

# Ken Shin Kai - Adult Newsletter

## IMPORTANT NEWS

- Sensei Richard Lewis will be representing Kenshinkai at the Shioda Memorial seminar on Sunday 3<sup>rd</sup> Sept. See below for more details.

## UPCOMING CANCELLATIONS

See back for FULL list of cancellations for 2017

### FRIDAY 4<sup>TH</sup> & SUNDAY 6<sup>TH</sup> AUGUST

All Hampshire classes cancelled for Wales 10 year anniversary seminar and grading.

### FRIDAY 18<sup>TH</sup> TO MONDAY 28<sup>TH</sup> AUGUST

All classes cancelled for Summer break. Classes resume on Friday 1<sup>st</sup> September.

### SUNDAY 3<sup>RD</sup> SEPTEMBER

All ALNS classes cancelled for Shioda Memorial.

## UPCOMING EVENTS

### SHIODA MEMORIAL - YOSHINKAN SEMINAR SUNDAY 3<sup>RD</sup> SEPTEMBER

HIGH WYCOMBE JUDO CENTRE, BUCKS, HP12 4EU

[WWW.SHIODAMEMORIAL.CO.UK](http://WWW.SHIODAMEMORIAL.CO.UK)

### 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: 28 Jul, 29 Sep, 27 Oct, 24 Nov, 8 Dec. Grading weapons will be covered

## SHIODA MEMORIAL

Sensei Richard Lewis will be representing Kenshinkai at the Shioda Memorial Yoshinkan Aikido seminar being held at High Wycombe Judo Centre on Sunday 3<sup>rd</sup> September (ALNS class will be cancelled). Cost is just £10, with all profits going to charity.

The seminar will be taught by many high-ranking Yoshinkan Aikido instructors from UK organisations. Please show your support by purchasing a ticket at [WWW.SHIODAMEMORIAL.CO.UK](http://WWW.SHIODAMEMORIAL.CO.UK) Thank You.

## KEEPING UP-TO-DATE!

Please feel free to friend "Kenshinkai Aikido" on facebook and/or join the following groups "Kenshinkai Members" and "Kenshinkai Yoshinkan Aikido" to keep up-to-date on news and events. Alternatively check the "Members" page of the website regularly [www.kenshinkai.org.uk](http://www.kenshinkai.org.uk)