

# DFSK/INTER-FREESTYLE NEWSLETTER

## October 2006

Hi everyone,

### Junior World Championships, Croatia

Both Tom Harrington & Matt Foot were selected to represent the WAKO GB team at the Junior World Championships in Croatia. They travelled out at the end of September with the GB squad, which consisted of 52 competitors. Tom fought in the under 63kg category and was knocked out in the 3rd round by the category winner. He fought extremely well. Matt fought in the under 69kg category and won the bronze medal. Both boys said they fought better than they had ever fought before. They should be very proud of their achievements and we look forward to further news about their future endeavours. Thanks also go to the following sponsors:- DFSK, Plus 4 Audio (Stuart Chaney), UNUM Dorking and Mole Valley District Council through their talented young performers grant scheme.

### Sponsored 5km Fun Run Event at Denbies Wine Estate.

This year event was held on Sunday 7<sup>th</sup> May and willing volunteers agreed to raise money towards purchasing some additional new equipment. A total of 11 students, coaches & parents took part. A grand total of £950.00 was handed in. Well done to everyone who managed to raise such a massive sum for the club! Steve has spent some of the money on new equipment and intends to purchase additional bits very soon. We will post details of all purchases on Noticeboard when money has been spent.

### Competition Report - April to October 06

Students competed in the following tournaments:- Irish Open, Dublin; Flanders Cup, Belgium, Superleague events in Maidenhead, Windsor, Bristol, Birmingham and a Novice competition in Watford. The Junior team came second in the Annual Superleague teams league - well done to you all. It showed commitment from those who attended the competition series throughout the season. Steve took three new senior students to Belgium for their first international event. They all competed well but came up against some tough opposition. There are too many individual placings to mention for the whole season but we will publish a final report for the year and put on our North Holmwood Noticeboard in December

### Future Competition News & other important dates

Sun 15 <sup>th</sup> Oct	WAKO English Open	Stourbridge, West Midlands
Sun 17 <sup>th</sup> Dec	Karate Party at North Holmwood	10.00 am - 12.00 pm
	Xmas buffet & Awards presentations	2.00 pm - 4.00 pm ** Further information will follow**
Weds 20 <sup>th</sup> Dec	Last training session before Xmas - North Holmwood. Back to training 03.01.07	
Thurs 21 <sup>st</sup> Dec	Last training session before Xmas - Westcott. Back to training 04.01.07	

### Gradings

Grading sheets can be obtained on request by email or from Steve at the Club. Agreed target grading dates will be listed on the members area of the website. Please check this or the Noticeboard at North Holmwood, for further information. Special congratulations go to Rachael Dinnage who became our 14<sup>th</sup> Black Belt on 8<sup>th</sup> October

### Subscription fees

Traditionally subs have been very low, but hall fees and other operating costs have increased and therefore subs have to do so too. Please remember these are due monthly at the beginning of each month. A standing order form is available from Claire if you wish to make payment this way. From November fees will increase to the following rates, and will apply to all sessions :-

**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 in advance for one session per week) will be £5.00 for both Junior & Senior members

If you wish to pay in advance for 2 or more designated sessions per week then see Claire for prices.

### Insurance & Membership Reminder

All students must be fully insured with the Great Britain Martial Arts Association (GBMAA) by the end of October. Fees are £35.00 for Seniors and £25.00 for Juniors and will cover you for a 12 month period. An Application form can be obtained from Claire, filled in and then returned to us if you do not have this already. For the initial year you will need to provide 2 passport sized photos, but not for any subsequent years. 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 available on request.

Anyone wanting to place orders for Christmas presents must place the order with Claire by Thursday 30<sup>th</sup> November to ensure delivery in time for Father Christmas!

### Website

Our DFSK website will shortly be updated. We will post information here about future competitions, gradings and any other news that we need to tell you about. Our Interfreestyle site has been updated - see details below.

Take a look at both the Dorking Freestyle [www.dfsk.co.uk](http://www.dfsk.co.uk)  
access this protected  
User Name and

There is a member login area. To  
area, you need to type 'DFSK' in the  
'Member' in the Password Box.

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

This has recently been upgraded to include  
about Personal Training, Martial Arts classes,  
Group Training and Tai Chi. Take a look!

### Contact details

It is very important that Claire has up to date contact information for you. If you now have an email address please email Claire via website. Future newsletters and other club information can then be sent to you direct.

### Catch up/future information

Don't forget any suggestions, ideas or moans see Claire during training, or Steve after the session. Alternatively email Steve via the website links below.

*Steve*

### Contact details

Steve/Claire Foot 01306 884181  
Steve mobile 07970 408260  
[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
Monday	7.00 pm - 8.00 pm	Seniors Kickboxing	Sportivo Gym, Redhill
Tuesday	8.30 pm - 10.00 pm	Seniors Kickboxing	Dorking Sports Centre
Wednesday	6.00 pm - 6.45 pm 7.30 pm - 8.45 pm 8.45 pm - 10.15 pm	Seniors Kickboxing/Pad work Juniors Freestyle Karate Seniors Freestyle Karate	Sportivo Gym, Redhill Village Hall, North Holmwood Village Hall, North Holmwood
Thursday	7.30 pm - 8.30 pm	Juniors Freestyle Karate	Reading Room, Westcott
Friday	7.00 pm - 8.00 pm	T'ai Chi	Dorking Sports Centre <b>**Note - fortnightly at present **</b>
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