

## Seaford Karate Club Christmas Championships and Party 2012

Date – Sunday 16<sup>th</sup> December 2012     3.30pm to 8.00pm (Events start at 4pm)

Location – Dance Studio, Downs Leisure Centre, Sutton Road, Seaford.

We are really excited and looking forward to the Club Championships and Christmas Party this year which is taking place in the new Dance Studio at the Downs Leisure Centre, Sutton Road, Seaford.

As well as running a small tournament for the students we will be having lots of games and fun for the children. We will be having kata statues, jump the rope game, break the boards, and a Pinata where the children will win sweets. Once the sweets have been won please can the parents look after them so the children aren't too hyper active.

We are hoping to have our official photographer there to take photos for our web site and facebook page. If any students would rather not have their photo taken and unloaded onto the web site please let us know before the event.

### EVENTS

- |     |   |  |
|-----|---|--|
| 1.  | Novice Children's Individual kata       | (Medals for all who take part)                                   |
| 2.  | Intermediate Children's Individual kata | (Medals for all who take part)                                   |
| 3.  | Advanced Children's Individual kata     | (Medals for all who take part)                                   |
| 4.  | Senior Individual kata                  |  |
|     |   |  |
| 5.  | Novice Childrens Pairs Kata             |  |
| 6.  | Intermediate Childrens Pairs Kata       |  |
| 7.  | Advanced Junior Pairs Kata              |  |
| 8.  | Senior Pairs Kata                       |  |
|     |   |  |
| 9.  | Pee Wee kumite                          | (Must have gum shield and mitts, groin box & shin pads optional) |
| 10. | Under 10's cadet kumite                 | (Must have gum shield and mitts, groin box & shin pads optional) |
| 11. | 10-15 junior kumite                     | (Must have gum shield and mitts, groin box & shin pads optional) |
| 12. | Senior Kumite                           | (Must have gum shield and mitts, groin box & shin pads optional) |

Quality gold, silver and bronze medals for 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> places.

Cost : £10 per child for the whole event.

The instructors have also decided upon the 'Member of the Year Awards' for each class. This is awarded to a student from each class that we feel has progressed and contributed towards the class. Someone who has volunteered when necessary, entered tournaments and taken gradings. Most importantly the students needs to listen well in class and then makes the improvements in their karate.

The club championships will be the last session for 2012 and we look forward to seeing you back training on Monday 7<sup>th</sup> January 2013.

6.30 – 7.15pm Novice Children

7.15 – 8.15pm Advanced Children – **'NEW TIME'**

8.15 – 9.30pm Adults – **'NEW TIME'**

We will try to organise some food and drinks to sell on the day, if anyone would like to bring / bake a cake or offer some biscuit etc... then please contact Sensei Angie.

Good luck to everyone and have some fun.

Kind regards and Merry Christmas,

Sensei Martin Dean 5<sup>th</sup> Dan  
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