



NEWSLETTER JANUARY 2011

The road to enlightenment is through practice



SENSEI SAYS

HAPPY NEW YEAR

It is good to see you all returning to classes after the long Christmas/New Year break and I hope that you are all eager to work hard at your karate and kickboxing training this year. Don't forget to tell your friends and schools about Kenagi – new students are always welcome.

Thank you for all your kind invitations to join you for Christmas dinner and I was sorry that I could not make them all – there is only so much turkey, Sensei can eat! Fortunately the fish head did not have to come out of the freezer.

On Sunday 9th January, the bowling and lazer quest was again a triumph, with many and of course myself winning a prize for the best score in each of our groups.

Don't forget, the next squad training sessions will be on Sunday 23rd January and all are welcome to attend if you would like to learn more advanced katas. After a successful year at various competitions, I am sure that many of you will want to join the squad and improve your karate. Further dates of squad training sessions, grades and competitions can be found on the back of this newsletter and on the calendar of events, on our website. It is unlikely that the grade in January will go ahead – please keep an eye on your e-mails for updates.

BOWLING & LAZER QUEST

At 2pm on 9th January 2011, students and parents headed to the Big Apple Bowling Alley for an afternoon of bowling, lazer quest, coffee, socialising and a meal at McDonalds.

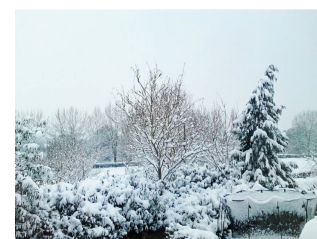
Last year Kenagi went bowling and the afternoon was a great success and this year was just as good with everyone enjoying themselves. Many thanks to Philippa Banks, for organising this and for providing the prizes.



the big apple
family entertainment at its best



NEWS



Sadly the Fun Day before Christmas was cancelled due to the snow and ice but I am sure this did not stop Kenagi students from enjoying the snow and the Christmas break.

KENAGI OUTING



Between Christmas and New Year a group of Kenagi students and parents met up at The Comodor restaurant in Horsham for a meal together and a catch up. It was a really pleasant evening. The menu was extensive and reasonably priced and the chocolate fudge cake was amazing! The Comodor is well worth a visit.



OUTING IDEAS WANTED



Between intense training sessions Kenagi students and parents, like nothing better than to go off on an expedition or take part in a social get together. If you have any ideas for 2011, please let Natasha know and she will put your ideas forward. To contact Natasha e-mail her at: Natasha@kenagionline.com

BIRTHDAYS

Happy birthday to: FEBRUARY

Patrick Bourdier 1st, Jack Acres 2nd, Alexander Strickland 7th, Charles Bethell and Daniel Lewis 11th, Assim Qureshi 17th and Sharon Bone 18th

MARCH

Dewi Banks and Omar Selcuk 1st, Nicole Davies 8th, Maria Paradise 10th, David Cooper 11th, Alexander Faux 12th, Harry Cleeve 14th, Thomas Bethell and Mark Slater 15th, Sophie Hawkins and Matthew Schenck 19th and Alex Cleeve 29th

DIARY DATES

SQUAD TRAINING	23 JANUARY
GRADE	30 JANUARY
SQUAD TRAINING	13 FEBRUARY
SQUAD TRAINING	20 MARCH
GRADE	27 MARCH
SQUAD TRAINING	22 MAY
GRADE	29 MAY
SQUAD TRAINING	12 JUNE
SQUAD TRAINING	10 JULY
GRADE	17 JULY
SQUAD TRAINING	18 SEPTEMBER
KENAGI OPEN COMPETITION	
25 SEPTEMBER	
SQUAD TRAINING	23 OCTOBER
SQUAD TRAINING	20 NOVEMBER
GRADE	27 NOVEMBER
SQUAD TRAINING	4 DECEMBER