



# CORONAVIRUS (COVID-19) ADVICE AND POSSIBLE CHANGES TO PRE-GRADINGS AND GRADINGS



## GOVERNMENT AND SPORTS CENTRE GUIDANCE ON COVID-19 (CORONAVIRUS)

- In accordance with Government guidelines, please wash your hands regularly with soap and water or hand sanitiser.
- Any coughs or sneezes must be caught in a tissue and binned or into your elbow. Please maintain social distancing wherever and whenever possible at both gradings and pre-gradings.
- If you develop a new continuous cough or a high temperature, you must stay home and follow the Government guidelines on [www.gov.uk/coronavirus](http://www.gov.uk/coronavirus). **DO NOT VISIT THE SPORTS CENTRE!**
- At present, there are no plans to cancel any pre-grading or grading sessions. However, we may need to change how the sessions take place.

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## VENUES

Feet coverings must be worn in Reading but are optional at Swindon & Exeter

At all centres there will be **NO** changing rooms available so please come dressed in your karate suits.

There will be toilets to use.

There will be sanitizing stations at all venues to use.

There is a cafe in the Swindon Centre.

Your temperature will be taken before entering the venue.

Please ensure you are social distancing at all times and the rule of six applies when waiting.

Sorry, no spectators are allowed in the sports halls at any venue at the moment.

We will be following the government and sports centre guide lines.

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Students can still double grade(kyu grade only) if you have missed a grading this year

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## WHEN PAYING ONLINE

Please make sure you include your name, club and what the payment is for.

Please ensure your licence is valid. If it needs renewing, you can download the licence form from the ssk website and pay online.

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## WHEN SENDING BY POST

Please make sure your blue book is with the returns form.



# SOUTHERN SHOTOKAN KARATE ASSOCIATION GRADING INFORMATION SHEET FOR KYU AND DAN GRADES 2020



## Pre-Grading Centres for 10th Kyu Beginner to Black Belts

### MINEHEAD FRIDAY 13th NOVEMBER

**West Somerset Sports Centre, Bircham Road, Minehead, TA24 6AY.**  
Lesson times: Juniors & Seniors (All Grades) arrive at **5.30pm** for admin, lesson **6.00pm-7.00pm**.  
With Sensei McCormack, Senior Instructor of the SSKA.  
Lesson Fee Applies: £14.50 per person or £30.00 for a family of 3 or more.

### EXETER SATURDAY 14th NOVEMBER

**Also a Brown & Black Belt Grading Centre (£18.50 per person)**  
**COUNTESS WEAR VILLAGE HALL**, 28 School Lane, Exeter, EX1 1JL.  
Lesson times: Juniors & Seniors (All grades) arrive at **8.45am** for admin, lesson **9.00am-10.00am**.  
In the Main Hall with Chief Instructor of the SSKA.  
Lesson Fee Applies: £14.50 per person or £30.00 for a family of 3 or more.

### CLEVEDON SATURDAY 14th NOVEMBER

**Strode Leisure Centre**, Strode Road, Clevedon, BS21 6QG.  
Lesson times: Juniors & Seniors (All grades) arrive **4.30pm** for admin, lesson **5.00-6.00pm**.  
In the Main Sports Hall with Sensei Lewis, Assistant Chief Instructor of the SSKA.  
Lesson Fee Applies: £14.50 per person or £30.00 for a family of 3 or more.

### READING SUNDAY 15th NOVEMBER

**Woodford Park Leisure Centre**, Woodford Drive, Woodley, Reading RG5 4LY.  
Lesson times: APOLOGIES TO EVERYONE, DUE TO CURRENT RESTRICTIONS WE ARE ONLY ALLOWED 30 PEOPLE IN THE HALL AT ONE TIME. PLACES WILL BE ON A FIRST COME, FIRST SERVED BASIS. ONCE THE FIRST LESSON IS FULL YOU CAN WAIT IN YOUR CAR OR GO FOR A COFFEE UNTIL THE SECOND LESSON. IF ONLY ONE LESSON IS NEEDED, TIMES COULD BE 9.15 - 10.45. IF TWO LESSONS ARE NEEDED, TIMES COULD BE 9.00 - 10.00 AND 10.00 - 11.00. PLEASE OBSERVE SOCIAL DISTANCING AND THE 'RULE OF SIX' WHEN WAITING.  
ANY FURTHER CHANGES YOU WILL BE NOTIFIED NEARER THE TIME.  
**FEET COVERINGS ARE MANDATORY AT THIS VENUE**  
With Chief Instructor of the SSKA, Sensei Lewis Assistant Chief Instructor, Sensei Whitcher Assistant Chief Instructor & Senior Instructor assistance.

### SWINDON SUNDAY 15th NOVEMBER

**Leisure & Community Centre**, Grange Drive, Stratton St. Margaret, Swindon, SN3 4JY.  
Lesson times: APOLOGIES TO EVERYONE, DUE TO CURRENT RESTRICTIONS WE ARE ONLY ALLOWED 40 PEOPLE IN THE HALL AT ONE TIME. PLACES WILL BE ON A FIRST COME, FIRST SERVED BASIS. ONCE THE FIRST LESSON IS FULL YOU CAN WAIT IN YOUR CAR OR GO FOR A COFFEE UNTIL THE SECOND LESSON. IF ONLY ONE LESSON IS NEEDED, TIMES COULD BE 1.30 TO 3.00. IF TWO LESSONS ARE NEEDED, TIMES COULD BE 1.00 - 2.00 AND 2.00 - 3.00. PLEASE OBSERVE SOCIAL DISTANCING AND THE 'RULE OF SIX' WHEN WAITING.  
ANY FURTHER CHANGES, YOU WILL BE NOTIFIED NEARER THE TIME.  
With Chief Instructor of the SSKA, Sensei Lewis Assistant Chief Instructor, Sensei Whitcher Assistant Chief Instructor & Senior Instructor assistance.  
PLEASE OBSERVE SOCIAL DISTANCING AND THE 'RULE OF SIX' WHEN WAITING

**All grading documentation ie. blue licence grading book, application and grading fees must be received by  
FRIDAY 4th DECEMBER 2020.**



# Kyu Grading and Lesson Fees

## 10th kyu (white belt) to 2nd kyu (brown +1 white)

Junior (up to 15 years old) grading fee (£27.50) + grading lesson fee (£14.50) total £42.00

Senior (16 years and over) grading fee (£29.50) + grading lesson fee (£14.50) total £44.00

## 1st kyu (brown + 2 white)

Senior and Junior grading fee (£38.50) + grading lesson fee (£14.50) total £53.00

All fees shown apply to individuals only. Any family of 3 or more will pay a grading fee for each individual + a family rate of £30.00 per lesson.

You Must order and pay for your belt on your Grading Return Form to have your belt presented to you by Sensei Cole, with your grading certificate, as there will be no belts for sale on the grading days.

Belt Prices Plain belt: £4.50 Plain with 1 stripe: £5.00 Plain with 2 stripes: £5.50 Black belt: £10.00

**\*\* REMEMBER YOU CAN NOW PAY ONLINE \*\***

For the bank details or any enquiries, please contact Sensei Cole by phone or text 07557 532676 or email ssk595@gmail.com

Please Note: ALL fees are non-refundable and non-transferable.

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# Checklist for Kyu Grades Only

**BEFORE YOU POST, ENSURE YOU HAVE COMPLETED THE FOLLOWING:**

- Completed the grading return form
- Include payment
- Checked your licence is valid
- Include your blue licence/grading book

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# Kyu Grading Centres & Black Belt Training Centres

## EXETER

### SATURDAY 12th DECEMBER

**BROWN & BLACK BELT COURSE CENTRE (£18.50 per lesson)**

**COUNTESS WEAR VILLAGE HALL, 28 School Lane, Exeter EX2 6LB.**

**PLEASE NOTE VENUE & TIME CHANGE**

Lesson times:-

Juniors & Seniors (All Grades) arrive at **8.30am** for admin, lesson **9.00 - 10.00am**.

Kyu Gradings start at approx. **10.00am** in the Main Hall, followed by the Black Belt Grading at approx. **10.45am**. With Chief Instructor of the SSKA, Sensei Lewis Assistant Chief Instructor and Senior Instructor assistance.

## SWINDON

### SATURDAY 19th DECEMBER

**Grange Leisure & Community Centre, Grange Drive, Stratton St Margaret, Swindon SN3 4JY**

**TIMES AND DETAILS OF PROCEDURES TO FOLLOW BY TEXT, EMAIL, FROM YOUR INSTRUCTOR OR FROM WWW.SSKA.CO.UK**

Lesson times:-

In the Main Sports Hall with Chief Instructor of the SSKA, Sensei Lewis Assistant Chief Instructor, Sensei Whitcher Assistant Chief Instructor and Senior Instructor assistance.

## READING

### SUNDAY 20th DECEMBER

**Woodford Park Leisure Centre, Haddon Drive, Woodley, Reading RG5 4LY.**

**TIMES AND DETAILS OF PROCEDURES TO FOLLOW BY TEXT, EMAIL, FROM YOUR INSTRUCTOR OR FROM WWW.SSKA.CO.UK**

Lesson times:-

With Chief Instructor of the SSKA, Sensei Lewis Assistant Chief Instructor, Sensei Whitcher Assistant Chief Instructor and Senior Instructor assistance.

## SALISBURY

### **CANCELLED**

**STUDENTS CAN GRADE AT ANOTHER CENTRE**



# Black Belt Grading Centres



## EXETER SATURDAY 12th DECEMBER

Brown & Black Belt Course and Grading Centre (£18.50 per lesson)  
COUNTESS WEAR VILLAGE HALL, 28 School Lane, Exeter EX2 6LB.

**Times:** 8.30, 9.00 - 10AM.

With Chief Instructor of the SSKA, Sensei Lewis Assistant Chief Instructor and Senior Instructor assistance.

## READING SUNDAY 13th DECEMBER

Brown & Black Belt Course and Grading Centre (£18.50 per lesson)  
Woodford Park Leisure Centre, Haddon Drive, Woodley, Reading RG5 4LY.

**Times:** juniors & seniors arrive at 8.30am for a lesson 9.00am - 10.30am.

**Grading starts at approx. 10.30am. You can pay online or pay on the day.**

In the Main Hall with Chief Instructor of the SSKA, Sensei Lewis and Sensei Whitcher, Assistant Chief Instructors and Senior Instructor assistance.

These courses are for brown and black belts only. The course and gradings are conducted by Sensei Stuart Cole, 7th Dan, Chief Instructor of the S.S.K.A. No free lessons are available on this day. All examination fees/lesson fees are payable on the day. Do not fill in the attached Grading Return Sheet, this is for Kyu Grades only.

**Students must obtain written permission from their club instructor to grade.**

**Students grading for black belt and above must register one week before their grading by emailing Sensei Cole at: [sska595@gmail.com](mailto:sska595@gmail.com) - Please state your name, license number, club, grading centre and the grade you wish to take. This is to allow sufficient time to arrange the grading.**

**\*\*\* REMEMBER, YOU CAN NOW PAY ONLINE \*\*\***

**For the bank details, please contact Sensei Cole on 07557 532676 or email [sska595@gmail.com](mailto:sska595@gmail.com)**

### Black Belt Lesson & Grading Fees

1st Dan Exam Fee (£60.00) + Pass Fee (£60.00) Total £120.00
2nd Dan Exam Fee (£70.00) + Pass Fee (£70.00) Total £140.00
3rd Dan Exam Fee (£90.00) + Pass Fee (£90.00) Total £180.00
4th Dan Exam Fee (£110.00) + Pass Fee (£110.00) Total £220.00
5th Dan Exam Fee (£130.00) + Pass Fee (£130.00) Total £260.00
6th Dan Exam Fee (£150.00) + Pass Fee (£150.00) Total £300.00

**Please note: ALL fees are non-refundable and non-transferable.**

### Black Belt Lesson Fees & Black Belt Course Centre (Salisbury)

Juniors and Seniors lesson fee: **£18.50**  
(No Special Rates on Black Belt Courses).

**Ruling:** You must attend a minimum of 4 brown/black belt courses before you may grade for 1st Dan. A minimum of 8 courses must have been attended for those wishing to grade for 2nd Dan and above.

**Ruling: The Grading Examiner's decision is FINAL.**

### SSKA Enquiries and help with your karate training

NAME	DAN	EMAIL	PHONE	POSITION
Sensei Cole	7 <sup>th</sup>	<a href="mailto:sska595@gmail.com">sska595@gmail.com</a>	07557 532676	Chief Instructor of the Southern Shotokan Karate Association
Rob Lewis	6 <sup>th</sup>	<a href="mailto:rob.sska@virgin.net">rob.sska@virgin.net</a>	07872 019626	Assistant Chief Instructor, Grading Examiner, Complaints & Disputes
Cailey Whitcher	6 <sup>th</sup>	<a href="mailto:grading@sska.co.uk">grading@sska.co.uk</a>	07903 012340	Assistant Chief Instructor, Grading Examiner, Licensing Officer & PA
Geoff Ridgway	5 <sup>th</sup>	<a href="mailto:Sensei@FleetKarate.co.uk">Sensei@FleetKarate.co.uk</a>	07917 759343	Senior Instructor & Assistant Grading Examiner
Tracie Quelch	4 <sup>th</sup>	<a href="mailto:tquelch@hotmail.com">tquelch@hotmail.com</a>	07582 716788	Senior Instructor & Assistant Grading Examiner
Maxine Thomas	4 <sup>th</sup>	<a href="mailto:keithtee@aol.com">keithtee@aol.com</a>	07770 410107	Senior Instructor, Secretary & Assistant Grading Examiner
Mark McCormack	4 <sup>th</sup>	<a href="mailto:mccormack314@btinternet.com">mccormack314@btinternet.com</a>	07729 518269	Senior Instructor & Grading Assistant
George McShane	4 <sup>th</sup>	<a href="mailto:georgemcshane59@gmail.com">georgemcshane59@gmail.com</a>	07770 830067	Senior Instructor & Grading Assistant
Dene Marshallsay	4 <sup>th</sup>	<a href="mailto:calne.shotokan.karate@gmail.com">calne.shotokan.karate@gmail.com</a>	07867 800853	Senior Instructor & Grading Assistant
John Phillips	4 <sup>th</sup>	<a href="mailto:j.phillips147@btinternet.com">j.phillips147@btinternet.com</a>	07738 798559	Senior Instructor & Grading Assistant
Amanda Dillon	4 <sup>th</sup>	<a href="mailto:amandaloudillon@aol.com">amandaloudillon@aol.com</a>	07464 809858	Senior Instructor, Secretary & Grading Assistant
Ray Dolphin	4 <sup>th</sup>	<a href="mailto:r.dolphin@sky.com">r.dolphin@sky.com</a>	07522 559672	Senior Instructor & Grading Assistant
Tony Kimber	4 <sup>th</sup>	<a href="mailto:tkimber@gems-sensors.co.uk">tkimber@gems-sensors.co.uk</a>	07799 064836	Senior Instructor & Grading Assistant
Zoe Cummins	4 <sup>th</sup>	<a href="mailto:r.dolphin@sky.com">r.dolphin@sky.com</a>	07522 559672	Senior Instructor & Grading Assistant
Terry Tozer	3 <sup>rd</sup>	<a href="mailto:info@tjska.com">info@tjska.com</a>	07790 032354	Senior Instructor & Grading Assistant
Kevin Sanger	3 <sup>rd</sup>	<a href="mailto:banger@btinternet.com">banger@btinternet.com</a>	07593 166926	Senior Instructor & Grading Assistant
Jo Withey	3 <sup>rd</sup>	<a href="mailto:jo@withey.org">jo@withey.org</a>	07914 401231	Senior Instructor & Grading Assistant
Trevor Ockwell	5 <sup>th</sup>	<a href="mailto:trevor@ockwell.info">trevor@ockwell.info</a>	07393 572098	Senior Instructor & Grading Assistant
Gary Leyshon	2 <sup>nd</sup>	<a href="mailto:wgleyshon@gmail.com">wgleyshon@gmail.com</a>	07989 388191	SSKA Promotions Officer

**We would like to offer free advertising on the SSKA website for any self-employed person or business who wishes to advertise their services. Please contact Sensei Whitcher (6th Dan) assistant chief instructor on 07903 012340 or visit [www.sska.co.uk](http://www.sska.co.uk).**



# SSKA GRADING RETURN FORM



PLEASE INDICATE WHICH CENTRE YOU WISH TO GRADE AT:

EXETER [ ] READING [ ] SWINDON [ ]

*Please check your Licence expiry date inside your blue book before you send off your grading application. If your licence has expired, please see your instructor for a renewal form.*

**IF YOU WISH TO GRADE, YOU MUST ASK PERMISSION FROM YOUR CLUB INSTRUCTOR, BEFORE**

**RETURNING THIS FORM, BEFORE FRIDAY 4th DECEMBER 2020**

**Please only payment for your grading fee and belt fee.**

**Your can pay for the lesson on grading day (There may not be a lesson)**

**ALL APPLICATIONS MUST BE ACCOMPANIED BY A CURRENT VALID LICENCE, BLUE LICENCE GRADING BOOK AND YOUR GRADING/ LESSON FEES.**

*We recommend you make a copy of this form for your records.*

**\*\* REMEMBER YOU CAN NOW PAY ONLINE \*\***

For the bank details or any enquiries, please contact Sensei Cole by phone or text 07557 532676 or email ssa595@gmail.com

If you are paying online, please ensure you bring your blue book with you to the grading centre.

**\*\*FAMILIES OF 3 OR MORE ONLY\*\*** PLEASE USE ONE SHEET PER INDIVIDUAL AND COMPLETE PAYMENT DETAILS ON THE FORM USED BY THE MOST SENIOR MEMBER. PLEASE DO NOT COMPLETE PAYMENT DETAILS ON EACH FORM.

**NAME TO APPEAR ON CERTIFICATE (IN BLOCK CAPITALS).** CARE : IF A CERTIFICATE HAS TO BE RE-ISSUED BECAUSE OF MISSPELLING, A CHARGE OF £10 WILL BE REQUESTED.

NAME TO APPEAR ON CERTIFICATE \_\_\_\_\_

ADDRESS \_\_\_\_\_

DATE OF BIRTH \_\_\_\_\_ CONTACT TEL NO \_\_\_\_\_

PRESENT GRADE \_\_\_\_\_ INSTRUCTOR \_\_\_\_\_ LICENCE NO. \_\_\_\_\_

NAME OF HOMBU (HOME DOJO) \_\_\_\_\_

LAST EXAMINER \_\_\_\_\_ DATE OF LAST GRADING \_\_\_\_\_

**BELT PRICES** Please TICK size of belt required : (240/250cm) [ ] (280cm) [ ] (320cm) [ ]  
Belt Prices Plain belt: £4.50 Plain with 1 stripe: £5.00 Plain with 2 stripes: £5.50 Black Belt: £15.00  
**BELTS CAN ONLY BE PURCHASED FROM THE SSKA.**

### GRADING FEES

\* JUNIOR or SENIOR GRADING FEE £..... + GRADING DAY LESSON FEE £..... SUB-TOTAL £.....

\* FAMILY GRADING FEE TOTAL £..... + FAMILY LESSON FEE £30.00 SUB-TOTAL £.....

(For Families of 3 or more) PRE-GRADING LESSON FEE £.....

*Please help promote your local karate club by advertising it on social media.*

[www.facebook.com/southernshotokan](http://www.facebook.com/southernshotokan)

TOTAL BELT COST £.....

SURCHARGE £.....

TOTAL AMOUNT £.....

If you wish to receive news and updates on all future SSKA events please write your e-mail address in the space below.

APPLICANT'S SIGNATURE.....(Parent or guardian if under 16yrs) DATE.....20.....

Terms and conditions apply. We will not process you Grading Return Form unless it has been signed by your Club Instructor.

CLUB INSTRUCTORS NAME ..... GRADE .....

CLUB INSTRUCTOR'S SIGNATURE.....DOJO.....DATE.....20.....



# SSKA 2021 NEW YEAR KATA COMPETITION



## Sunday 10th January 2021

at Grange Leisure & Community Centre, Grange Drive, Stratton St Margaret, Swindon SN3 4JY

**MAXIMUM OF 40 ENTRIES** • All competitors and spectators arrive at 9.00am.

Trophies awarded to 1st, 2nd & 3rd places. All competitors will receive a certificate and a medal.

**Prices: Competitors: £16.00 per person • Spectators: £5.00 per person**

## INDIVIDUAL ENTRY FORM

**SPECTATORS: Please indicate number of spectators attending** .....

Please tick the age group you would like to compete in:

**5 - 9 years (mixed)**     **10 - 15 years (mixed)**     **16 years and above (mixed)**

Name: ..... Age ..... Weight .....

Tel ..... Email .....

Grade\*: ..... Club: ..... Instructor .....

*\*If you are due to grade, please put the grade you intend to be at the time of the competition.*

**TOTAL PAYMENT INCLUDED WITH ENTRY FORM**  
(Competitor & Spectator fees)

£ .....

## TEAM ENTRY FORM

(Teams of 3 persons only)

**SPECTATORS: Please indicate number of spectators attending** .....

Please tick the age group your team would like to compete in:

**5 - 9 years (mixed)**     **10 - 15 years (mixed)**     **16 years and above (mixed)**

1. Name: ..... Age ..... Weight .....

Tel ..... Email .....

Grade\*: ..... Club: ..... Instructor .....

2. Name: ..... Age ..... Weight .....

Tel ..... Email .....

Grade\*: ..... Club: ..... Instructor .....

3. Name: ..... Age ..... Weight .....

Tel ..... Email .....

Grade\*: ..... Club: ..... Instructor .....

*\*If you are due to grade, please put the grade you intend to be at the time of the competition.*

**TOTAL PAYMENT INCLUDED WITH ENTRY FORM**  
(Competitor & Spectator fees)

£ .....

**CLOSING DATE FOR ENTRY IS THURSDAY 24th DECEMBER 2020**

YOU CAN EMAIL A COPY OF THIS FORM TO **SSKA595@GMAIL.COM**

**Please Note: ALL fees are non-refundable and non-transferable.**

**We recommend you make a copy of this form for your records.**

**\*\* REMEMBER YOU CAN NOW PAY ONLINE \*\***

**For the bank details or any enquiries, please contact Sensei Cole by phone or text 07557 532676 or email ssk595@gmail.com**

# 23rd WINTER CAMP 2021

**OPEN TO ALL GRADES**

**FOR SSKA MEMBERS ONLY & THEIR FAMILIES & FRIENDS** with Sensei Cole, 7th Dan Chief Instructor of the SSKA Sensei Lewis, 6th Dan Assistant Chief Instructor of the SSKA Sensei Whitcher, 6th Dan Assistant Chief Instructor of the SSKA & Senior Instructor Assistance

**Friday 19th - Sunday 21st FEBRUARY 2021**

*"A warm welcome is offered to everyone. Come along and enjoy the training and evening socialising with us."*

**All training and accommodation at the Trouville Hotel, Bournemouth • [www.trouvillehotel.com](http://www.trouvillehotel.com)**

## FRIDAY

Everyone please arrive at the hotel before 9.30am

10.00am to 11.00am Lesson  
 11.15am to 12.15pm Lesson  
 12.15pm to 1.15pm Lunch Break  
 1.15pm to 2.15pm Lesson  
 2.30pm to 3.30pm Lesson  
 6.15pm Meet in the Hotel Bar promptly for dinner at 6.30pm.

## EVENT INFORMATION\* SATURDAY

10.00am to 11.00am Lesson  
 11.15am to 12.15pm Lesson  
 12.15pm to 1.15pm Lunch Break  
 1.15pm to 2.15pm Lesson  
 2.30pm to 3.30pm Lesson  
 4.30pm Grading registration for Kyu and Dan Grading on Sunday (Normal grading fees will apply). (You must complete the 3 days training in order to grade at the Camp).  
 6.15pm Meet in the Hotel Bar promptly for dinner at 6.30pm.

**20% Off**  
 Bar Drinks, Meals & Snacks at the Trouville Hotel for all SSKA Members

## SUNDAY

10.00am to 11.00am Lesson  
 11.15am to 12.15pm Pre-Grading and normal lesson for all grades even if you are not grading. End of Winter Camp 2020 presentation of certificates.  
 Lunch Break  
 12.15pm to 1.15pm Lesson  
 1.30pm Grading starts for Kyu and Dan Grading. Good luck to you all. If anyone fails there Grading they can retake it later in the day depending on the time the gradings finish. (Normal fees apply).  
 To be confirmed (Depending on what time grading finishes)  
 Intense training by the Senior Instructors for those who failed part on the first grading today.  
 Grading registration and re-takes (Normal grading fees will apply)

**MAXIMUM OF 25 SPACES**  
 Make sure you register early to secure your place!

\* All times are subject to change, you will be notified on the day of arrival.

**TRAINING PRICE £90 FOR 3 DAYS**

**ACCOMMODATION PRICES**

**PRICES FOR 15 YEARS AND ABOVE, PER PERSON, PER NIGHT:**

£51.25 FOR BED, BREAKFAST & EVENING MEAL  
 £41.25 FOR BED & BREAKFAST ONLY

**CHILDREN, PER PERSON, PER NIGHT:**

UNDER 3 YEARS ..... FREE OF CHARGE  
 4 TO 6 YEARS ..... £20 A NIGHT WITH BED, BREAKFAST & EVENING MEAL  
 7 TO 10 YEARS ..... £25 A NIGHT WITH BED, BREAKFAST & EVENING MEAL  
 11 TO 14 YEARS ..... £30 A NIGHT WITH BED, BREAKFAST & EVENING MEAL

To book your accommodation at the Trouville Hotel, please contact the Hotel direct on **01202 552262** and please **remember to state that you are a member of the SSKA**. These special rates are only available when quoting the SSKA. Please ensure you have registered with the SSKA and paid your training fees before booking the Hotel.

**IMPORTANT INFORMATION!**

IF YOU WISH TO GRADE AT THIS CAMP YOU MUST HAVE ATTENDED THE PREVIOUS CAMP, 4 BLACK AND BROWN BELT COURSES OR TRAINED AT THE MAIN SWINDON DOJO FOR AT LEAST 8 LESSONS. PERMISSION TO GRADE MUST BE OBTAINED IN WRITING FROM YOUR CLUB INSTRUCTOR. DEADLINE FOR APPLICATIONS IN: **SUNDAY 31st JANUARY 2021**, BOOKINGS TAKEN AFTER THIS DATE WILL INCUR A **£10 SURCHARGE**.

**ONE FORM PER PERSON** PLEASE TICK THIS BOX IF YOU WISH TO GRADE

Please pay all grading fees on the grading registration day: **SATURDAY 20th FEBRUARY** (Grading fee is not included in the training price)

Name: \_\_\_\_\_ D.O.B \_\_\_\_\_

Address: \_\_\_\_\_

Tel: \_\_\_\_\_ Post Code: \_\_\_\_\_

Club: \_\_\_\_\_

Present Grade\* \_\_\_\_\_ Belt Required?:  Y  N Size:  250cm  280cm  300cm

Amount Paid: \_\_\_\_\_ Please note there will be a £10.00 surcharge if cheques are returned

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**YOU CAN EMAIL A COPY OF THIS FORM TO SSKA595@GMAIL.COM**

**WE RECOMMEND YOU MAKE A COPY OF THIS FORM FOR YOUR RECORDS.**

**\*\* REMEMBER YOU CAN NOW PAY ONLINE \*\*** For the bank details please contact Sensei Cole by phone or text 07557 532676 or email [sska595@gmail.com](mailto:sska595@gmail.com)

\* (If you intend to grade before this winter camp, please put the grade that you will be when you attend).

# **Open Free Instructor's Information Course**

**on**

**Sunday 24<sup>th</sup> January 2021**

**at**

**Grange Leisure & Community Centre,  
Grange Drive, Stratton St Margaret,  
Swindon SN3 4JY**

**from 3.00pm - 5.00pm.**

This course is for all instructors, including junior instructors, and anyone 4th Kyu and above who would like to become an instructor and run a SSKA club. The course will give you new ideas about teaching your students, advice on how to promote your club and a chance to concentrate on your own karate to help you progress.

**For all enquiries**

**phone or text: 07557 532676  
or email: [sska595@gmail.com](mailto:sska595@gmail.com)**

# ALL TIMES WILL BE CONFIRMED NEARER THE DATE

<b>JANUARY</b>	
<b>Sun 24</b>	Open Free Instructor's Information Course at Grange Leisure & Community Centre, Grange Drive, Stratton St Margaret, Swindon SN3 4JY. 3.00-5.00pm. This course is for all instructors, including junior instructors, and anyone 4th Kyu and above who would like to become an instructor and run a SSKA club. The course will give you new ideas about teaching your students, advice on how to promote your club and a chance to concentrate on your own karate to help you progress, and an intense Judging and Refereeing course in preparation for the SSKA Annual Competition. For all enquiries phone or text the SSKA 07557 532676.
<b>FEBRUARY</b>	
<b>Fri 19</b>	23rd Winter Karate Camp - Friday 19th February to Sunday 21st February 2021 for SSKA members, family and friends. For all grades with Chief Instructor of the S.S.K.A and Senior Instructor assistance. Staying and training at the Trouville Hotel, Priory Road, Bournemouth, BH2 5DH. Training fee: £90 for the course. If members require accommodation please contact 01202 552262 and quote the SSKA to get your discount. Please make sure you have paid the SSKA fees before you book your room.
<b>Sat 20</b>	
<b>Sun 21</b>	
<b>Fri 26</b>	Pre-grading at West Somerset Sports Centre, Bircham Road, Minehead, TA24 6AY. With Sensei McCormack.
<b>Sat 27</b>	Pre-grading at Countess Wear Village Hall, 28 School Lane, Exeter, EX2 6LB. With Chief Instructor of the SSKA. Pre-grading at Strode Leisure Centre, Strode Road, Clevedon, BS21 6QG. With Sensei Lewis.
<b>Sun 28</b>	Pre-grading at Woodford Park Leisure Centre, Haddon Drive, Woodley, Reading RG5 4LY. With Chief Instructor of the SSKA, Sensei Lewis, Sensei Whitcher and Senior Instructor assistance. Pre-grading at Grange Leisure & Community Centre, Grange Drive, Stratton St Margaret, Swindon SN3 4JY. With Chief Instructor of the SSKA, Sensei Lewis, Sensei Whitcher and Senior Instructor assistance.
<b>MARCH</b>	
<b>Sun 7</b>	Kyu and Black Belt Grading Centre at Countess Wear Village Hall, 28 School Lane, Exeter, EX2 6LB. With Chief Instructor of the SSKA, Sensei Lewis and Senior Instructor assistance.
<b>Sun 14</b>	Kyu Grading at Woodford Park Leisure Centre, Haddon Drive, Woodley, Reading RG5 4LY. With Chief Instructor of the SSKA, Sensei Lewis, Sensei Whitcher and Senior Instructor assistance.
<b>Sun 21</b>	Kyu Grading at Grange Leisure & Community Centre, Grange Drive, Stratton St Margaret, Swindon SN3 4JY. With Chief Instructor of the SSKA, Sensei Lewis, Sensei Whitcher and Senior Instructors assistance.
<b>Sun 28</b>	Black & Brown Belt Course and Black Belt Grading at Grange Leisure & Community Centre, Grange Drive, Stratton St Margaret, Swindon SN3 4JY. With Chief Instructor of the SSKA and Senior Instructor assistance.
<b>APRIL</b>	
<b>Sun 4</b>	Kyu Grading and Black & Brown Belt Course Centre at Sarum Academy, Westwood Road, Salisbury, Wiltshire, SP2 9HS. In the Small Hall with Chief Instructor of the SSKA, Sensei Lewis and Senior Instructors assistance. (If there are not many students grading the lesson will be 1½ hours long.)
<b>MAY</b>	
<b>Sun 9</b>	SSKA Competition. At Grange Leisure & Community Centre, Grange Drive, Stratton St Margaret, Swindon SN3 4JY.
<b>JUNE</b>	
<b>Fri 4</b>	Pre-grading at West Somerset Sports Centre, Bircham Road, Minehead, TA24 6AY. With Sensei McCormack.
<b>Sat 5</b>	Pre-grading at Countess Wear Village Hall, 28 School Lane, Exeter, EX2 6LB. With Chief Instructor of the SSKA. Pre-grading at Strode Leisure Centre, Strode Road, Clevedon, BS21 6QG. With Sensei Lewis.
<b>Sun 6</b>	Pre-grading at Woodford Park Leisure Centre, Haddon Drive, Woodley, Reading RG5 4LY. With Chief Instructor of the SSKA, Sensei Lewis, Sensei Whitcher and Senior Instructor assistance. Pre-grading at Grange Leisure & Community Centre, Grange Drive, Stratton St Margaret, Swindon SN3 4JY. In the Main Sports Hall with Chief Instructor of the SSKA, Sensei Lewis, Sensei Whitcher and Senior Instructor assistance.
<b>Sun 13</b>	Kyu and Black Belt Grading Centre at Countess Wear Village Hall, 28 School Lane, Exeter, EX2 6LB. In the Main Hall with Chief Instructor of the SSKA, Sensei Lewis and Senior Instructor assistance.
<b>Sun 20</b>	Kyu Grading at Woodford Park Leisure Centre, Haddon Drive, Woodley, Reading RG5 4LY. With Chief Instructor of the SSKA, Sensei Lewis, Sensei Whitcher and Senior Instructor assistance.
<b>Sun 27</b>	Kyu Grading at Grange Leisure & Community Centre, Grange Drive, Stratton St Margaret, Swindon SN3 4JY. In the Main Sports Hall with Chief Instructor of the SSKA, Sensei Lewis, Sensei Whitcher and Senior Instructors assistance.
<b>JULY</b>	
<b>Sun 4</b>	Black & Brown Belt Course and Black Belt Grading at Woodford Park Leisure Centre, Haddon Drive, Woodley, Reading RG5 4LY. In the Main Hall with Chief Instructor of the SSKA and Senior Instructor assistance.
<b>Sun 11</b>	SSKA Annual Kata Course at Grange Leisure & Community Centre, Grange Drive, Stratton St Margaret, Swindon SN3 4JY. Juniors & Seniors (All Grades) arrive at 8.30am, course 9.00am-11.00am. £16 per person. (please see grading sheets or the sska website for details). Please pay early as spaces are limited and are on a first come, first served basis. (If spaces are available you can pay on the day). For all enquiries phone or text the SSKA 07557 532676.
<b>Sun 18</b>	Kyu Grading and Black & Brown Belt Course Centre at Sarum Academy, Westwood Road, Salisbury, Wiltshire, SP2 9HS. With Chief Instructor of the SSKA, Sensei Lewis and Senior Instructors assistance.

# ALL TIMES WILL BE CONFIRMED NEARER THE DATE

**Please Note:** ALL fees are non-refundable and non-transferable.



# Southern Shotokan Karate Association



## BLACK BELT GRADING FORM

The following form must be completed in full in order to grade; permission must be obtained from your club instructor through the signing of this form.

You must have attended a minimum of **4 brown/black belt courses** before you may grade for **1st Dan**, **8 courses** must have been attended for those wishing to grade for **2nd Dan**, **16 courses** for **3rd Dan**, **20 courses** for **4th Dan** and **24 courses** for **5th Dan** and above. Please ensure your course attendance book is complete and bring it with you on the grading day. In addition you must attend a **minimum of 4 courses after** your Dan grade or you may lose your Grade. Please supply a photo when you grade for Black Belt.

<u>Black Belt Grading Fees</u>	1st Dan Exam Fee (£60.00) + Pass Fee (£55.00)	Total	£115.00
	2nd Dan Exam Fee (£70.00) + Pass Fee (£70.00)	Total	£140.00
	3rd Dan Exam Fee (£90.00) + Pass Fee (£90.00)	Total	£180.00
	4th Dan Exam Fee (£110.00) + Pass Fee (£110.00)	Total	£220.00
	5th Dan Exam Fee (£130.00) + Pass Fee (£130.00)	Total	£260.00
	6th Dan Exam Fee (£150.00) + Pass Fee (£150.00)	Total	£300.00

Lesson Fees Juniors and Seniors £18.50 (no special rates)  
All sizes of Black Belts are £15.00 each.

Please return this form to:  
[sska595@gmail.com](mailto:sska595@gmail.com)

**\*\* REMEMBER YOU CAN NOW PAY ONLINE \*\***

**For the bank details or any enquiries, please contact Sensei Cole  
by phone or text 07557 532676 or email [sska595@gmail.com](mailto:sska595@gmail.com)**

If paying by cheque or postal order, please note that a £10.00 banker's charge will be applied if any cheque is returned by the bank. All payments to the SSKA are non-refundable. Rates are subject to change.

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Please fill in the following information in order to grade

NAME (to appear on certificate) \_\_\_\_\_

ADDRESS \_\_\_\_\_

TEL \_\_\_\_\_ D.O.B \_\_\_\_\_

LICENCE NO. \_\_\_\_\_ PRESENT GRADE \_\_\_\_\_

DATE LAST GRADED \_\_\_\_\_ EXAMINER \_\_\_\_\_

INSTRUCTOR \_\_\_\_\_ CLUB \_\_\_\_\_

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Applicants Signature \_\_\_\_\_ Date \_\_\_\_\_

I hereby give permission for the above named person to grade

Instructors Signature \_\_\_\_\_ Date \_\_\_\_\_

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# SOUTHERN SHOTOKAN KARATE ASSOCIATION



Established in 1987

## JOINING & LICENCE FORM

CLUB INSTRUCTOR: \_\_\_\_\_ TELEPHONE: \_\_\_\_\_

SURNAME _____	HOME TELEPHONE No. _____
FORENAMES _____	MOBILE No. _____
ADDRESS _____	EMAIL ADDRESS _____
_____	WORK PHONE No. _____
_____ POST CODE _____	EMERGENCY CONTACT NAME _____
DATE OF BIRTH _____ AGE _____	EMERGENCY CONTACT No. _____
NAME OF DOCTOR _____	INSTRUCTOR _____
PHONE No. OF DOCTOR _____	PRESENT GRADE IF ANY _____
ADDRESS OF DOCTOR _____	DATE LAST GRADED IF ANY _____
_____ POST CODE _____	IS FIRST YOUR FIRST LICENCE APPLICATION: YES / NO
_____	ANY KARATE QUALIFICATIONS HELD (eg. Judge/Referee etc.)
_____	_____
_____	CLUB/LOCATION OF TRAINING _____

**HOW DID YOU HEAR ABOUT US?**

Poster  Social Media  Our website  Another website  Personal recommendation  An event in a sports centre   
 Outside fair or show  Voucher  Newspaper editorial  Newspaper advert  Magazine editorial  Magazine advert   
 Television  Radio  Other (Please state) \_\_\_\_\_

**SSKA JOINING FEE: One off payment of £50.00** If you join the SSKA within 2 weeks of receiving this form you will receive a free karate suit and white belt, free embroidered SSKA badge and club badge on your suit on your first grading.

### TRAINING FEES & SUBSCRIPTIONS

Juniors £ .....

Seniors £ .....

All fees paid to the S.S.K.A. are non-refundable

Members will be required to pay their training fees on a weekly or monthly basis, but must pay for ALL lessons whether they attend or not. This includes non-attendance due to holiday or sickness. Please give one months notice to your instructor if you wish to leave your SSKA club.

Your licence book must be with you at all SSKA events.

This licence and joining application must be submitted within 3 weeks of receiving the form. Please note that applicants may still grade as long as this form has been submitted.

Please give details if you suffer from any injury, illness or other medical condition which may interfere with your Karate training or any other physical exercise:

.....  
You must always train regularly at your own club to maintain your standard and to avoid injury.

**HAVE YOU EVER BEEN CONVICTED OF A CRIME OF VIOLENCE? YES / NO**

**DO YOU ACCEPT THAT THE PRACTICE OF A MARTIAL ART/ COMBAT SPORT INVOLVES THE RISK OF SERIOUS INJURY? YES / NO**

ONLY SIGN THIS APPLICATION IF YOU ACCEPT THE RISK THAT PRACTICE OF ANY MARTIAL ART OR COMBAT SPORT MAY RESULT IN PHYSICAL INJURY.

IF UNDER 16 YEARS OF AGE THIS FORM MUST BE SIGNED BY YOUR PARENT OR GUARDIAN.

THE ANNUAL LICENCE FEE IS £30.00, THIS CAN BE PAID NOW OR AT A LATER DATE

PLEASE TICK WHICH OPTION YOU PREFER: PAY NOW  PAY LATER

SIGNATURE ..... DATE .....

*Terms and Conditions apply once you have signed this form. (If under 16 years of age signature parent or guardian)*

**PLEASE RETURN THIS FORM TO: SSKA595@GMAIL.COM • We recommend you make a copy of this form for your records.**

**\*\*\* REMEMBER, YOU CAN NOW PAY ONLINE \*\*\***

**For the bank details, please contact Sensei Cole on 07557 532676 or email ssk595@gmail.com**

Please make all cheques and postal orders payable to: **Southern Shotokan Karate Association**. Cash payments also accepted.

Your blue licence book will be sent to your club instructor for collection.

**Please write your name, address, telephone number, club & bank card details on the reverse of the cheque or it will not be processed.**

*Any returned cheques will incur a £10.00 bankers charge. All payments made to the SSKA are non-refundable.*

**For all enquiries phone or text the SSKA on 07557 532676.**



# SOUTHERN SHOTOKAN KARATE ASSOCIATION



Established in 1987

## Swindon Martial Arts Equipment

PLEASE TICK WHICH ITEMS YOU REQUIRE:

### LIGHTWEIGHT KARATE SUITS

#### SIZES + HEIGHT

000 +110cm	£19.99	<input type="checkbox"/>
00 +120	£19.99	<input type="checkbox"/>
0 +130	£19.99	<input type="checkbox"/>
1 +140	£19.99	<input type="checkbox"/>
2 +150	£19.99	<input type="checkbox"/>
3 +160	£25.99	<input type="checkbox"/>
4 +170	£25.99	<input type="checkbox"/>
5 +180	£25.99	<input type="checkbox"/>
6 +190	£25.99	<input type="checkbox"/>
7 +200	£25.99	<input type="checkbox"/>

### KARATE SUIT SIZE CHART

(For your convenience)

SIZE	cm	HEIGHT
000	110	Below 3'7"
00	120	3'7" - 4'0"
0	130	4'0" - 4'4"
1	140	4'4" - 4'8"
2	150	4'8" - 5'0"
3	160	5'1" - 5'4"
4	170	5'5" - 5'9"
5	180	5'9" - 6'0"
6	190	6'0" - 6'3"
7	200	6'3" - 6'7"

### OTHER EQUIPMENT

Various equipment available to buy: Silk Black Belts (any size), Polo Shirt (any size, any colour), T-Shirts (any size, any colour), Sweatshirts (any size, any colour), Heavyweight Suits (any size), Tracksuits (to fit over karate suit), Holders.

### BELTS 240/250/280/320cm

PLAIN COLOURED BELT	£4.50	<input type="checkbox"/>
PURPLE+1	£5.00	<input type="checkbox"/>
BROWN+1	£5.00	<input type="checkbox"/>
BROWN+2	£5.50	<input type="checkbox"/>
BLACK BELT	£15.00	<input type="checkbox"/>

### BADGES

#### SEW ON BADGES

CLUB BADGE	£4.00	<input type="checkbox"/>
SSKA BADGE	£8.00	<input type="checkbox"/>
SSKA ENGLAND BADGE	£12.00	<input type="checkbox"/>
NAME BADGE	£5.00	<input type="checkbox"/>

#### EMBROIDERED BADGES

CLUB BADGE	£8.00	<input type="checkbox"/>
SSKA BADGE	£12.00	<input type="checkbox"/>
SSKA ENGLAND BADGE	£16.00	<input type="checkbox"/>
YOUR NAME ON YOUR SUIT	£7.00	<input type="checkbox"/>

### PAYMENT

**TOTAL AMOUNT:** £

Please make all cheques and postal orders payable to: **Southern Shotokan Karate Association**. (Cash payments also accepted), and pass on to your club instructor to be processed. Your equipment will be given to your club instructor.

For all enquiries see your club instructor or an official at the grading centres, or phone/text the SSKA on 07557 532676.