



Chadwell Heath Karate Academy

JANUARY/FEBRUARY Newsletter



Important Information: There has been big changes within the Syllabus at CHKA. We will now be running a 12th kyu System, meaning two belts have been added to the current grading system. This first new belt will provide children with more techniques to learn which will benefit them for later belts. We have also decided to add a belt to Syllabus from Purple stripe to purple Belt as there was so much to learn that quality was being affected. Instructors will explain these changes at your lesson or please contact us.

Monday night 8 till 9 at Somerville Road and Friday 6.15-7.15 (Chadwell Heath) is vital for brown belts that are serious about progressing up the latter grades to Black belt.

Important Dates:

<p style="text-align: center;"><u>Special Lesson</u></p> <p style="text-align: center;">Saturday 28th January, 10 till 12</p> <p>For anyone looking to progress to their next grade. (Purple Strips and above please remember you need to gain your special points to be available for your next grade)</p> <p style="text-align: center;">£20</p> <p>Venue: Somerville Hall, Somerville Road, Chadwell Heath, RM6 5AT</p>	<p style="text-align: center;"><u>Squad Training</u></p> <p style="text-align: center;">Sunday 29th January, 10 till 1</p> <p>Anyone that wants to get involved and take part in competitions need to be attending these sessions</p> <p style="text-align: center;">£15</p> <p>Venue: Henham Primary school, Cm226bp</p>
<p style="text-align: center;"><u>Grading</u></p> <p>25th February-1.00 till 2.45 for YELLOW AND BELOW – 3.00 till 4.45 for ORANGE AND ABOVE</p> <p>Grading for students that have passed their mock grading. Please do not be LATE.</p> <p>Green Belts and above please bring Pads and Gum shields. £25</p> <p>(Kata Competition £5 with 3 medals and trophies up for grabs per category)</p> <p>Venue: Becontree Heath Leisure Centre, Althorne Way, Dagenham, RM10 7AY</p>	<p style="text-align: center;"><u>Holiday 3 day Course</u></p> <p style="text-align: center;">Monday 13th-15th February</p> <p>Loads of fun and learning at the same time. Big trophies and medals for all to win. Certificates and balloons for final day.</p> <p>Perfect for those wanting to grade.</p> <p>Higher grades need to get their points for specials.</p> <p style="text-align: center;">£35</p> <p>Venue: Percy Road Methodist Church, Percy Road, Goodmayes, IG38SF</p>
<p style="text-align: center;">*** New Belt System***</p> <p>12th kyu Red, 11th kyu Yellow, 10th kyu Yellow-White Stripe, 9th kyu Orange, 8th kyu Green, 7th kyu Blue, 6th kyu Purple-White Stripe, 5th kyu Purple-Black Stripe, 4th kyu Purple, 3rd kyu Brown 1 tag, 2nd kyu Brown 2 Tag, 1st Kyu Brown 3 Tag and 1st Dan Black.</p> <p style="text-align: center;">PLEASE SEE WEBSITE FOR NEW SYLLABUS</p>	

Support us on **Facebook** and get up-to-date information: **James Rob Chka Steadman** and www.chka.co.uk
 Many Thanks James and Robert Steadman 07731855849 & 07427124431