

DFSK/INTER-FREESTYLE NEWSLETTER

October 2008

Hi everyone,

John Lock - Lockie-the-Legend

It was with great sadness that we learnt that Johnny 'The Legend' Lock died aged 39, following a motorbike accident in September. John was one of our three founder instructors who began Dorking Freestyle Sport Karate Club in 1993 along with Steve & Chris Parkman. John competed nationally and internationally during the 1980's and 90's, won the British Title 5 times and was a member of the team who won Clash of the Titans in 1993. This accolade was the biggest any fighter could win in the UK at the time. Older members will remember John as a huge personality who livened up any training session with his great sense of humour. We held a minutes silence at the Dorking competition in October and a number of martial arts friends, ex students and instructors attended his funeral in Cheshire at the beginning October. We have decided that the Annual Junior Student of the Year award (presented each December) will become the John Lock Memorial Shield in recognition of this great man. We extend our condolences to his partner Lindsey, children Charlie (8) & Daisy (6) and all his family. www.lockie-the-legend.piczo.com

Karate Party & Club Award Winners 2008

Our annual Christmas Karate Party will be held on **Sunday 14th 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 Ashley Denman, Tom Hampshire, Gemma Upfold & Matt Crate. 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.

Mole Valley Sports Award Evening & Superleague Grand Champions 2008

This annual event is being held at the Dorking Halls on Friday 31st October 2008 from 7.00 pm. Ben Sawyers has been nominated for the Junior Sports Personality category. All students/parents welcome to attend and support him. Ben has had a fantastic first year on the Superleague circuit and has won the Novice Boys Under 4'9" Grand Champion shield. Tom Harrington has also won the Seniors under 71kg Grand Champion shield. These will be presented at the Sports Martial Arts International Fight Night on 22nd November. Fantastic achievements for both fighters!

Future competition dates

Sun 2 nd November	Interclub & Challenge Match, Judo Centre, High Wycombe 1.00 - 6.00 pm. Matched up team fighters to be advised this week.
Sun 16 th November	UK Kids Open, Crawley www.skfkarate.com/ukopenhome.html . **Pre entry only £15 per category ** - see Steve by 02.11.08 if you want to enter., £5.00 spectators on the door.
Sat 22 nd November	Sports Martial Arts International Fight Night - Maidenhead. **Ticket only £18.00 pp** Pre order - see Claire by 29.10.08 for tickets
Sun 14 th December	Karate Party and Annual Awards 10.00 am - 12.00 pm. See further details below. Free - please would all students try and make this special end of year date.
Sat 13 & Sun 14 th March 2009	Irish open Championships, Dublin. We take a group of fighters to this tournament and fly out with Ryanair from Gatwick Friday to Monday. Tickets are around £50 return on the website at the moment. Please see Claire by 9 th November if you wish to go.

Active Surrey Club Accreditation



DFSK is proud to have achieved Active Surrey Club Silver Accreditation 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. Being awarded club accreditation is essential for this club to gain further funding assistance. We are working towards gaining Gold Accreditation in 2009. All our club policies and procedures have been 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)

Recent competition results

Flanders Open, Beveren, Belgium (13 & 14.10.08).

A club trip for 6 fighters + parents was organised to this tournament but because of the Eurostar fire which took place the same week, only 3 of the fighters were able to make the trip by ferry. However all of those that did attend the tournament came back with a trophy. Bomber Killick 2nd, Gemma Upfold 3rd & Darren Chapman who joined us from Fighting Fit Academy 2nd. Good results all round. Look at the website <http://www.contact-karate-beveren.be/> for further details & photos of the event.

Bristol Interclub (21.09.08)

A good turn out from our students to this Interclub event in Bristol. First time fighters were **Stephanie Killick, Jack O'Riordan, Sam Gale**. Some great results for the day:-

Under 4'10" Beginners	2 nd	Cameron Foot	Under 4'10" Beginners	3 rd	Ashley Denman
Under 5'2" Beginners	2 nd	Jack O'Riordan	Under 5'2" advanced	3 rd	Bomber Killick
Over 5'2" Advanced	2 nd	Gemma Upfold	Novice Ladies	1 st	Gemma Upfold
Novice Men Semi contact +75kg	1 st	Matt Crate	Novice Men Open Weight	1 st	Matt Crate
Advanced Men Open Weight	2 nd	Matt Foot	Seniors Light Continuous -75kg	1 st	Matt Foot

Dorking Open/CIMAC Superleague (05.10.08)

Our 2nd CIMAC Superleague tournament held in conjunction with Neville Wray at Dorking Sports Centre. This was another fantastic day with a higher turnout from spectators & competitors than last year. A superb effort from parents, students and volunteers to help in advance and on the day made the competition run smoothly. Thank you everyone! In all over 20 students entered with **Max Pilcher, Ben Leonard, Henry Cotton, Keeleigh Gocher and Trinity Nichols** competing for the first time.

Under 4'6" Advanced Boys	1 st	Ashley Denman	Novice Boys under 4'9"	4 th	Cameron Foot
Novice Boys under 4'9"	3 rd	Ben Sawyers	Under 5'2" Advanced Boys	3 rd	Bomber Killick
Advanced over 5'3" Girls	3 rd	Gemma Upfold	Advanced Ladies -65kg	2 nd	Gemma Upfold
Intermediate mens +75kg	1 st	Gavin Jeeves	Senior Mens -71kg	1 st	Matt Foot
Peewee Team	3 rd	Gemma Uupfold, Bomber Killick, Tom Hampshire			

Website

We have updated 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.

www.dfsk.co.uk and www.interfreestyle.co.uk

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 in January 2009

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

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. 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.

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.

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 - 8.45 pm 8.45 pm - 10.15 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

Nest years competition fixture list

This will be available in January and will highlight all the Superleague dates plus other competitions and events we think are important for you to attend if you wish to compete at a higher level.

Contact details

Steve/Claire Foot - 01306 884181

Steve mobile - 07970 408260

Websites

www.dfsk.co.uk

www.interfreestyle.co.uk

Regards Steve & Claire