

Kenagi Newsletter Autumn 2013

An opening word from Sensei.....



Students, it's been an eventful Summer and things have started to cool down after the long heatwave. We have lost quite a few of our long standing students to University and work, however we need to continue as a group and grow in numbers. There have been flyers e-mailed out to you, so if you know anyone that would like to try out 2 classes for free, pass on the news. Remember there is a grade not too far away, so keep up the hard work. Our young squad members have been training very hard and achieving great results at top level competitions. To learn advanced katas and find out more about the squad, contact my two ninjas – Lorna and Luke.



Well done to Graham and Patrick for achieving a Kenagi black belt this Summer.



HAODS PRESENTS

THE SOUND OF MUSIC

12th - 16th NOVEMBER 2013

THE CAPITOL, HORSHAM

01403 750220
thecapitolhorsham.com

Music by RICHARD RODGERS Lyrics by OSCAR HAMMERSTEIN II Book by HOWARD LINDSAY and RUSSEL CROUSE
Suggested by "The Trapp Family Singers" by Maria Augusta Trapp.
This amateur production is presented by arrangement with JOSEF WEINBERGER LTD. on behalf of R&H Theatricals of New York.

Come and see Cameron Rowell play the part of Friedrich Von Trapp at The Capitol, Horsham from Tuesday 12th - Saturday 16th November 2013 in HAODS' production of 'The Sound of Music'!

It's not long until this amazing show hits the stage so get your tickets now! Cameron would love some of his friends from karate to come along and support him and he is sure you'll enjoy the show. So don't miss this musical treat. Perfect for all the family!

Tickets are on sale NOW from:

- The Capitol box office
- 01403 750220
- www.thecapitolhorsham.com

TICKET PRICES:

- Tue eve AND Sat mat £14, concessions £13
- Wed £15, concessions £14
- Thu £16, concessions £15
- Fri £17, concessions £16
- Sat Eve £17

The Kenagi Squad

September 29th Halesowen, West Mid



October 6th Walsall, Birmingham



**Pictures by Yuki*

It's been a very busy couple of months for the young squad members, travelling to Halesowen, West Midlands for the UK Karate Open and Walsall, Birmingham for the Central England International. They have really raised their game to compete against Englands best competitors.

As the squad have progressed through Kenagi's grades, they are now in higher categories than before. They have trained extremely hard and this has shown on the mats, putting in strong performances and securing an array of medals and trophies. The calendar still has a few more events left and we wish them all the very best. Lorna and Luke deserve a huge amount of credit for their dedication and coaching skills.

For more details of the squad and their training agenda, contact Lorna and Luke (black belts) at your next session.





Need a new gi or equipment? Paste these links into your web browser as Sensei has trade accounts with them. Save ££'s

<http://martialartsuperstore.com/>

<http://www.bytomic.com/>

<http://www.kico.co.uk/>

<http://www.prestigeleisure.com/home.asp>

<http://www.goherbalife.com/matt-schenck/en-gb>

"Fancy a change?"

Whether it be weight loss, muscle gain or body shape change **herbalife** has a programme that can help. Visit my website and contact me for more info.



Matt Schenck, Shodan black belt.





Kenagi Payment Plan

If you can see yourself training regularly, then why not sign up to a payment plan. Class prices work out cheaper, certain plans have free lessons attached and there is no minimum contract. Most clubs insist on a monthly fee, regardless if you train or not, so why not give it a go and you can forget the last minute searching for cash for lessons. See Sensei for forms.

PAYG Child	Child £5.50	Adult £6.00		
12 Pre paid Lessons	Child £5.25 £63.00	Adult £5.73 (£68.76)		
Discovery 52 (1)	Child £5.20 (£22.49)	Adult £5.50 (£23.83)	+ 1 Free Lessons a Quarter	3 free lessons a year.
Standard 104 (2)	Child £5.00 (£43.33)	Adult £5.40 (£46.66)	+ 2 Free a Quarter	6 free lessons a year.
Silver 156 (3)	Child £4.80 (£62.40)	Adult £5.20 (£67.60)	+ 3 Free a Quarter	9 free lessons a year.
Gold 208 (4)	Child £4.65 (£80.60)	Adult £5.10 (£88.40)	+ 4 Free a Quarter	12 free lessons a year.
Platinum unlimited training	Child (£100.00)	Adult (£100.00)		

Contact details – E-mail sensei@kenagi.co.uk Head Office 01903743334 or Mobile 07711 987672



The road to enlightenment is through practice

Please feel free to email me with any news articles for the next edition

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