

# DFSK/INTER-FREESTYLE NEWSLETTER

## December 2007

Hi everyone,

### Karate Party & Club Award Winners 2007

Our annual Christmas Karate Party will be held on Sunday 16<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. Last year these categories were won by Lucy Shaw, Ryan Murray, Bomber Killick & Matt Foot. This year it could be you!! 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.

### Hot off the press news!!

We have been able to book a MUSICAL FORMS WORKSHOP facilitated by Joe Hallett on 10<sup>th</sup> February 2008 at North Holmwood Village Hall from 2.00 - 5.00 pm. Joe is 2x World, 6x European & 12 x British Champion in forms and creative weapons and will be on hand to lead an exciting workshop which will include tuition and demonstrations on how you can try out musical forms. This 3 hour workshop will cost £15.00 pp and would make an ideal Christmas present for anyone wanting to give this a try. Check out Joe's website [www.joehallett.co.uk](http://www.joehallett.co.uk) for further details. Speak to Claire to reserve your space - numbers will be limited and secured on a first come first served basis.

### Competition News Update 2007

Students competed throughout the year in both local, national and international tournaments. A number of excellent results were achieved. First time competitors in 2007 included Ashley Denman, Ben Sawyers, Ilhan Mosobbir, Harrison Ash, Jamie Bliss, Lucy Shaw, Cameron Foot, Tom Hampshire & April Chitty. The following students competed regularly throughout the year at a number of tournaments - Gemma Upfold, Bomber Killick, Matt Foot, Tom Harrington & Dan Chaney. Matt, Tom & Bomber were all selected for their fighting ability to be part of the CIMAC squad overseen by Neville Wray. Matt & Tom both fought their way into the GB squad and competed in Portugal at the Cadet European Championships in November. Tom Harrington competed in the WAKO Best Fighter Cup, Italy in July and won the under 74kg semi contact category. A squad of 44 GB fighters went out to this tournament and only 2 came back with gold medals. Tom's achievement at this tournament is a reflection of his improvement as a internationally recognised up a coming fighter.

### CIMAC Superleague came to Dorking

On Sunday 7<sup>th</sup> October DFSK ran its first CIMAC Superleague tournament in conjunction with Neville Wray at Dorking Sports Centre. A high turnout of both competitors and spectators resulted in a fantastic day, which also helped to raise the profile of DFSK within the local community. Many appreciative comments were received on the organisation of the day. Our thanks go to all the parents, students and volunteers who helped in advance and on the day to make the competition run so smoothly. This could not have been achieved without all the help we received. A 50/50 split of profits went to DFSK funds and we have already booked Dorking Sports Centre for more action on Sunday 5<sup>th</sup> October 2008, so make a note in your diaries!

### Competition Details 2008

A full list of dates will be published very shortly and will be put on the Noticeboard & Website. First competition in 2008 is the Watford open Nationals on 27.01.08. Fighters will be going to Ireland from 29.02.08 - 03.03.08 for the Irish Open championships and we will be booking flights for this weekend very soon. Other draft dates are attached at end of this newsletter.

### 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))

### Grants & Funding

Hilary Paul completed the Denbies Fun Run in May and presented the club with the total sponsorship she raised. Over the years Hilary has raised various amounts for the club in a variety of different ways and this latest amount (along with a personal donation) now increase her fundraising for DFSK to £1000. Many thanks Hilary this amount is a massive achievement.

Mole Valley Sports Council have also just awarded us £200 towards more floor mats, which we purchased in September.

Mole Valley District Council recently presented Matt Foot & Tom Harrington with a cheque for £850.00 towards the cost of them competing in the GB squad in Portugal in November (see above)

### Powerade Surrey Sports Award

Following Steve winning the Mole Valley Sports Personality Award at the end of 2006, Mole Valley District Council nominated him for the Coach of the Year Award at the Powerade Surrey Sports Awards at Royal Holloway University in October. Steve was a runner up in this category but was able to raise the club profile and meet many other contacts who are coaching & participating in sport throughout Surrey.

### Mole Valley Sports Awards 2007

Tom Harrington has been nominated for the Youth Sports Personality category. The awards evening is at 7.00 pm on 26.11.07 at Dorking Halls and we wish him well.

### 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> January 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 in advance for one session per week) 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. Anyone who wants to purchase uniform or equipment as Christmas presents must speak to Claire by Sunday 9<sup>th</sup> December to ensure that items can be secured in time.

### 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. 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) This has recently been upgraded to include information about Personal Training, Martial Arts classes, Specialist Group Training and Tai Chi.

### 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.

### 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.

Training at following locations (maps on website)

Day	Time	Style	Venue
Tuesday	8.15 pm - 9.30 pm	Seniors Kickboxing Last session before Christmas First session of 2008	Dorking Sports Centre 18.12.07 08.01.08
Wednesday	7.30 pm - 8.45 pm 8.45 pm - 10.15 pm	Juniors Freestyle Karate Seniors Freestyle Karate Last session before Christmas First session of 2008	Village Hall, North Holmwood Village Hall, North Holmwood 19.12.07 02.01.08
Thursday	7.30 pm - 8.30 pm	Juniors Freestyle Karate Last session before Christmas First session of 2008	Reading Room, Westcott 20.12.07 03.01.08
Sunday	9.30 am - 10.30 am 10.30 am - 11.45 am	Peewees Freestyle Karate Juniors Freestyle Karate Last session before Christmas First session of 2008	Village Hall, North Holmwood Village Hall, North Holmwood 16.12.07 ** Karate Party & Get Together 06.01.08

Draft fixture list dates for 2008 - Full list to follow shortly

January

Weds 2<sup>nd</sup> 1<sup>st</sup> session back after Christmas and an opportunity to burn of those excess calories!  
Sun 20<sup>th</sup> DFSK Gradings 12.00 pm  
Sun 27<sup>th</sup> Watford Open Nationals [www.watfordfreestyle.com](http://www.watfordfreestyle.com)

February

Sun 3<sup>rd</sup> CIMAC Superleague [www.sportsmartialart.com](http://www.sportsmartialart.com)  
Sun 10<sup>th</sup> Musical Forms Workshop with Joe Hallett 2.00 - 5.00 pm NHVH £15.00 pp  
Sat 16<sup>th</sup> & Sun 17<sup>th</sup> W.A.K.O British Harvey Hadden Sports Centre, Nottingham Semi Sunday ([www.wakogb.co.uk](http://www.wakogb.co.uk))  
Pre-Register

March

Sat 1st & Sun 2nd Irish Open - Dublin, ([www.irishopenonline.com](http://www.irishopenonline.com))  
Sun 30<sup>th</sup> CIMAC Superleague - ? venue [www.sportsmartialart.com](http://www.sportsmartialart.com)

April

Sun 20<sup>th</sup> CIMAC Superleague - ? venue [www.sportsmartialart.com](http://www.sportsmartialart.com)  
Sat 26<sup>th</sup> & Sun 27<sup>th</sup> Seni 07 ExCel London ([www.senishow.com](http://www.senishow.com)) £8.50/£5.50

***With best wishes for Christmas and the New Year  
Steve***

Contact details

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