

Ken Shin Kai - Junior Newsletter

LATEST NEWS!

- We hope you all had a great summer break and missed your Aikido training :-D We look forward to seeing you all back on the mat.
- We have several parents asking us for the dates of gradings throughout the year. These dates are published at the beginning of the year (all students receive the annual calendar, which is also on the back of ALL newsletters). The dates are also available on the website (members) page in the "Upcoming Events" list. Please make sure you add the dates to your diary.
www.kenshinkai.org.uk/members.aspx
- Last classes of the year are Friday 14th & Sunday 16th of December where we usually enjoy some fun and games before the Xmas break.

UPCOMING CANCELLATIONS

See back for FULL list of cancellations for 2018

SUNDAY 16TH SEPTEMBER

Junior class is cancelled for an away seminar.

FRIDAY 12TH OCTOBER

Junior class is cancelled for an adult grading.

FRIDAY 19TH & SUNDAY 21ST OCTOBER

Junior classes are cancelled for an away seminar.

UPCOMING EVENTS

JUNIOR GRADING WEEKEND

FRIDAY 23RD NOV - 7.00PM TO 8.00PM

SUNDAY 25TH NOV - 10.00AM TO 11.00AM

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

REGULAR JUNIOR CLASSES

Please check website [cancellations](http://www.kenshinkai.org.uk/cancellations.aspx) 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.

GRADING WEEKEND

Friday 23rd & Sunday 25th
NOVEMBER

The next Junior gradings will be held at ALNS (Portsmouth) on **Friday 23RD** and **Sunday 25TH November**. Spectators welcome!
(See back for FULL list of dates for 2018)

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 ****

NB: You do not need to attend classes on the grading sessions if you have not been invited to test.



FOOD & DRINK

- Please ensure that you bring a drink to classes and that this is not a fizzy drink or energy drink. Water or squash is appropriate. Even in cooler weather a drink is required for the drink break which is provided.
- Please try not to eat food just before training (e.g. within an hour of training). If you do need to eat something before training, please try to ensure it is a light meal (e.g. sandwich or fruit or yoghurt etc.). Warm-ups and breakfall practice can be strenuous!

CANCELLATIONS

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