

DFSK/INTER-FREESTYLE NEWSLETTER

April 2009



Hi everyone,

Karate Party & Club Award Winners 2008

Our Annual Christmas Karate Party & Awards presentation was held on Sunday 14th December and great fun was had by all who came. We were very pleased to welcome Rick back after his accident earlier that month. He has now recovered well and is back to a full training schedule.

Winners in the following categories:-

Best Newcomer	Jack O'Riordan
Most Improved,	Harry Spencer
Senior Student of the Year	George Murari
John Lock Memorial Trophy (Outstanding fighter for the year)	Ben Sawyers



Competition News - British WAKO Champions

We are very proud to announce that the club has two British Champions - Gemma Upfold & Matt Foot, who both won their respective titles in February at the British Open Championships in Sheffield. They are now attending GB squad training sessions and hope to be selected to represent GB at the WAKO European & World Championships in Europe later this year.

In addition to this news we have had some excellent results from our other fighters at competition, along with plenty of novices participating too. Well done to all. Full results following each event will be posted on the website.

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

10 May	CIMAC Superleague (Birmingham)	17 May	Brian Nelson's Interclub (Holywell North Wales)
31 May	WAKO Welsh Open (Cardiff)	7 June	CIMAC Superleague (Reading)
21 June	SE Team Challenge (High Wycombe)	27-28 June	Judgement Day (Sheffield)
12 July	CIMAC World Cup (Maidenhead)	5-6 Sept	Belgium Open (Beveren)
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)		

Additional information about the above competitions

Steve would like as many students as possible to attend Brian Nelson's competition on 17 May in memory of John Lock, one of our founder instructors who died last year. See website www.bknlaugar.co.uk for further details.

Steve will also be selecting the squad for the SE Team challenge on 21 June. We won this event last year after some excellent fighting from both Junior and Senior students. We are looking forward to another competitive and fun event and hope that as many fighters and supporters will be able to go again.

Changes to training times and sessions

Sunday 25 April (N. Holmwood) The 10.30 - 11.30 am class has been bought forward to amalgamate with the 9.30 class, and will run 9.30 am to 10.30 am sharp.

Thursday 4 June (Westcott) No class due to hall being used as a Polling Station for elections.

1st - 31st August (Westcott) No class due to Reading Room being refurbished. Please try to attend Weds eve class at North Holmwood instead

Funding, Grants & Sponsorship - Actions please - see below

On Sunday 10 May Andy Denman (parent of one of our younger students) will be participating in the Great Surrey Cycle and has offered to raise sponsorship on behalf of DFSK. If anyone would like to sponsor Andy please see Claire as soon as possible. As you can see from the above list of competitions, the club has a very full diary and any additional funding or sponsorship helps enormously. We are 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!



Gradings

Emily Ebdon obtained her 1st Dan on 8 February and now joins a long line of other experienced black belts within the club - well done. 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 24th May 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 (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 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
Websites www.dfsk.co.uk

Steve mobile - 07970 408260
www.interfreestyle.co.uk

Website

We will be updating our DFSK website this week with photos & information about competitions, gradings and ongoing news. Please take a look and let us know what you think, we would really like some user feedback.

Training at following locations (maps on website)

Day	Time	Style	Venue
Tuesday	8.30 pm - 9.30 pm	Seniors Kickboxing	Dorking Sports Centre
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	7.30 pm - 8.30 pm	Juniors Freestyle Karate	Reading Room, Westcott
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

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.

Regards Steve & Claire