

## Kilgetty Shotokan Karate July Grading Success

Kilgetty Shotokan Karate club continue to grow in skill, confidence, and technique after their latest grading examination success last weekend.

Former three times world champion, Sensei Leigh Smith returned to Kilgetty to examine the local Karate students. His strict and experienced eye noted the student's hard work and preparation.

Students have all been training thoroughly to move to the next level. Kilgetty Karate student, Neil Cunningham, who began his training in Kilgetty when the club first opened, is only one grade away from achieving his black belt; gaining a brown belt 2nd Kyu in the recent gradings. The other 18 students graded successfully on the day retaining the club's 100% pass rate.

Sensei Ian Ratcliffe, 3<sup>rd</sup> Dan Black Belt, congratulates his students on their grading success and is pleased with their progress.

Students range from aged 6 years to adults, many of whom train with their family members at the club. Kilgetty Shotokan Karate club offer training, helping people to get fit and gain skills which enables the students to gain confidence and a sense of self achievement.

Kilgetty Shotokan Karate Club are looking for new students to join them - men women & children of all levels of fitness and experience, all that is required is the dedication to train a few times a week.

Training takes place:

Tuesdays: 7-15-8-30pm at Kilgetty Information/Community Center. Thursday and Fridays: 7-15-8-30pm at Kilgetty scout hall.

£2-50p per lesson, please call 07986332288 if you are interested.

