

# DFSK/INTER-FREESTYLE NEWSLETTER November 2005

Hi everyone,

Christmas is nearly upon us. Below are the things that will be happening in the lead up to December

## Karate Party

This annual event of Junior members will be held on Sunday 18<sup>th</sup> December at North Holmwood Village Hall from 10.00 am - 12.00 pm. All are welcome - turn up in your usual training kit for Christmas fun and games. We will also be awarding the annual trophies for Best Newcomer, Most Improved and Student of the Year at this event. Previous winners names are on the Club Noticeboard.

Following this party for the Juniors we will be holding a lunch time get together at the Village Hall from 1.00 pm for all Students, Parents and Supporters of the club. Claire will be asking you to assist in the catering for this event by choosing a dish from an itemised list and bringing it along on the day. This way costs will be kept to a minimum for all and everyone can join in the festive fun.

## Beginners Course

A 6 week Beginners course started on Wednesday 9<sup>th</sup> November. Mahbub Mosobbir led this course and has 6 new students. We hope that these students enjoy their introduction to freestyle karate and will join us as members in the New Year.

## Half Term Training

Steve and Rick ran two 2 hour sessions at North Holmwood for current students. The sessions consisted mainly of grading work, and were of huge benefit to students taking their gradings at the end of that month. In total 13 students attended for one or both days and much fun was had by all. Thanks also to the help during these sessions from Tim Trendall.



One off sessions during holiday times may become a regular feature. They will focus on particular areas for improvement such as competition technique, warm up and stretching exercises etc - Look out for further details coming soon.

## Website

Our website is now up and running and being added to regularly. 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  
And Interfreestyle sites

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

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

There is a member login area. To access this protected area, you need to be a member of the Club.

### **Kit/Personal hygiene**

Some kit bags are becoming increasingly smelly and will soon be walking out of the training room on their own!

**Please, please** make sure your kit and equipment is washed on a regular basis before it starts to smell. Pads can be put through the washing machine on a low temperature and dried off on the line or in the airing cupboard without too much trouble.

### **Subscription fees**

Please remember these are now due monthly at the beginning of every month. If you would find it easier subs can be paid by Standing Order. See Claire to make arrangements.

### **Contact details**

Please ensure Claire has up to date contact information for you. If you now have an email address please let Claire know. Future newsletters and other club information can then be sent to you direct.

### **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.

### **Catch up/future information**

- Belgian Open WAKO Championships - Steve took a small group to this competition in September. Matt Foot won his category, Bomber Killick won his first fight and then had to retire with a broken thumb.
- Matt Foot competed in the IASKA/WKA World Championships in Canada in November and reached the Quarter final stage, eventually losing 10-9 to a Canadian fighter on the bell. His full report of the trip will appear on the website soon.
- Irish Open Dublin March 2006 - If interested please register your interest as soon as possible. We intend to buy flight seats in November
- A new calendar of 2006 competition dates will be issued in January.

### **FACS & FANS Scheme**

This scheme provides sportspeople of a county or national level with free access to training facilities in Surrey. The scheme aims to help county and national sportspeople of all ages who compete at these levels. For further information about eligibility and conditions contact Active Surrey on 01483 518953 or check their website [www.activesurrey.com](http://www.activesurrey.com)

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

Thanks again to Rick, John, Claire, Sean, Mabs and all club Black Belts, parents and many other helpers for the support they have given this club throughout 2005. Thanks also to Fran Davey who has bought some specialised coaching ideas and practices to DFSK over the past few months.

***Steve***

### **Contact details**

Steve Foot                   01306 884181  
  07970 408260

[stvfooty@googlemail.com](mailto:stvfooty@googlemail.com)

\*\*\* Note NEW email address \*\*\*

### **Training at**

Redhill (Monday pm), Dorking Sports Centre (Tuesday pm), North Holmwood (Wednesday pm),  
Westcott (Thursday pm), Dorking Sports Centre (Friday pm), North Holmwood (Sunday am).