

Roding Karate Club



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Dear Students and Parents,

I hope you had a good summer holiday and you're refreshed and ready to get back to training.

For anyone that would like to see what a **Black Belt grading** looks like, you can. I am pleased to announce that five of our students will be taking their Black Belt. The grading will be held on **Saturday 6th November 5.00pm to 7.00pm** at New Road Methodist Church Hall, New Road, Chingford E4 9EU. Turn up and give them your support

We have an **October half-term course** coming up, the details are below. These courses are a great way to achieve your next coloured belt. This course is slightly different to previous ones as it is a three day event. You are welcome to do all three days or one or two days. During the course, we will let you know if you have passed your grading to achieve your next belt. There will also be trophies awarded to students who have worked hard. Places are limited, so if you are interested just let us know and we will put your name down.

For anyone that is not aware, I sell Karate suits (these include the white belt) for **£15** any size up to 150cm. Any size above this will cost £20. I am also selling children's Red and Blue Adidas hand pads. They cost £15 and are great value as the retail price is a lot higher. If you would like a pair, please ask me.

During lockdown, I was doing **private Zoom lessons**. This proved to be beneficial and effective for any one that participated. I will be continuing with these lessons, as they can be taken at any time. The cost of this private Zoom lesson is **£10 for a 30 minute lesson**. Should you be interested, please let me know.

I am not sure if you are aware, but I also teach Karate at local schools. If you think that your school would like to have karate lessons. Just let me know and I will get in touch with them.

October Three-Day Course

New Road Methodist Church Hall

New Road

Chingford, E4 9EU

Monday 25th October 9:00am to 12:00 noon

Tuesday 26th October 9:00 am to 12:00 noon

Wednesday 27th October 9:00 am 12:00 noon

The cost is £50 for all three days, £35 for two days or £20 a day.

