

# DFSK/INTER-FREESTYLE NEWSLETTER

## September 2009



Hi everyone,

### Competition News - European Junior Championships

We are very proud to announce that Gemma Upfold has been selected to represent GB at the WAKO European Championships in Croatia in September 2009. She is the first female fighter from the club to be selected for the GB team. We are very proud of Gemma and wish her well. Paul Killick & Matt Foot also attended GB semi & light continuous squad training and narrowly missed out on being selected for their respective teams.

### WELSH WAKO Championships 31.05.09

Paul Killick came 1<sup>st</sup> in his under 56 kg semi contact category becoming Welsh WAKO champion. Well done!!



### Other recent competition results

The months April to July saw a very busy schedule of events with a lot of travelling involved for students, parents and supporters. However our students produced a number of fine bouts with a wide variety of trophies coming back to Dorking! If I have missed anybody out from the list below then please let me know.

### Superleague Windsor 04.04.09

Ben Sawyers, Gemma Upfold Jack O'Riordan, Keeleigh Gocher, Matt Crate, Matt Foot & Paul Killick, were all 2nd in their respective categories. Leggy Holland was placed 3<sup>rd</sup> in his category. The Peewee team of Ben, Cameron, Jack & Paul were also placed 2<sup>nd</sup>

### Superleague Birmingham 10.05.09

Matt Foot placed 1<sup>st</sup>; Gemma Upfold, Paul Killick and Steffi Killick placed 2<sup>nd</sup>

### Brian Nelson's Interclub North Wales 16.05.09

A great turnout from our students which was much appreciated by both Steve & Brian resulted in the following:-

Paul Killick 1<sup>st</sup>, Ben Sawyers, Gemma Upfold, Matt Foot 2<sup>nd</sup>, Cameron Foot 3<sup>rd</sup>

Teams 1st small teams - Steffi Killick, Finn Brint, Keeleigh Gocher & Cameron Foot

Teams 1st tall teams - Gemma Upfold, Bomber Killick, Jack O'Riordan, Chloe, Ben Sawyers, Cameron Foot

### Reading Superleague 07.06.09

Elliott Cameron, Matt Foot 1<sup>st</sup>; Charlie Cameron, Gemma Upfold, Leggy Holland, Paul Killick 2<sup>nd</sup>; Jack O'Riordan, Paul Killick, Steffi Killick 3rd

Teams 3rd Cameron Foot, Charlie Cameron, Elliott Cameron, Jack O'Riordan & Paul Killick

### CIMAC World Cup 12.07.09

Leggy Holland 1<sup>st</sup>, Jack O'Riordan 2<sup>nd</sup>, Steffi Killick, Sam Gale & Paul Killick 3<sup>rd</sup>

### WUMA Worcester 23.08.09

Leggy Holland 1<sup>st</sup>

### Future competition dates in 2009 - so you are aware of what is available if you want to compete with DFSK

5-6 Sept	Belgium Open (Beveren)	12 Sept	North Holmwood Village Day
13 Sept	CIMAC Superleague (Maidenhead)	4 Oct	CIMAC / Dorking Open (Dorking)
18 Oct	UK Kids Open (Crawley)	1 Nov	CIMAC Cadet & Juniors (Stoke)
21 Nov	Sports Martial Arts Fight Night (Maidenhead)	13 Dec	Karate Party & Annual Awards

### More information about the above competitions

Steve would like as many students as possible to attend the CIMAC Dorking Open event at Dorking Sports Centre on the 4<sup>th</sup> October as it is a good opportunity for students to showcase their talents on home ground. We will need helpers to set up the venue on Saturday evening from 5.30 and Sunday all day - so please let Claire know if you can help. The UK Open Kids challenge at Crawley on the 18<sup>th</sup> October is also a local event which is an ideal one for both novices and the more experienced junior fighters to enter. It is a pre entry competition and last year we entered over 20 junior competitors - let's see if we can beat that turnout this year!

### North Holmwood Village Day

This is on Saturday 12<sup>th</sup> September on the Village Green from 12.00 - 5.00 pm. We will have a stall promoting the club. Can all students try and come down, in kit, to advertise what we do and offer help on the day. We are hoping this will be a good place to advertise the club and enrol new students.

### Christmas Karate Party & Annual Awards

How can we be thinking about Christmas already ..... so you can make a note in your busy social calendars!

The Annual Karate Party and Awards celebration will be on Sunday 13<sup>th</sup> December **at North Holmwood Village Hall from 10.00 am - 11.15 am**. This will be followed by our **annual get together directly afterwards**, which will include a review of the past year and presentation to our award winners in the following categories:- Best Newcomer, Most Improved, Junior Student of the Year & Senior Student of the Year. Drinks and nibbles will be provided and we hope that all children, family and friends associated with the club will help us to celebrate the many achievements that have taken place this year.

### Changes to training times and sessions

Tuesday evening	Classes are no longer held at the Dorking Sports Centre. However Steve is available for one to one or small group sessions in the ring upstairs at Harpers Gym.
Thursday September 3rd	Classes at Westcott Reading Room recommence after hall refurbishments during August. Note that class times will now be earlier and run from 7.00 - 8.00 pm
Friday evening	Kickboxing classes at Lifeline Gym, Redhill 6.00 - 7.00 pm

### Funding, Grants & Sponsorship

- Grassroots funding - We are very excited to announce that we have been awarded £5000.00 for 2009/10 and 2010/11 towards hall rent and running costs at North Holmwood. This grant will enable us to continue to offer martial arts lessons in the local community and promote health and fitness to all.
- Mole Valley Sports Council grant -We are waiting to hear whether we have been successful in our application for some funding towards additional equipment for the club



We are continually researching what strands of funding may be available to the club but if there is anyone out there who is a whizz at the grants and funding hunting process then please get in touch with Claire urgently! We would specifically like to hear of any monies that might be available to support individual fighters competing internationally as this is always a difficult area to gain funding for.

### 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 will be held on **Sunday November 8<sup>th</sup> 11.30 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.

### Subscription fees

Please remember these are due monthly at the beginning of each month and should be paid by standing order. A standing order form is available from Claire.

#### **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 monthly 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 monthly 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**



### 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](http://www.dfsk.co.uk)

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

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

Day	Time	Style	Venue
Wednesday	7.30 pm - 8.30 pm 8.30 pm - 10.00 pm	Juniors Freestyle Karate Seniors Freestyle Karate	Village Hall, North Holmwood Village Hall, North Holmwood
Thursday	7.00 pm - 8.00 pm	Juniors Freestyle Karate	Reading Room, Westcott
Friday	6.00 pm - 7.00 pm	Seniors Kickboxing	Lifeline Gym, Redhill
Sunday	10.00 am - 11.00 am	Juniors Freestyle Karate	Village Hall, North Holmwood

### A plea for help!

All the mats and equipment used at each session are put out by the instructors and a few (dedicated) helpers before each session can start. If more people arrived 10 mins early to assist us then the sessions would start on time! Please try to help us out in this way on Weds, Thurs & Sundays. Also if there are any new volunteers willing to offer some time to help with the club we'd be grateful. There are plenty of jobs to be allocated (most requiring no more than 1-2 hours a month) and we're always looking out people who are willing to get involved.

### An offer you can't refuse

This week we will be putting a Kuoni holiday voucher worth £200.00 onto Ebay for auction. We are hoping for offers above £150.00. Kuoni have donated this voucher to Gemma Upfold as sponsorship for her trip to Croatia later this month and we would be grateful if you could let all family, work colleagues and friends know, in case they would like to make a bid. In addition to this if you know of any individual or business who would be interested in offering sponsorship to Gemma for her trip please contact Claire.

*Regards Steve & Claire*

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