

SENIOR BELT TRAINING SESSIONS 2009

SENIOR TRAINING REQUIREMENTS

All Senior Belt students (Blue belt upwards) need to attend Senior Belt Training Sessions for their grading requirements. The sessions are held monthly, usually on the 2nd Sunday of the month in Dereham and the 4th Sunday of the month in Linton. The costs of these sessions are *£5.00 payable on the day. At these sessions students are asked to wear their white suits.

The requirements are as follows: -

<u>4th Kup – 3rd Kup</u>	5 lessons in a 6 month period
<u>2nd Kup</u>	6 lessons in a 6 month period
<u>1st Kup</u>	8 lessons in a 6 month period + 3 Area Black Belt Classes
<u>Black Belts</u>	1 lesson a month continuously, to increases to 10 lessons in the 6 mth period up to their grading.

Kup grades are expected to attend 1 Masters Seminar a year.
Black belts are expected to attend 2 Masters Seminars a year.

All lessons that contribute to your grading are to be paid for regardless of whether you attend or not. If you are not intending to grade within a period of time, we would be grateful for written notice of when you would like to grade, so that we can adjust our records and not invoice students unnecessarily.

Many Thanks.

<u>DATE</u>	<u>VENUE</u>	<u>TIME</u>
JANUARY 11 TH JANUARY 18TH	DEREHAM LINTON	3PM-5PM 2PM – 5PM
FEBRUARY 8 TH FEBRUARY 22 ND	DEREHAM LINTON	3PM – 5PM 2PM – 4PM
MARCH 8 TH MARCH 22 TH	FAKENHAM LINTON	4PM – 6PM 1PM – 3PM
APRIL 5 TH APRIL 26 TH	FAKENHAM LINTON	4PM – 6PM 2PM – 4PM
MAY 17 TH MAY 24TH	FAKENHAM LINTON	4PM – 6PM 2PM – 4PM
JUNE 14 TH JUNE 28TH	FAKENHAM LINTON	4PM – 6PM 2PM – 4PM
JULY 11TH (SAT)	DEREHAM	3PM – 6PM
AUGUST 9 TH AUGUST 23RD	DEREHAM LINTON	4PM – 6PM 2PM – 4PM
SEPTEMBER 13 TH SEPTEMBER 27TH	DEREHAM LINTON	4PM – 6PM 2PM – 4PM
OCTOBER 11 TH OCTOBER 25TH	DEREHAM LINTON	4PM – 6PM 2PM – 4PM
NOVEMBER 8 TH NOVEMBER 29TH	DEREHAM LINTON	4PM – 6PM 2PM – 4PM
DECEMBER 13 TH	DEREHAM	4PM – 6PM