

School Visits

I have just recently been invited to teach at Taverham Junior, Horsford Primary & Ghosthill Infant School.

Had such an amazing time and thank you to the schools for the invite and for the SESMA students that helped me during the day.

Depending on year group, the classes either played the Dot game or the Against the cript and Tennis Ball game.

These helped with their awareness skills, personal space, reading body language and scanning. Basic katrate moves were taught and then partner work which had hidden learning including trust, control, focus and concentration.

So much taught in so little time, which makes martial arts such a great activity to take part in.

If you would like SESMA to teach at your school, then please email Master Wayne with your name, child name and contact name at your school. Please put Subject **SCHOOL VISIT**

SESMA MERC

We have in stock some great SESMA merchandise including...

SESMA Polos Child £12 Adult £15 (Blue & Black)

SESMA T-Shirts Child/Adult £10 (Blue & Black)

SESMA Hoodies Child £21.50 Adult £26.50 (Blue & Black)

Karate Hand Pads Red/Blue £15

Coming soon...

New SESMA kickboxing gloves £30
SESMA Shin & Instep pads £15

NERF WARS

Booking is live
Wednesday 26th October
10am-12noon

£10 per player.

Book via Eventbrite or with the link on Oct Newsletter online.

KATA Friday 7th Oct

For students that are on the Advance /Elite packages (2 classes per week) there is the dedicated KATA class that concentrates solely on your grade and kata.

Each class has 2-3 instructors to help you get your kata its best, but you will still need to practice at home too.

We are extremely awesome instructors, but you still need to do some work yourself.

Yellow belts and above will need to perform the new kata for their next belt.

The katas are also available to view on the SESMA Members Portal.

If you have not yet registered to the Portal then please follow link: [Members Portal](#)

KATA Friday Class Times

4pm Yellow & Orange Belts
5pm Green & 2nd Green Belts
6pm Blue & 2nd Blue Belts
7pm Purple & Above

Come and learn some cool martial arts weapon moves.

Tuesday 25th October

9-10am Bo training

10-11am Nunchucks

£10 per person/class

Max of 10 students per class, must be 6 yrs & over.

Training equipment provided. If you are wanting to do Bo Training, then you are welcome to bring your own broom stick. If you are small, then i recommend you cut it down to top of your head height.

Email wayne@sesma.co.uk to book

Please Note: These lessons are for Kata/Comp/Demonstrations not for fighting and this will be stressed at the class.

Competition Training

If you are interested in Competitions Sparring or Kata then we have SESMA squad training 2nd, 3rd, & 4th Friday of the month.

6-7pm Competition Kata
7-8pm Competition Sparring Kickbox & Karate

This is a bolt on package for £15 which gives you up to 6 hours of comp training a month.

White to Red Grading

The next White to Red belt grading is on Saturday 5th November at the SESMA Studio

Karate 10am Kickboxing 12pm

Those that are ready, would have been given an Invitation to the grading and have had a phone call.

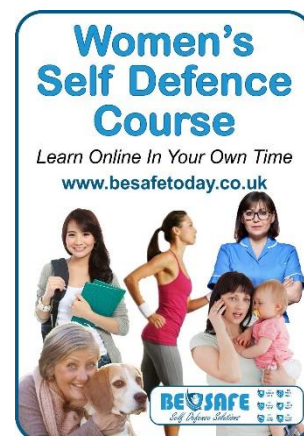
EqualiT-Rex Break Charity Dinosaur

Many of you visited the SESMA EqualiT-Rex Dinosaur as part of the Break Charity GoGo dinosaur trail.

Thank you to those that took part in the decoration of the EqualiT-Rex (named by Sensei Rhys), there were some great designs from all age groups and we used them all to cover our T-Rex.

A special thank you goes out to all who helped raise the money to purchase the model back in October last year. Also to William's Way Estate agents who contributed £450 to buying the model.

The winner of the Hoodie for the Photo with EqualiT-Rex is... Tilly Spedding for her big smile and Ta-Da arms showing off EqualiT-Rex



Special Winter Offer £19
link on sesma website