

Ken Shin Kai - Junior Newsletter

IMPORTANT NEWS

- There is an additional cancellation on Sunday 3rd September, please see note about Extra Class below. Sorry for any inconvenience.
- Please remember to bring a drink for the drink break. The drink should be water, squash or juice, not fizzy and no energy drinks please! Try to avoid eating a heavy meal within 2 hours of class to avoid feeling tired/sick during training.
- We have places available in our adult classes. So let your relatives / friends (aged 16yrs+) know. They can try out a first class for FREE :-D Friday 8pm, Sunday 11am, Wednesday 7.45pm.

UPCOMING CANCELLATIONS

See back for FULL list of cancellations for 2017

AUGUST (ALL CLASSES)

Junior classes cancelled for Summer Break. Training resumes on Friday 1st September.

SUNDAY 3RD SEPTEMBER

All classes cancelled for away seminar.

FRIDAY 13TH OCTOBER

Junior class cancelled for Adult grading.

FRIDAY 20TH & SUNDAY 22ND OCTOBER

All classes cancelled for Poland seminar.

UPCOMING EVENTS

JUNIOR GRADING WEEKEND

FRIDAY 17TH NOV - 7.00PM TO 8:00PM

SUNDAY 19TH NOV - 10.00AM TO 11.00AM

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

REGULAR JUNIOR CLASSES

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

(Please arrive 10 minutes before the start time)

Friday (Juniors 7yrs+): 7.00PM TO 8.00PM

Sunday (Juniors 7yrs+): 10.00AM TO 11.00AM

@ Admiral Lord Nelson School, PO3 5XT.

CONGRATULATIONS

To all the juniors who passed their Yoshinkan Aikido grading on the weekend of 14th/16th July.

The grading panel enjoyed the grading and your enthusiasm. Keep up the hard work.

Pictures are available to download here:

<http://kskaikido.jalbum.net/2017%20Junior%20Grading%20Jul/> (see link on Members page of website).



EXTRA CLASS - WED 6TH SEPT

We have had to cancel an additional class on Sunday 3rd September for an away seminar which Sensei Richard is teaching at to represent Kenshinkai.

We are offering juniors a "one off" replacement class on Wednesday 6th September 7pm - 8pm at Admiral Lord Nelson School in the drama room (turn left as you enter via the main doors, the drama room is located under the stairs at the end of the corridor). The car park is busy Wednesday evening so allow extra time for parking.