

Ken Shin Kai - Adult Newsletter

LATEST NEWS!

- Sensei Richard Lewis is returning to Japan in May 2018 to further extend his knowledge of Yoshinkan Aikido. As you are probably aware 5 adult members travelled to Japan last year, in June, to train Yoshinkan Aikido.

UPCOMING CANCELLATIONS

See back for FULL list of cancellations for 2018

SUNDAY 4TH MARCH

Adult class is cancelled for an Instructor seminar.

FRIDAY 30TH MAR to MONDAY 2ND APRIL

All classes are cancelled for Easter Holiday weekend.

FRIDAY 27TH & SUNDAY 29TH APRIL

Normal adult classes are cancelled for the Adult Grading.

FRIDAY 4TH to MONDAY 7TH MAY

All classes cancelled for the public holiday weekend.

UPCOMING EVENTS

KYU GRADING

FRIDAY 27TH & SUNDAY 29TH APRIL

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

FRI 27TH / SUN 29TH APRIL

The next Adult gradings will be held at ALNS (Portsmouth) on **Friday 27th and Sunday 29th April**. Spectators welcome! *See back for FULL list of grading dates for 2018.*

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



ADMIRAL LORD NELSON SCHOOL DOOR SECURITY

If you find that the main doors are locked when you arrive for/leave classes, you will need to use the door via the Café / Sports Deck entrance. Which is accessed via a small gate on the left just before you exit the car park (near the advertising banners on the fence). This is due to a recent security issue meaning that it is not possible to keep both doors open, all of the time. Thank you for your assistance.

WEAPONS CLASSES

Hampshire weapons classes are usually held on the last Friday of the month unless there is a cancellation or grading on that date. Current dates remaining for Hampshire Weapons classes are: 23 Feb, 23 Mar, 20 Apr, 18 May, 29 Jun, 27 Jul, 28 Sep, 26 Oct, 30 Nov.

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