

January 2012 Newsletter



2012
Happy New Year!

Welcome Back!!

We hope that you all had an enjoyable Christmas break and welcome all students back to training for 2012.

REMEMBER - missed classes can be made up by attending any class suitable for your age and ability. Its a great way to kick start your year's training! For a list of timetables and venues, see www.eska.co.uk.

Christmas Eve Fun Session 2011

What a great morning we had at the 2011 Christmas Eve fun session at Framingham Earl Sports Centre! We had **180** students taking part in an assortment of games, with drinks and chocolates for all participants - a great time was had by all. A big thank you goes out to all the helpers on the day. Here's looking forward to next time!!!



Bowling Presentations - Saturday 14 January 2012

We will be holding our 2012 Presentation Afternoon on Saturday 14 January 2012 for all junior students. Ages 4-7 years, from 1.45 - 4.30pm (£6.00 per person / 1 game of bowling) and ages 8-14 years from 4.30 - 8.00pm (£9.00 per person / 2 games of bowling) at Number 10 Bowling, Bowthorpe, Norwich. The afternoon will consist of presentations of awards and certificates followed by one/two games of bowling. Further details/booking forms will follow, which you will receive from your administrator, by email or from the website.



Yudansha-Kai - Knife Defence - Saturday 5 February

This Black Belt only course is free for all Junior & Senior Black Belts, focusing on the area of Knife Defence and disarming opponents. The next Yudansha-Kai is being held at The Oasis Sports and Leisure Club on the 5th February 2012 from 1.30pm - 3.00pm.

ESKA Junior, Cadet & Senior Interclub Competition – Sunday 19 February



We will be holding our annual interclub competition of 2012 on Sunday 19 February at The UEA Sportspark, Norwich (9.30am registration - juniors, 2pm registration - cadet/seniors). If you are considering entering the competition, the squad sessions held on a Saturday 12 noon until 1pm at Sewell Park College Sports Centre are very beneficial.

The interclub competition is open to all members. It offers junior, cadet and senior students of all ages and levels an opportunity to participate in a competition without the pressure of a large event like the TSKUK National Championships.

Events will include Individual Kata and Kumite as well as Team Kata and members will only be competing against others of the same age/height or level. There is also the chance to win the junior 'Competitor of the Day' trophy which, last year was awarded to Jordan Potter. All junior competitors will receive a medal for taking part.

It is a great opportunity to prepare those students that are selected, to compete at the National Championships (25 March for Juniors and 21 October for Cadet / Adult). Further details of this competition and entry forms will follow soon.



TSKUK International Course/Black Belt 3rd Dan and above Grading 25 - 26 February

The TSKUK are holding an International Course and 3rd Dan and above Grading over the weekend of 25th and 26th February. The course will be held in Norwich UEA and Southend.

The TSKUK course is open to all ESKA members. For those students working towards your purple/white belt or Dan grading, don't forget the courses will provide a TSKUK course stamp required for you to grade. Further information of guest instructors and venues will follow soon.

Saturday 26 February (UEA Norwich)	Sunday 27 February (Clements Hall, SS5 4LN)
JUNIOR & ADULT ALL GRADES	JUNIOR & ADULT ALL GRADES
Registration	Registration
10.00am - 11.00am	10.00am - 11.00am
Training Course	Training Course
11.00am - 2.00pm	11.00am - 2.00pm

JUNIOR & ADULT FEES		
No. of Sessions	ONE DAY	TWO DAYS
Members	£20.00	£35.00
Non-Members	£25.00	£45.00

Booking for this course is not required and transport will not be provided to either of the venues.

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