

# DFSK/INTER-FREESTYLE NEWSLETTER

## July 2008

Hi everyone,

### \*\*\* Cancelled training sessions due to Steve's annual holidays\*\*\*

Sunday 27<sup>th</sup> July, Thursday 31<sup>st</sup> July, Tuesday 5<sup>th</sup> August, Thursday 7<sup>th</sup> August

All other sessions will continue as normal. If you have paid for a full month, then credits will be made in next months subs!

### Karate Party & Club Award Winners 2007

It seems such a long time ago - but here are the 2007 winners. Well done to all for each well deserved award. Lots of hard work and effort was put in to achieve these awards. Are you working to your full potential to be in the running for a 2008 award?

Junior Best Newcomer

Ashley Denman

Junior Most Improved

Tom Hampshire

Junior Student of the Year

Gemma Upfold

Senior Student of the Year

Matt Crate

### Hot off the press news!!

**Newdigate Village Day** - Saturday 6<sup>th</sup> September - We have been invited to put on a display/demonstration during the afternoon. Steve has agreed and will be speaking to students during August with further details. Please keep the day free because we would like as many students as possible to take part.

### Flanders Open, Beveren, Belgium.

A club trip to this European competition has been booked. Travelling from St Pancras on Eurostar Friday 12<sup>th</sup> September and returning Monday 15<sup>th</sup> September. The group will be staying in Mechelen and competing on the Saturday and Sunday. See Claire or look at the website <http://www.contact-karate-beveren.be/> for further details.

### CIMAC Superleague comes to Dorking

On Sunday 5<sup>th</sup> October DFSK will run its 2nd CIMAC Superleague tournament in conjunction with Neville Wray at Dorking Sports Centre. Last year there was a high turnout of both competitors and spectators which resulted in a fantastic day. It also helped to raise the profile of DFSK within the local community. We are again looking for parents, students and volunteers to help in advance and on the day to make the competition run smoothly. Please let Claire know if you can offer any help.

### Competition News Update 2008

#### Comp report Jan - June 08

A variety of competitions have taken place during the first 6 months of the year. Regular squad members have fought well & been placed in many of the events. Although I cannot mention or comment on all fights, some of the results include - **Juniors** - Ashley Denman winning his 1<sup>st</sup> Novice competition in Watford in January, Ben Sawyers winning his 1<sup>st</sup> Superleague in February. Gemma Upfold & Bomber Killick both competing and doing well in SENI in March. **Seniors** - Rowan Roesch winning 2<sup>nd</sup> place in his first competition in March, Matt Crate competing in a number of continuous events and winning his first Superleague, Matt Foot competing for the first time in Continuous and coming 2<sup>nd</sup> in Superleague & 3<sup>rd</sup> in the CIMAC World Cup. Tom Harrington coming 1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup> at a number of Superleague/SENI events. All squad members train and compete regularly on the national circuit. A full list of club results will be published in December. Everyone is welcome & encouraged to compete or support at any competition - details of the next 6 months events below.

Sat 6<sup>th</sup> September

Newdigate Village Day - Demonstration by students

Sun 7<sup>th</sup> September

CIMAC Superleague [www.sportsmartialart.com](http://www.sportsmartialart.com)

13<sup>th</sup> & 14<sup>th</sup> September

Flanders Open' Bevern Belgium <http://www.contact-karate-beveren.be/>

Sun 22<sup>nd</sup> September

WAKO World Championships Junior & Cadets - Italy

Sun 5<sup>th</sup> October

Dorking Open/CIMAC Superleague - Dorking Sports Centre

Sun 2<sup>nd</sup> November

Interclub & Challenge Match, Judo Centre, High Wycombe 1.00 - 6.00 pm

Sun 16<sup>th</sup> November

UK Kids Open, Crawley [www.skfkarate.com/ukopenhome.html](http://www.skfkarate.com/ukopenhome.html)

Sat 22<sup>nd</sup> November

Sports Martial Arts International Fight Night - Maidenhead

Sun 21<sup>st</sup> December

Karate Party and Annual Awards 10.00 am - 12.00 pm

### Active Surrey Club Accreditation

DFSK is currently going through the Active Surrey Club Accreditation process and has almost qualified at Silver level. Club accreditation is a method of recognising and acknowledging quality clubs in both Surrey and nationally. It provides a clear and structured approach to improving and developing our club and ensuring that DFSK is a truly quality sporting environment. Working towards club accreditation is also essential for this club to gain any further

funding assistance. We are working towards gaining Gold Accreditation in 2008. All our club policies and procedures will shortly be uploaded to the DFSK website and we encourage you to familiarise yourselves with them. If you would like any further information about the club accreditation process speak to Claire or visit the Active Surrey website ([www.activesurrey.com](http://www.activesurrey.com))

**Gradings**

Grading sheets can be obtained on request by email or from Steve at the Club. Please check the Noticeboard at North Holmwood, for further information. Next grading date is on Sunday 20<sup>th</sup> July 2008.

**Subscription fees**

Please remember these are due monthly at the beginning of each month. A standing order form is available from Claire if you prefer to pay this way - I would like you all to if possible!

**1 session per week (pre agreed day)**

Junior £20.00 per month or £6.00 per session (this will be the rate per session if the fees are not paid at the start of each month)

Senior £20.00 per month or £7.00 per session (this will be the rate per session if the fees are not paid at the start of each month)

**Additional sessions (if you have paid for month in advance of 1 session pw) will be £5.00 for both Junior & Senior members**

**Insurance & Membership Reminder**

All students must be fully insured with the Amateur Martial Association( AMA/WAKO). Fees are £35.00 for Seniors and £25.00 for Juniors and will cover you for a 12 month period. Application forms from Claire. Please note that Gradings cannot be taken if you do not have valid Insurance & Membership.

**Club Uniform & Sale of Equipment**

**Note from Steve** - Students must wear correct club kit of t-shirt & trousers as soon as they become club members and must wear this clothing when taking any grading at the Club. New clothing & equipment is held at the North Holmwood Village Hall and is available for sale on Wednesday evenings (7.30 pm - 9.00 pm) and Sunday mornings (9.30 am - 11.30 am) when Claire is in attendance. Either turn up or ring Claire in advance if you want to know if certain items are in stock. Price lists published on Club Noticeboard.

**Website**

More information is being added to our DFSK website. We will post information here about future competitions, gradings and any other news that we need to tell you about. Take a look at both the

Dorking Freestyle [www.dfsk.co.uk](http://www.dfsk.co.uk)

Interfreestyle sites [www.interfreestyle.co.uk](http://www.interfreestyle.co.uk)

Personal

Tai Chi.

This has recently been upgraded to include information about Training, Martial Arts classes, Specialist Group Training and

**Contact details**

It is very important that Claire has up to date contact information for you. If you now have an email address please let Claire know as future newsletters and other club information can then be sent to you directly by email.

**Training at following locations (maps on website)**

Day	Time	Style	Venue
Tuesday	8.15 pm - 9.30 pm	Seniors Kickboxing	Dorking Sports Centre
Wednesday	7.30 pm - 8.45 pm 8.45 pm - 10.15 pm	Juniors Freestyle Karate Seniors Freestyle Karate	Village Hall, North Holmwood Village Hall, North Holmwood
Thursday	7.30 pm - 8.30 pm	Juniors Freestyle Karate	Reading Room, Westcott
Sunday	9.30 am - 10.30 am 10.30 am - 11.45 am	Peewees Freestyle Karate Juniors Freestyle Karate	Village Hall, North Holmwood Village Hall, North Holmwood

**Contact details**

Steve/Claire Foot - 01306 884181

Steve mobile - 07970 408260

Websites [www.dfsk.co.uk](http://www.dfsk.co.uk)

[www.interfreestyle.co.uk](http://www.interfreestyle.co.uk)

*Regards Steve & Claire*