

Ken Shin Kai - Adult Newsletter

LATEST NEWS!

- Please encourage friends, work colleagues etc. to try out a first session for FREE. When new starters attend a "taster class" is run so that they get an overview of Yoshinkan Aikido.

UPCOMING CANCELLATIONS

See back for FULL list of cancellations for 2018

SUNDAY 16TH SEPTEMBER

Adult class is cancelled for an away seminar.

FRIDAY 19TH & SUNDAY 21ST OCTOBER

Adult classes are cancelled for an away seminar.

SUNDAY 11TH NOVEMBER

Adult class is cancelled for mat cleaning.

MONDAY 19TH NOVEMBER

Adult class is cancelled for mat cleaning.

UPCOMING EVENTS

ADULT KYU GRADING

FRIDAY 12TH & SUNDAY 14TH OCTOBER

ADMIRAL LORD NELSON SCHOOL, PORTSMOUTH, PO3 5XT
SPECTATORS WELCOME. NORMAL CLASSES ARE CANCELLED.

ANDO SENSEI 8TH DAN - AIKIDO SEMINAR

SATURDAY 20TH & SUNDAY 21ST OCTOBER

HIGH WYCOMBE JUDO CENTRE. BUCKINGHAMSHIRE.

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.

Tuesday (Adults 16yrs+): 8.30pm - 10.00pm

Weapons class available once per month (Friday)

@Llandrindod Wells Sports Centre, Llandrindod Wells, Powys, Wales, LD1 6AN.

GRADING WEEKEND

FRI 12TH / SUN 14TH OCTOBER

The next Adult gradings will be held at ALNS (Portsmouth) on **Friday 12th and Sunday 14th October**. 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.



ANDO SENSEI SEMINAR

Tsuneo Ando Sensei 8th Dan Yoshinkan Aikido is travelling to the UK to teach a series of classes at High Wycombe Judo Centre in Buckinghamshire:

Saturday 20th and Sunday 21st October

10.30am - 4.00pm

£50 per full day, Sat + Sun £80

Payable on the day

Some members are staying over at the Travelodge High Wycombe Central on Saturday 20th October.

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 are: 28 Sep, 26 Oct, 30 Nov.

AGM - SUNDAY 14TH OCTOBER

The Kenshinkai AGM will be held on Sunday 14th October at ALNS 1.30pm to 2.30pm after the Adult Kyu grading. The AGM is open to all adult members and is a chance to discuss topics that will affect all members over the coming year. All Dan grades and assistant instructors are expected to attend.