

Ken Shin Kai - Adult Newsletter

IMPORTANT NEWS

- Sensei Garry Masters, Sensei Richard Lewis, Dee Masters, Daniel Burton + 1 are travelling to Tokyo/Kyoto in June 2017 to further their knowledge of Yoshinkan Aikido there will be some additional cancellations in June due to this trip. Sorry for any inconvenience. *See back.*

UPCOMING CANCELLATIONS

See back for FULL list of cancellations for 2017

FRI 14TH APR to MON 17TH APR

All classes cancelled for Easter Holiday weekend.

FRI 28TH APR to MON 1ST MAY

All classes cancelled for Public Holiday weekend.

UPCOMING EVENTS

ADULT GRADING WEEKEND

FRIDAY 31ST MAR - 7.00PM TO 9.00PM

SUNDAY 2ND APR - 11.00AM TO 1.00PM

ADMIRAL LORD NELSON SCHOOL, PORTSMOUTH, PO3 5XT
SPECTATORS WELCOME.

KENSHINKAI WALES 10 YEAR ANNIVERSARY SAT 5TH & SUN 6TH AUGUST

LLANDRINDOD WELLS SPORTS CENTRE, LD1 6AN.

WE SHALL BE CELEBRATING THE 10 YEAR ANNIVERSARY OF THE KENSHINKAI WALES CLUB BY HOLDING A SOCIAL/TRAINING/GRADING WEEKEND. OPEN TO ALL.

REGULAR ADULT CLASSES

(Please be ready in Gi 15 minutes before the start time)

Monday (Adults 18yrs+): 8.00pm - 9.30pm

@Fareham Leisure Centre, Fareham, PO16 7JU.

Wednesday (Adults 16yrs+): 8.00pm - 9.30pm

@Highbury College, Cosham, Portsmouth, PO6 2SA.

Friday (Adults 16yrs+): 8.00pm - 9.30pm

Sunday (Adults 16yrs+): 11.00am - 1.00pm

@Admiral LN School, Portsmouth, PO3 5XT.

Wednesday (Adults 16yrs+): 8.15pm - 10.00pm

Friday (Adults 16yrs+): 7.00pm - 9.00pm

@Llandrindod Wells Sports Centre, Llandrindod Wells, Powys, Wales, LD1 6AN.

GRADING WEEKEND

FRI 31ST MAR / SUN 2ND APR

The next Adult gradings will be held at ALNS (Portsmouth) on **Friday 31st March and Sunday 2nd April**. Spectators welcome! *See back for FULL list of grading dates for 2017.*

Members will be invited by letter prior to the grading weekend, if it is felt that they are ready (based on session count, attitude, technical knowledge, consistent training, ability to uke/ukemi etc.) to take their next grading. Members (who are ready to participate) will be invited to grade on the Friday or the Sunday of the grading weekend.



WEAPONS CLASSES

Hampshire weapons classes are usually held on the last Friday of the month. However, if there is a cancellation or grading on the last Friday we shall try to hold the weapons class the Friday before. Current dates set for Hampshire Weapons classes are: 27 Jan, 24 Feb, 24 Mar, 21 Apr, 19 May, 30 Jun, 28 Jul, 29 Sep, 27 Oct, 24 Nov, 8 Dec.

KEEPING UP TO DATE

All information related to training, classes and events is posted on our website

www.kenshinkai.org.uk.

There is a link to "**Members**" on the right hand side of the menu bar (next to Email Us). Click this link to open the Members page and see updates, events and cancellations.

There are also "**Kenshinkai Yoshinkan Aikido**" and "**Kenshinkai Members**" groups available in Facebook please search and "Request to Join". Also please feel free to friend request "**Kenshinkai Aikido**"!

Please support us via the Portsmouth Lottery, see:

<https://www.portsmouthlottery.co.uk/support/learn-aikido-in-portsmouth>