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Sensei Update

It's been a fantastic year for Shukokai Karate Fife with our students attending a number of events in 2015 and competing well. Our students have done extremely well in training and have developed their skills through their hard work and dedication. I would like to personally thank all for their support in 2015 and look forward to what will happen in 2016.

Dates for your diary

Sat 28th May - Club Competition
 Wed 1st June - Junior Fitness class

Sun 5th June - Sponsored walk
 Sat 15th June - Junior Fitness
 Thurs 23rd June - Rio in Cupar



KOBE OSAKA UK

ANNUAL TRAINING COURSE & GRADING SUNDAY 15th MAY 2016

A number of students were invited to attend the Kobe Osaka UK annual course and grading event which took place at Grangemouth Sports Centre on Sunday 15th May 2016.

Our students, Kathryn, Poppy, Sarah, Kirsty and Ross participated throughout the day and enjoyed their training and developing new skills whilst meeting fellow students from across Scotland and beyond. I'm delighted to say that the students that took the opportunity to grade as well were able to progress to:

Sarah Gatherer: 1st kyu (brown plus 3tabs)
 Kirsty Armour: Junior Green + 2 tabs
 Ross Cairns: Junior Orange
 Poppy Munro: Junior Orange



Contact us:

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Shukokai Karate Fife

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<https://www.facebook.com/shukokaikarateacademyscotland/>

Club Competition Time

Our next club competition will be taking place on Sat 28th May 2016 at Auchtermuchty Community Centre. It's a great opportunity for students to see what competitions are all about and get a taste of what to expect in other competitions later in the year.



Road to Rio

Shukokai Karate Fife have been asked to support this event and will be providing a number of taster sessions to the public during the event on the 23rd June 2016 in Cupar. Further information will be available nearer the time.

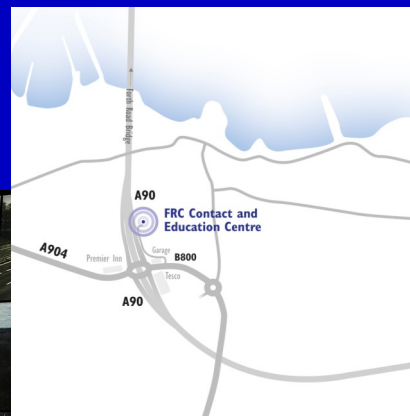
May the forth be with us

Sunday the 5th June will see the Shukokai Karate Club take part in a sponsored walk across the Forth Road Bridge and then followed by a visit to the Traffic Scotland National Control Centre and the FRC Contact and Education Centre to learn about the Forth Road Bridge and the Queensferry Crossing. The event starts at **11am** on the southside of the Forth Bridge and is likely to take around 2 hours to walk the FRB depending on the weather and other factors.



Location:

Forth Replacement Crossing Contact and Education Centre
Beside Forth Road Bridge Administration Building
South Queensferry
Edinburgh
Scotland
EH30 9SF



Stirrup for Karate Race Night



The charity race night galloped out of the gates and into action on Sat 30th April and there was a fantastic show of support from the local community who attended. The club managed to raised **£888.00** as a result of the fundraising that night which will go towards supporting the kids to attend competitions as well purchasing new equipment to develop training for the students. We'd like to thank all the people who helped to make the event a fantastic success and everyone on the night who came along and horsed around :-)

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