

Ken Shin Kai - Adult Newsletter

FOOTWEAR

- A reminder that footwear must be worn at ALL times when not on the mat, bare feet will not be tolerated (off the mat), as it brings dirt onto the mat, which means we have to cancel more classes for mat cleaning. Thank you.

UPCOMING CANCELLATIONS

See back for FULL list of cancellations for 2017

FRIDAY 20TH & SUNDAY 22ND OCTOBER

All Hampshire classes cancelled for Ando Sensei seminar in Poland.

SUNDAY 12TH NOVEMBER

ALNS adult class cancelled for mat cleaning.

MONDAY 20TH NOVEMBER

FLC class cancelled for mat cleaning.

SUNDAY 17TH DEC TO WED 3RD JAN (2018)

All classes cancelled for Christmas Break, classes resume on Friday 5th January 2018.

UPCOMING EVENTS

DAN GRADING

SUNDAY 10TH DEC - 11.00AM TO 1.30PM

ADMIRAL LORD NELSON SCHOOL, PORTSMOUTH, PO3 5XT
SPECTATORS WELCOME. NORMAL CLASS IS CANCELLED.

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

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AGM

FRI 13TH / SUN 15TH OCTOBER

The next Adult kyu gradings will be held at ALNS (Portsmouth) on **Sunday 15TH October 11.00am to 1.30pm**. Please arrive no later than 10:45am.

Spectators welcome! AGM will follow the grading at 1.30pm and is open to all adult members.

Anyone wishing to get some extra training in before the grading can attend on Friday 13th October as this will now be a pre-grading practice session.

WEAPONS CLASSES

Current dates remaining for Hampshire Weapons classes (Friday at ALNS) are: 27 Oct, 24 Nov, 8 Dec. We can loan weapons for classes if required.

CHRISTMAS MEAL

SUNDAY 10TH DECEMBER

3PM @ LAS IGUANAS

The KSK (Hampshire) Xmas Meal will be held at Las Iguanas (Gunwharf Quays, Portsmouth) on Sunday 10th December at 3pm (after the Dan grading). A non-refundable deposit of £20 per person is required to secure a place. We shall be using the Party (Fiesta) menu NOT the Christmas Menu, so please check the menu before reserving a place. £20 will cover the cost of 2 courses (starter and main) and the service charge. Drinks will need to be purchased separately. Please note no desert included in Party menu. Speak to your club instructor to reserve a place. DEADLINE FOR PAYMENT IS FRIDAY 17TH NOVEMBER.

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