

# Ken Shin Kai - Adult Newsletter

## IMPORTANT NEWS

- Members of Kenshinkai are hoping to attend a weekend seminar being taught by Ando Sensei in Poland (Zabrze) on the weekend of 21<sup>st</sup>/22<sup>nd</sup> October. More details to follow.

## UPCOMING CANCELLATIONS

See back for FULL list of cancellations for 2017

### SUNDAY 21<sup>ST</sup> MAY

All classes cancelled for First Aid course.

### SUN 28<sup>TH</sup> & MON 29<sup>TH</sup> MAY

All classes cancelled for Public Holiday weekend.

### FRI 2<sup>ND</sup>, SUN 4<sup>TH</sup>, FRI 9<sup>TH</sup> & SUN 11<sup>TH</sup> JUNE

All classes cancelled for Japan training trip.

## UPCOMING EVENTS

### KENSHINKAI WALES 10 YEAR ANNIVERSARY FRI 4<sup>TH</sup>, SAT 5<sup>TH</sup> & SUN 6<sup>TH</sup> AUGUST

LLANDRINDOD WELLS SPORTS CENTRE, LD1 6AN.

10 YEAR CELEBRATION - SOCIAL/TRAINING/GRADING WEEKEND. OPEN TO ALL.

### ADULT GRADING WEEKEND

FRIDAY 13<sup>TH</sup> OCT - 7.00PM TO 9:00PM

SUNDAY 15<sup>TH</sup> OCT - 11.00AM TO 1.00PM

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

## REGULAR ADULT CLASSES

Please check website [cancellations](#) page before travelling to classes!

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

Wednesday (Adults 16yrs+): 7.45pm - 9.15pm

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

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

@Admiral LN School, Portsmouth, PO3 5XT.

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

@Fareham Leisure Centre, Fareham, PO16 7JU.

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 13<sup>TH</sup> / SUN 15<sup>TH</sup> OCTOBER

The next Adult gradings will be held at ALNS (Portsmouth) on Friday 13<sup>TH</sup> and Sunday 15<sup>TH</sup> October. Spectators welcome!

(See back for FULL list of dates for 2017)

Members will be invited by letter (to the Friday or Sunday grading), 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). Please remember that not everyone will be ready to grade at every grading examination. Thank you.



## WEAPONS CLASSES

Current dates remaining for Hampshire Weapons classes (Friday at ALNS) are: 19 May, 30 Jun, 28 Jul, 29 Sep, 27 Oct, 24 Nov, 8 Dec.

## TRAINING FEES

Please remember that the monthly training fees cover the cost of insurance, membership to the British Aikido Board, hall hire, equipment and running costs.

All instructors are volunteers, with their own work and family commitments, and receive NO payment at all for their time or travel.

Your fees must be paid every month, even during holiday or absence time as the monthly fees have been calculated/discounted to take into account time off for club holidays, personal holidays, sickness and cancellations. Thank you for your support.

Please support us via the Portsmouth Lottery, see: <https://www.portsmouthlottery.co.uk/support/learn-aiikido-in-portsmouth>