



SOUTHERN SHOTOKAN KARATE ASSOCIATION



Calendar 2023

JANUARY

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FEBRUARY

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JULY

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AUGUST

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NOVEMBER

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DECEMBER

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JANUARY

Sun 29 SSKA Annual Kata & Kumite Competition. Venue to be confirmed. Open to all grades.
All competitors and spectators arrive at 10.00am. Prices: Competitors: £15.00 per person • Spectators: Free entry.

FEBRUARY

Sun 5 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.

Fri 17 25th Winter Karate Camp - Friday 17th February to Sunday 19th February 2023 for SSKA members, family and friends. For all grades with Chief Instructor of the S.S.K.A and Senior Instructor assistance.

Sat 18 Staying and training at the Trouville Hotel, Priory Road, Bournemouth, BH2 5DH. Training fee: £90 for 9 lessons.

Sun 19 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.

Fri 24 Pre-Grading Lesson at West Somerset Sports Centre, Bircham Road, Minehead, TA24 6AY. Juniors & Seniors (All Grades) arrive at 6.45pm for admin, lesson 7.00pm - 8.00pm. With Sensei McCormack, Senior Instructor of the SSKA

Sat 25 Pre-Grading Lesson at Wonford Sports Centre, Rifford Road, Exeter, EW2 6NF. Juniors & Seniors (All grades) arrive at 9.45am for admin, lesson 10.00am-11.00am with Chief Instructor of the SSKA.

Pre-Grading Lesson at Five Rivers Leisure Centre, Hulse Road, Salisbury, SP1 3NR. Juniors & Seniors (All grades) arrive at 3.30pm for admin, lesson 4.00 - 5.00pm. In the Dance Studio with Chief Instructor of the SSKA.

Pre-Grading Lesson at Strode Leisure Centre, Strode Road, Clevedon, BS21 6QG. Juniors & Seniors (All Grades) arrive at 4.45pm for admin, lesson 5.00-6.00pm. In the Main Sports Hall with Sensei Lewis, Assistant Chief Instructor of the SSKA.

Sun 26 Pre-Grading Lesson at Woodford Park Leisure Centre, Haddon Drive, Woodley, Reading RG5 4LY. Juniors & Seniors (All grades) arrive at 9.00am for admin, lesson 9.30am-11.00am with Chief Instructor of the SSKA, Sensei Lewis, Sensei Whitcher and Senior Instructor assistance.

Pre-Grading Lesson at Grange Leisure & Community Centre, Grange Drive, Swindon, SN3 4JY. Juniors & Seniors (All grades) arrive 1.00pm for admin, lesson 1.30-3.00pm in the Main Sports Hall with Chief Instructor of the SSKA, Sensei Lewis, Sensei Whitcher and Senior Instructor assistance.

MARCH

Sun 5 Kyu Grading Centre at Wonford Sports Centre, Rifford Road, Exeter, EW2 6NF. Juniors & Seniors (All Grades) arrive at 9.45am for admin, lesson 10.00am - 11.00am.
Kyu Gradings start at approx. 11.15am in the Main Hall with Chief Instructor of the SSKA, Sensei Lewis and Senior Instructor assistance.

Sun 12 Kyu Grading at Woodford Park Leisure Centre, Haddon Drive, Woodley, Reading RG5 4LY. Juniors & Seniors (All Grades) arrive at 9.00am for admin, lesson 9.30 - 11.00am.
Gradings start at 11.30am with Chief Instructor of the SSKA, Sensei Lewis, Sensei Whitcher and Senior Instructor assistance.

Sat 18 Kyu Grading at Grange Leisure & Community Centre, Grange Drive, Swindon, SN3 4JY. Juniors & Seniors (All Grades) arrive at 9.00am for admin, lesson 9.30 - 11.00am. Grading starts approx. 11.30am in the Main Sports Hall with Chief Instructor of the SSKA, Sensei Lewis, Sensei Whitcher and Senior Instructors assistance.

Sun 26 Black & Brown Belt Course and Black Belt Grading at Grange Leisure & Community Centre, Grange Drive, Swindon, SN3 4JY.
Juniors & Seniors arrive at 9.00am for admin, lesson 9.30 - 11.00am.
Grading starts approx. 11.30am in the Main Hall with Chief Instructor of the SSKA and Senior Instructor assistance.

APRIL

Sun 2 Kyu Grading Centre at Five Rivers Leisure Centre, Hulse Road, Salisbury, SP1 3NR.
Juniors & Seniors (All Grades) arrive at 2.00pm for admin, lesson 2.30 - 3.30pm.
Grading starts approx. 3.45pm in the Studio with Chief Instructor of the SSKA, Sensei Lewis and Senior Instructors assistance.

MAY

Fri 26 Pre-Grading Lesson at West Somerset Sports Centre, Bircham Road, Minehead, TA24 6AY. Juniors & Seniors (All Grades) arrive at 6.45pm for admin, lesson 7.00pm - 8.00pm. With Sensei McCormack, Senior Instructor of the SSKA

Sat 27 Pre-Grading Lesson at Wonford Sports Centre, Rifford Road, Exeter, EW2 6NF. Juniors & Seniors (All grades) arrive at 9.45am for admin, lesson 10.00am-11.00am with Chief Instructor of the SSKA.

Pre-Grading Lesson at Five Rivers Leisure Centre, Hulse Road, Salisbury, SP1 3NR. Juniors & Seniors (All grades) arrive at 3.30pm for admin, lesson 4.00 - 5.00pm. In the Dance Studio with Chief Instructor of the SSKA.

Pre-Grading Lesson at Strode Leisure Centre, Strode Road, Clevedon, BS21 6QG. Juniors & Seniors (All Grades) arrive at 4.45pm for admin, lesson 5.00-6.00pm. In the Main Sports Hall with Sensei Lewis, Assistant Chief Instructor of the SSKA.

Sun 28 Pre-Grading Lesson at Woodford Park Leisure Centre, Haddon Drive, Woodley, Reading RG5 4LY. Juniors & Seniors (All grades) arrive at 9.00am for admin, lesson 9.30am-11.00am with Chief Instructor of the SSKA, Sensei Lewis, Sensei Whitcher and Senior Instructor assistance.

Pre-Grading Lesson at Grange Leisure & Community Centre, Grange Drive, Swindon, SN3 4JY. Juniors & Seniors (All grades) arrive 1.00pm for admin, lesson 1.30-3.00pm in the Main Sports Hall with Chief Instructor of the SSKA, Sensei Lewis, Sensei Whitcher and Senior Instructor assistance.

JUNE

Sun 4 Kyu Grading Centre at Wonford Sports Centre, Rifford Road, Exeter, EW2 6NF. Juniors & Seniors (All Grades) arrive at 9.45am for admin, lesson 10.00am - 11.00am.
Kyu Gradings start at approx. 11.15am in the Main Hall with Chief Instructor of the SSKA, Sensei Lewis and Senior Instructor assistance.

Sun 11 Kyu Grading at Woodford Park Leisure Centre, Haddon Drive, Woodley, Reading RG5 4LY. Juniors & Seniors (All Grades) arrive at 9.00am for admin, lesson 9.30 - 11.00am.
Gradings start at 11.30am with Chief Instructor of the SSKA, Sensei Lewis, Sensei Whitcher and Senior Instructor assistance.

Sun 18 Kyu Grading at Grange Leisure & Community Centre, Grange Drive, Swindon, SN3 4JY. Juniors & Seniors (All Grades) arrive at 9.00am for admin, lesson 9.30 - 11.00am. Grading starts approx. 11.30am in the Main Sports Hall with Chief Instructor of the SSKA, Sensei Lewis, Sensei Whitcher and Senior Instructors assistance.

Sun 25 Black & Brown Belt Course and Black Belt Grading at Woodford Park Leisure Centre, Haddon Drive, Woodley, Reading RG5 4LY.
Juniors & Seniors arrive at 9.00am for admin, lesson 9.30 - 11.00am.
Grading starts approx. 11.30am in the Main Hall with Chief Instructor of the SSKA and Senior Instructor assistance.

JULY

Sun 2

Kyu Grading Centre at Five Rivers Leisure Centre, Hulse Road, Salisbury, SP1 3NR.
Juniors & Seniors (All Grades) arrive at 2.00pm for admin, lesson 2.30 - 3.30pm.
Grading starts approx. 3.45pm in the Studio with Chief Instructor of the SSKA, Sensei Lewis and Senior Instructors assistance.

AUGUST

Fri 11

25th Summer Karate Camp - Friday 11th to Sunday 13th August 2023 for SSKA members, family and friends. For all grades with Chief Instructor of the S.S.K.A. and Senior Instructor assistance.

Sat 12

Staying and training at the Trouville Hotel, Priory Road, Bournemouth, BH2 5DH. Training fee: £90 for 9 lessons.

Sun 13

If members require accommodation please contact 01202 552262 and tell them that you are a member of the SSKA to get your discount.
Please make sure you have paid the SSKA fees before you book your room.

SEPTEMBER

Fri 8

Pre-Grading Lesson at West Somerset Sports Centre, Bircham Road, Minehead, TA24 6AY. Juniors & Seniors (All Grades) arrive at 6.45pm for admin, lesson 7.00pm - 8.00pm. With Sensei McCormack, Senior Instructor of the SSKA

Sat 9

Pre-Grading Lesson at Wonford Sports Centre, Rifford Road, Exeter, EW2 6NF. Juniors & Seniors (All grades) arrive at 9.45am for admin, lesson 10.00am-11.00am with Chief Instructor of the SSKA.

Pre-Grading Lesson at Five Rivers Leisure Centre, Hulse Road, Salisbury, SP1 3NR. Juniors & Seniors (All grades) arrive at 3.30pm for admin, lesson 4.00 - 5.00pm. In the Dance Studio with Chief Instructor of the SSKA.

Pre-Grading Lesson at Strode Leisure Centre, Strode Road, Clevedon, BS21 6QG. Juniors & Seniors (All Grades) arrive at 4.45pm for admin, lesson 5.00-6.00pm. In the Main Sports Hall with Sensei Lewis, Assistant Chief Instructor of the SSKA.

Sun 10

Pre-Grading Lesson at Woodford Park Leisure Centre, Haddon Drive, Woodley, Reading RG5 4LY. Juniors & Seniors (All grades) arrive at 9.00am for admin, lesson 9.30am-11.00am with Chief Instructor of the SSKA, Sensei Lewis, Sensei Whitcher and Senior Instructor assistance.

Pre-Grading Lesson at Grange Leisure & Community Centre, Grange Drive, Swindon, SN3 4JY. Juniors & Seniors (All grades) arrive 1.00pm for admin, lesson 1.30-3.00pm in the Main Sports Hall with Chief Instructor of the SSKA, Sensei Lewis, Sensei Whitcher and Senior Instructor assistance.

Sun 17

Kyu Grading Centre at Wonford Sports Centre, Rifford Road, Exeter, EW2 6NF. Juniors & Seniors (All Grades) arrive at 9.45am for admin, lesson 10.00am - 11.00am.

Kyu Gradings start at approx. 11.15am in the Main Hall with Chief Instructor of the SSKA, Sensei Lewis and Senior Instructor assistance.

Sun 24

Kyu Grading at Woodford Park Leisure Centre, Haddon Drive, Woodley, Reading RG5 4LY. Juniors & Seniors (All Grades) arrive at 9.00am for admin, lesson 9.30 - 11.00am.

Gradings start at 11.30am with Chief Instructor of the SSKA, Sensei Lewis, Sensei Whitcher and Senior Instructor assistance.

OCTOBER

Sun 1

Kyu Grading at Grange Leisure & Community Centre, Grange Drive, Swindon, SN3 4JY. Juniors & Seniors (All Grades) arrive at 9.00am for admin, lesson 9.30 - 11.00am. Grading starts approx. 11.30am in the Main Sports Hall with Chief Instructor of the SSKA, Sensei Lewis, Sensei Whitcher and Senior Instructors assistance.

Sun 8

Black & Brown Belt Course and Black Belt Grading at Grange Leisure & Community Centre, Grange Drive, Swindon, SN3 4JY. Juniors & Seniors arrive at 9.00am for admin, lesson 9.30 - 11.00am.

Grading starts approx. 11.30am in the Main Hall with Chief Instructor of the SSKA and Senior Instructor assistance.

Sun 15

Kyu Grading Centre at Five Rivers Leisure Centre, Hulse Road, Salisbury, SP1 3NR.
Juniors & Seniors (All Grades) arrive at 2.00pm for admin, lesson 2.30 - 3.30pm.
Grading starts approx. 3.45pm in the Studio with Chief Instructor of the SSKA, Sensei Lewis and Senior Instructors assistance.

NOVEMBER

Fri 10

Pre-Grading Lesson at West Somerset Sports Centre, Bircham Road, Minehead, TA24 6AY. Juniors & Seniors (All Grades) arrive at 6.45pm for admin, lesson 7.00pm - 8.00pm. With Sensei McCormack, Senior Instructor of the SSKA

Sat 11

Pre-Grading Lesson at Wonford Sports Centre, Rifford Road, Exeter, EW2 6NF. Juniors & Seniors (All grades) arrive at 9.45am for admin, lesson 10.00am-11.00am with Chief Instructor of the SSKA.

Pre-Grading Lesson at Five Rivers Leisure Centre, Hulse Road, Salisbury, SP1 3NR. Juniors & Seniors (All grades) arrive at 3.30pm for admin, lesson 4.00 - 5.00pm. In the Dance Studio with Chief Instructor of the SSKA.

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Pre-Grading Lesson at Woodford Park Leisure Centre, Haddon Drive, Woodley, Reading RG5 4LY. Juniors & Seniors (All grades) arrive at 9.00am for admin, lesson 9.30am-11.00am with Chief Instructor of the SSKA, Sensei Lewis, Sensei Whitcher and Senior Instructor assistance.

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Sun 19

Kyu Grading Centre at Wonford Sports Centre, Rifford Road, Exeter, EW2 6NF. Juniors & Seniors (All Grades) arrive at 9.45am for admin, lesson 10.00am - 11.00am.

Kyu Gradings start at approx. 11.15am in the Main Hall with Chief Instructor of the SSKA, Sensei Lewis and Senior Instructor assistance.

Sun 26

Kyu Grading at Woodford Park Leisure Centre, Haddon Drive, Woodley, Reading RG5 4LY. Juniors & Seniors (All Grades) arrive at 9.00am for admin, lesson 9.30 - 11.00am.

Gradings start at 11.30am with Chief Instructor of the SSKA, Sensei Lewis, Sensei Whitcher and Senior Instructor assistance.

DECEMBER

Sun 3

Kyu Grading at Grange Leisure & Community Centre, Grange Drive, Swindon, SN3 4JY. Juniors & Seniors (All Grades) arrive at 9.00am for admin, lesson 9.30 - 11.00am. Grading starts approx. 11.30am in the Main Sports Hall with Chief Instructor of the SSKA, Sensei Lewis, Sensei Whitcher and Senior Instructors assistance.

Sun 10

Black & Brown Belt Course and Black Belt Grading at Woodford Park Leisure Centre, Haddon Drive, Woodley, Reading RG5 4LY. Juniors & Seniors arrive at 9.00am for admin, lesson 9.30 - 11.00am.

Grading starts approx. 11.30am in the Main Hall with Chief Instructor of the SSKA and Senior Instructor assistance.

Sun 17

Kyu Grading Centre at Five Rivers Leisure Centre, Hulse Road, Salisbury, SP1 3NR.
Juniors & Seniors (All Grades) arrive at 2.00pm for admin, lesson 2.30 - 3.30pm.
Grading starts approx. 3.45pm in the Studio with Chief Instructor of the SSKA, Sensei Lewis and Senior Instructors assistance.

SSKA CENTRES & VENUES

Reading Kyu Grading, Black Belt Grading & Grading Registration Centre

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

Swindon Kyu Grading, Black Belt Grading & Grading Registration Centre

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

Dorcan Training Centre for all grades

(Mondays 7.00 - 8.00pm) Dorcan Recreation Complex, St. Paul's Drive, Swindon, SN5 5DA

Minehead Grading Registration Centre

West Somerset Sports Centre, Bircham Road, Minehead, TA24 6AY

Exeter Kyu Grading & Grading Registration Centre

Wonford Sports Centre, Rifford Road, Exeter, EX2 6NF

Salisbury Kyu Grading & Grading Registration Centre

Five Rivers Leisure Centre, Hulse Road, Salisbury, SP1 3NR

Clevedon Grading Registration Centre

Strode Leisure Centre, Strode Road, Clevedon, BS21 6QG

Residential Training Centre for Winter & Summer Camp

Trouville Hotel, Priory Road, Bournemouth, Dorset, BH2 5DH

You **must** attend all pre-grading lessons even if you are not grading. If you do not attend, you could lose your grade.

You **must** attend a minimum of 6 brown/black belt courses, before you can grade for 1st Dan. A minimum of 10 courses must have been attended, for those wishing to grade for 2nd Dan and above. Therefore, please ensure your course attendance booklet is complete.

In addition, you **must** attend a minimum of 4 courses after your Dan grading or you may lose your grade.

If you do not comply with the above rules you will not be able to grade. **RULING:** The Grading Examiners' decision is FINAL.

Please ensure you arrive at least 30 minutes before each event in the calendar.

For all license and grading enquiries please contact the SSKA Secretary & Licensing Officer:

Sensei Whitcher, 6th Dan. Telephone: 07903 012340 or E-mail: grading@sska.co.uk

SSKA Enquiries, phone or text:

NAME	DAN	EMAIL	PHONE	POSITION
Sensei Cole	7 th	sska595@gmail.com	07557 532676	Chief Instructor of the Southern Shotokan Karate Association
Rob Lewis	7 th	rob.sska@virgin.net	07872 019626	Assistant Chief Instructor, Grading Examiner, Complaints & Disputes
Cailey Whitcher	6 th	grading@sska.co.uk	07903 012340	Assistant Chief Instructor, Grading Examiner, Licensing Officer & PA
Geoff Ridgway	5 th	Sensei@FleetKarate.co.uk	07917 759343	Senior Instructor & Assistant Grading Examiner
Tracie Quelch	5 th	tquelch@hotmail.com	07582 716788	Senior Instructor & Assistant Grading Examiner
Trevor Ockwell	6 th	trevor@ockwell.info	07393 572098	Senior Instructor & Grading Assistant
Maxine Thomas	5 th	keithtee@aol.com	07770 410107	Senior Instructor, Secretary & Assistant Grading Examiner
Mark McCormack	4 th	mccormack314@btinternet.com	07729 518269	Senior Instructor & Grading Assistant
George McShane	5 th	georgemcshane59@gmail.com	07770 830067	Senior Instructor & Grading Assistant
John Phillips	4 th	j.phillips147@btinternet.com	07738 798559	Senior Instructor & Grading Assistant
Amanda Dillon	5 th	amandaloudillon@aol.com	07464 809858	Senior Instructor, Secretary & Grading Assistant
Ray Dolphin	5 th	r.dolphin@sky.com	07522 559672	Senior Instructor & Grading Assistant
Tony Kimber	4 th	tonykimber3@gmail.com	07799 064836	Senior Instructor & Grading Assistant
Terry Tozer	3 rd	info@tjska.com	07790 032354	Senior Instructor & Grading Assistant
Kevin Sanger	4 th	banger@btinternet.com	07593 166926	Senior Instructor & Grading Assistant
Jo Withey	3 rd	jo@withey.org	07914 401231	Senior Instructor & Grading Assistant
Gary Leyshon	3 rd	wgleyshon@gmail.com	07989 388191	Senior Instructor, Grading Assistant & SSKA Promotions Officer
Dawn Greig	3 rd	dawn.greig@btopenworld.com	07585 116508	Senior Instructor & Grading Assistant
Ian Binge	3 rd	ianbinge@yahoo.co.uk	07831 820787	Senior Instructor & Grading Assistant
Simon Smith	2 nd	simon.smith@askitsdone.co.uk	07939 010528	Senior Instructor & Grading Assistant
Sam Denton	3 rd	samueldentondenton@yahoo.co.uk	07969 569354	Senior Instructor & Grading Assistant
Lorna Hamlet	4 th	lornahamlet@outlook.com	07767 254596	Senior Instructor & Grading Assistant
Pete Cowling	3 rd	burfordkarate@gmail.com	07794 363837	Senior Instructor & Grading Assistant

or visit **www.sska.co.uk**

Grading days are an all day event. Please ensure you stay until ALL gradings are finished.

Please ensure you switch off all devices during lessons and training at all centres.

Photography or filming of the students during lessons, gradings or any other SSKA event is not permitted.

All SSKA instructors are DBS checked and hold Child Protection Policies. All SSKA instructors are fully qualified and insured to teach.

The SSKA has made every effort to ensure all information is correct at the time of going to press.

If there are any changes to the calendar of events, these will appear on the Grading Information Sheet and the SSKA website.

All fees for pre-paid events advertised are non-refundable, even if you are unable to attend due to illness. Terms & conditions apply.

Lesson fees must be paid even if you do not attend.

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