skfkarate



@skfkaratedojo

Subscribe to our YouTube channel. We are uploading new videos regularly to help with your martial arts training at home, check it out:



SKF Dojo Crawley

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).'