



# Kitsune-Gari News

**August 2008**

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**SUMMER SESSIONS.** It's been a pretty quiet Summer at Kitsune-gari which is why we cut our Monday sessions. However, there has usually been a core group of Judoka who just keep on going no matter how hot it gets! Our thanks to them as it keeps us ticking over. There have been a few nights when the coaches have turned up for Junior sessions and found themselves all alone in an empty Dojo. Please remember that the Gary, Steve and Craig give their own time to run the sessions- try to let them know if you are not likely to be able to come.

**SEPTEMBER KATA COURSE:** Steve is running what has become an annual event, the Bucks Area Kata Course.. It is open to Juniors and seniors from 4<sup>th</sup> Kyu (Orange Belt) and above. Kata is the study of Judo form and greatly enhances technique. If you hold 3<sup>rd</sup> Kyu (Green belt) or above this course will cover your Kata Requirements for your next grading and is valid for 6 months.

The course will be a full day from **09.30 – 4.00 on Sunday September 14<sup>th</sup> at the Woughton Liesure centre in the Main Hall** and costs £10.00 .

**GRADING.** The next Bucks Area Grading will be held on **Sunday 19th October 2008** at the Evreham Sports Centre, Swallow Street, Iver, SL0 0HS

Registration 9am

Primaries start 9:30am

Juniors about 11am (need to register at 9am)

Seniors about 1pm (need to register by noon)

**MEMBERSHIP FEES:** These are due in September. Please can you complete a membership form (available from the web-site) and hand it in with your payment to Gary.