



NEWS LETTER APRIL

1. Safety First

It is important that every student has the correct training and protective equipment. Every student should have:

- Gum shield
- Mitts
- Pad
- Shin guards
- Groin guard (boys)
- Chest protector (women and older girls)

Additional equipment is needed for competitions—check with Sensei for this. The best idea is to put your name on your kit and keep it in a bag. Take it home with you each night. All equipment can be purchased from Sensei and there is a price list in the Dojo.



2. The Right Class for you

Well done for sticking to your training but it looks like some classes need sorted out. There are several classes you can attend and some of the older higher grades should be in a more advanced class and beginners should try at least the lower grades classes. Remember Tuesday and Thursday are General grades classes. Kata on Mondays and Kumite on Wednesdays.

I know this might cause some juggling things about but at Satori we wish to give our best and some of the classes are too large and grades too mixed. To deliver our best please remember you can come to any class especially if you have missed classes due to holidays, illness or other commitments.

3. Important Dates

Please see sheets in Dojo to Many to list or call for Courses

10th, 11th & 12th June Course and grading Dunoon

11th to 14th August Summer Camp

24th & 25th September Terry Wingrove

Please feel free to contact me

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