

## NOVEMBER SESMA NEWS

### Grading Assessments Start on Monday 14th November

#### **For Red Belts & Above.**

Details on how the grading assessments work please check out the link on the website newsletter or the link on the members portal.

Does not include Little Dragon

#### **Norwich Karate Grading Date & Times:**

##### **Sunday 11th December**

9am -11am Red, Yellow & Orange Belts,

11am-1pm Green, 2<sup>nd</sup> Green, Blue & 2nd Blue Belts

1pm-3pm Purple, Brown & 2nd Brown Belts

#### **Norwich Kickboxing Date:**

##### **Sunday 11th December**

3pm White-Green Junior & Senior

5pm 2<sup>nd</sup> Green – 2<sup>nd</sup> Brown Junior & Senior

### Family Bowling Sunday 13th November 10am

Come join the instructors for a session of fun & bowling at Namco Bowthorpe.

November 13th 10am.

2 games of bowling £10  
Pay on the day.

Slush & Coffee on me.... not literary :)

Please email [wayne@sesma.co.uk](mailto:wayne@sesma.co.uk) to book your place.

### 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

### KATA Friday 4<sup>th</sup> Nov

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

#### 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.

#### 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 email: [Wayne@sesma.co.uk](mailto:Wayne@sesma.co.uk) if you would like to give comp training a try.

### BEGINNER INTRO Courses 25% to Charity

During October we raised a further £25 for Time Norfolk Charity

Giving us a running total of **£110** to Time Norfolk Charity

SESMA believes in family and giving back to the community, that is why SESMA will be donating 25% of the beginners intro course

fee to [Time Norfolk the pregnancy loss charity](#) till the end of the year.

If you know anyone that would to try martial arts, then please send them to [www.sesma.co.uk](http://www.sesma.co.uk)

### DARK NIGHTS

E-Learning Women's Self Defence Course

Nights are drawing in and that tends to be the time when people think more of their safety when out.

Interesting Statistic by

[www.nolasart.org](http://www.nolasart.org)

What time do most physical assaults occur?

- 43% between 6:00pm and midnight.
- 33% between 6:00am and 6:00pm.
- 24% between midnight and 6:00am.

But it isn't only when you are enjoying a evening out that you can be a target. Work, shopping, university studying, walking the dog or out for a run or at the gym.

The course covers not only how to defend yourself if you are attacked, but how to recognise situations before they even happen.

Reading Body Language - Forced Teaming - Scripting - Red Flags

Our E-Learning online self defence course is designed to be easy to understand, learn, practice and remember.

There are no complicated moves that take years to practice, just simple basic moves that work

The BESAFE Women's Self Defence online course is about empowering women and giving them the knowledge to protect themselves and have the feeling of being safe in everyday life

**Dark Nights Discounted Price £19**

[www.besafetoday.co.uk](http://www.besafetoday.co.uk)