

# Kenagi Newsletter Spring 2013

## An opening word from Sensei.....



Students, as Spring approaches it is a good time to make use of the lighter evenings and come along to some of the midweek classes, especially if you find it difficult to make every Saturday. The new schedule at the leisure centre has proved popular, remember to use it to train on your weaker areas, rather than your favourite. The squad has achieved some great success lately, both in Sheffield and at Meopham. Lorna and Luke have put in a lot of effort to get their squad in shape, keep up the hard work everyone. Hopefully you will have received word of the Cancer Research Relay for Life on the 1<sup>st</sup> of June. It would be great for Kenagi to get involved and raise funds for a great cause. Remember to practise everyone, especially if eating those Easter eggs

The Kenagi website is in the process of being updated. Apologies if you have had problems logging in or getting your correct grade access, hopefully these issues should be resolved very soon.



### Bringing you and your community together to unite against cancer.

Relay For Life is an inspirational overnight fundraising event that honours cancer survivors and celebrates life. Each Relay is a community-led, non-athletic event where teams fundraise and then join together in the Relay event. There, teams take it in turns to walk round a track for up to 24 hours to signify that 'cancer never sleeps'.

### Your team, your town savings lives together

**Location:** Christ's Hospital  
Christ's Hospital, Horsham,  
RH13 0YP

**Date:** 1 June 2013

**Start:** 12 noon (duration 24hrs)

Relay For Life brings you and your town together to help beat cancer.

Throughout the year, teams of 8 to 15 people get together and fundraise in their local communities to support the work of Cancer Research UK. Then everyone comes together in an inspiring overnight celebration and commemoration that the whole community can be part of.

On the day of Relay For Life Christ's Hospital you can expect a celebratory mix of music, games, entertainment, food, fundraising and perhaps a few surprises! Whilst the event is in full swing, members of each team will take turns to walk around the track for the duration of the Relay. All events are overnight as this marks the fact that cancer never sleeps.



## The Kenagi Squad



Jon Mottram training Nov 2012

The squad were invited to train in Ipswich with Jon Mottram. His students seem to dominate recent competitions, so it was a great opportunity for Kenagi students to gain experience.

They travelled to Ipswich and made the most of a full on day. Hopefully they will put this into practice when they compete next.



The students taking part in Ipswich

### **Sheffield National and Meopham Open competitions**

The Kenagi squad have put in enormous effort lately under competing in Sheffield and Kent competitions. Due to grades and age, most of the squad have been placed in higher categories and therefore been up against older more experienced competitors. They have been very well focused and determined, showing some excellent displays.

The younger members scooped up more medals in Kent on the 10<sup>th</sup> March, very well done, especially to Thea who managed a medal on her squad competition debut. Coaches Lorna and Luke have put in a lot of effort of late, so a big thank you to them both.



### **\*\*\* Wanted - Committee Members \*\*\***

**Do you have a few hours every couple of months to spare?**

**Are you interested in how the club is run and would like to bring new ideas or help out?**

**Then please contact Sensei at [sensei@kenagi.co.uk](mailto:sensei@kenagi.co.uk) and he will put you in touch with Graham Ritchie or Peter Sutton.**



### **Easter Training**

There is a plan to reduce the training hours on Saturdays during the Easter holidays to 9am – 1pm, as a lot of students are away. If you have any views either for or against, then please get in touch with sensei, as time is running out to change for Easter. This may continue into the Summer holidays.

### **KENAGI NEWS**

The next club grade is on the 19<sup>th</sup> of May at 1pm. A 1<sup>st</sup> KYU to black is on the 7<sup>th</sup> of July. Sense would like all 1<sup>st</sup> Kyu's to attend as this will give you an insight to what is involved and what work needs to be done.

If anyone knows of a suitable location in Southwater for a Kenagi advertisement board, to promote the Junior School and Leisure Centre please get in touch, especially if you have some inside contacts!

The club competition is scheduled for this September, so now would be a good time to start sparring ( red belts and above ) as the more entrants we have, the fairer the categories will be.

Any adults that wish to get fit, why not try kickboxing? It's great fun and an all round body workout. Junior school Mon 8-9pm, Wed 7-9pm, Coolham Tues 6-7pm and MMA (Mixed Martial Arts) on Saturday 9-11am at the Leisure Centre.

The Easter holiday timetable will be sent out nearer the time, but remember there will be no classes on a Bank Holiday. Remember to get in touch with Sensei if you have any thoughts on the reduced Saturday training hours during holidays. The newsletter needs news, so if you have any stories that you think other members would find interesting, let me know- [mark.slater@btinternet.com](mailto:mark.slater@btinternet.com)



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

Contact details – E-mail [sensei@kenagi.co.uk](mailto: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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