

## September 2008 Newsletter Glenview Shotokan Karate Club



Congratulations:

### **Darragh Stokes "Black belt"**

Well folks we once again have a new departure for the Club, our very first white belt to Black belt Senior grade.

Darragh completed an excellent grade In July just before we broke up for the summer.

Congratulations also to all those who graded and double graded, it's great to see some of the Seniors like Derek, Ciaran, Barney and Barbara all progressing very well.



**Tuesday Sessions will start on 16<sup>th</sup> September.**

### **New Training Times:**

*Tuesday 5.45-7.15pm (Kids and Seniors)*

*Thursday 7.00-8.00 (Seniors)*

*Saturdays 11.00-12.30 (Kids & Seniors)*

Other News:

Derek has done some work on our website. [www.glenviewkarate.com](http://www.glenviewkarate.com)



Sensei Aragane is back in Japan and will be back with us in December.

### **Class Fees Increase:**

€10 per class

€15 for 2 classes

### **Licences:**

We currently have the licences in the Karate Locker. Licences are renewed annually and the cost is €20 which includes insurance.

### **Grading:**

Cost €20 and the next grading will be scheduled for the End of November/early December. Date will be confirmed in the next few weeks.

You are all very welcome back and we look forward to a good hard training term through the winter months.

Sensei Dave, Sensei Aragane, Sensei Danny