

DORKING FREESTYLE NEWSLETTER

August 2010



HOT OFF THE PRESS!!!



From September 8th, Wednesday training times at North Holmwood Village Hall will be changing in line with popular demand. Changes are as follows:

Juniors: 7.00 pm prompt - 8.00 pm

Seniors: 8.15 pm - 9.30 pm

Instructors require all students to arrive 10 minutes prior to lessons in order to help put out mats and to ensure prompt start and finish times - If students fail to do so, class preparation will eat into their class time!

Thursday sessions at Westcott remain at 7.00 pm - 8.00 pm and Sunday classes at North Holmwood 10.00 am - 11.00 am.

PROMOTION*PROMOTION***PROMOTION***PROMOTION***PROMOTION**



The DFSK Committee are pleased to announce an additional offer for club juniors with effect from 1st September 2010:

Pay £45.00 on the 1st of each month, by standing order and you will be entitled to attend 3 junior sessions per week; This equates to 3 sessions for the price of 2!

Our instructors feel this will give students an excellent opportunity to develop new skills and consolidate existing skills at a much faster pace. Please see Claire F. to sign up.



Congratulations also to Steve Foot who received a Certificate of Appreciation from Sports Martial Arts on 18th July 2010 for his outstanding loyalty and dedication to Sports Martial Arts throughout the years.

A fitting accolade, I'm sure you'll agree.

Competition News

Paul Killick and Gemma Upfold have both been selected by WAKO to represent Great Britain in the Junior World Championships taking place in Belgrade, Serbia from the 19th - 26th September. See <http://www.wakoweb.com> for details.

Both students are actively seeking sponsorship to help with the costs of the trip. If you or anyone you know is able to assist them, please get in touch!!! All instructors and students at the club wish them well.

Upcoming calendar of dates

August

Sun 22nd

Sun 29th

CIMAC Superleague (Edinburgh) www.sportsmartialart.com

No training -August Bank holiday weekend

September

Weds 8th

Sun 12th

Sun 26th

North Holmwood times change: Juniors 7.00 pm - 8.00 pm, Seniors 8.15 pm - 9.30pm

CIMAC UK Open (Maidenhead) www.sportsmartialart.com

Gradings 11.30 am onwards at North Holmwood

October

Sun 3th

Dorking Open/CIMAC Superleague - Dorking Sport Centre www.sportsmartialart.com

November

Sat 6th

Sun 21st

Sun 27th

CIMAC Night of Champions (Maidenhead) www.sportsmartialart.com

CIMAC UK Fighters Open (Reading) www.sportsmartialart.com

Gradings 11.30 am onwards at North Holmwood

December

Sun 19th

Weds 22nd

Karate Party 10.00 am & Annual Awards Presentation to follow

Last training session at North Holmwood for 2010 - see you again in 2011

DFSK students who are regularly competing at Superleague events are placed overall in their league categories as follows: Gemma Upfold- 1st, Paul Killick- 2nd, Keeleigh Gocher-2nd, Steffi Killick- 1st, Teams- 2nd. There are 3 more CIMAC tournaments this year which they need to compete well in but so far some great results for both the individuals and the club!

Any amendments to this updated list will be displayed on the Noticeboard, www.dfsk.co.uk and Twitter as soon as details are available.



Village Day

We are heading up a huge advertising push kicking off with North Holmwood Village Day on Saturday 11th September at 12.00pm. We plan to make our stall a hive of activity and we will be approaching you at training sessions to enlist both your support and attendance on the day.

Dorking Competition - Sunday 3rd October 2010

As mentioned in the last newsletter this is an extremely important event for our club and it will very soon be upon us. We absolutely need your support in order to make this day a success for all of us. Please speak to Claire G or Claire F about what is involved and come and join us on the day.

AGM and BBQ

Many thanks to all of you who attended our recent AGM/BBQ. It was a great opportunity for both parents and students to get together and we look forward to arranging a similar event next year.

Bursary

We were pleased to announce our new bursary scheme at the AGM, which will offer additional quality of opportunity for our students. All students are eligible to apply for funding if they meet certain criteria whether they are novice, junior or senior club or GB Squad members.

Please see Claire. F for application forms, terms, conditions and more information.

Closures

Our Westcott class will be closed all of August with classes resuming on Thursday 2nd September at 7.00 pm.

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. Steve will advise students when they should prepare for their next grading. If in doubt please ask Steve. Next grading date will be held on **Sunday 26th September from 11.30 am onwards.**



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 club 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. Kit should be purchased directly from DFSK. 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 (10.00 am - 11.00 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 and Website.



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.

Steve/Claire Foot - 01306 884181

Steve mobile - 07970 408260

Websites www.dfsk.co.uk

www.interfreestyle.co.uk

Training at following locations (maps on website). All DFSK classes unless detailed

Day	Time	Style	Venue
Wednesday	7.00 pm - 8.00 pm 8.15 pm - 9.30 pm	Juniors Freestyle Karate (8.9.10) Seniors Freestyle Karate (8.9.10) (Note - new times wef 08.09.10)	Village Hall, North Holmwood Village Hall, North Holmwood
Thursday	7.00 pm - 8.00 pm 7.00 pm - 8.00 pm	Juniors Freestyle Karate Ladies Kickboxing	Reading Room, Westcott Friends Provident Sports Club (Friends Provident class)
Friday	6.00 pm - 7.00 pm 7.00 pm - 8.00 pm	Seniors Kickboxing (Beginners) Seniors Kickboxing (Advanced)	Lifeline Gym, Redhill (Lifeline Gym class)
Sunday	10.00 am - 11.00 am	Juniors Freestyle Karate	Village Hall, North Holmwood

Regards The DFSK Committee

www.dfsk.co.uk Please note we are also on Twitter - so join us & follow our tweets for regular news updates.