



Ashington Karate Club September Newsletter

September 2012 News

Well done to all Students who achieved 100% attendance on Saturday mornings and Thursday evenings in September.
(Please Note: Students that are not at Ashington YMCA due to karate competitions/training events elsewhere are classed as in attendance)

IMPORTANT: Contact Details

With the winter season approaching, it is important to make sure we have **CORRECT** and **UP TO DATE** contact details of all our members, for if a class is to be cancelled, we must have a way to let you know. To make sure we have these details, please check with Sharon at the registration desk on Saturday mornings.

KUGB Northern Region Championships Saturday 27th October

The KUGB Northern Region Championships 2012 will be held at City Space, Sunderland on Saturday 27th October. This is a local competition, and would be great for junior grades from the club to go and experience what it is like competing at a KUGB competition. The competition entries will be paid from committee funds.

Ashington Karate Club Halloween Party Saturday 3rd November

We are holding a Halloween Party for students and their families on Saturday 3rd November at the Ashington & Ellington Social Club from 6:00pm-10:00pm. Tickets are on sale now at a price of £3.00 for members of the club and their families and friends.

Website: ashingtonshotokankarate.co.uk
Facebook: www.facebook.com/ashington.shotokankarate
Twitter: www.twitter.com/Ashington_Skc
YouTube: www.youtube.com/user/ashingtonKUGB
Google Picasa: picasaweb.google.com/102218149745286657496

Keep an eye on the club website as a new layout will be coming very soon.

KUGB Shotokan Cup

Saturday 15th September

Well done to all competitors who travelled to Chesterfield to compete at the Shotokan Cup competition. Results:

Abby Robinson – 2nd Girls Kumite 10-11
Maya Burns – 3rd Girls Kumite 5'3" and Over
Maya Burns – 4th Girls Kata

Also congratulations to Dylan Gibson, Niamh Duddridge and Louie Cummings, who made it to the semi-finals in their kata categories.

FREE Black and Brown Belt Course Saturday 13th October

On Saturday 13th October, there will be a free black and brown belt course with Sensei Andy Sherry and Sensei Bob Poynton at Willowburn Sports Centre in Alnwick. This is a great opportunity for members of Ashington SKC to train with some of the highest graded instructors in the country at a local venue.

FREE Kata Masterclass Sunday 21st October

On Sunday 21st October, there is a free Kata Masterclass for Black Belts only, with Sensei Frank Brennan, focusing solely on the kata Gojushiho Sho for two hours.
1:00pm-3:00pm, City Space, Sunderland, SR1 3SD

Bag Pack

On Saturday 20th October, we are holding a bag pack at Ashington Iceland to help raise funds for the competitors going to the KUGB Northern Region Championships. Any students wishing to help please see any committee member on Saturday mornings.

Forthcoming Karate Events

Tuesday 9th October 2012

Training with Sensei Frank Brennan

Sendai Newcastle – Eldon Square, Newcastle upon Tyne
Training Time – 6:30pm – 8:00pm (All Grades)
8:00pm – 9:00pm (Brown and Black Belts Only)

Saturday 13th October 2012

KUGB Free Brown and Black Belt Course

Willowburn Sports Centre, Alnwick, NE66 2JH
10:30am – 12:00pm (Brown Belts)
12:00pm – 1:30pm (Black Belts)

Saturday 3rd November

Ashington Karate Club Halloween Party

Ashington & Ellington Social Club
6:00pm-10:00pm

Sensei Jill, Sensei Trish and Sensei Keith will be awarding a cup to the student that they believe has a good attitude to training with good overall attendance each month.

Can you please return it at the end of the month so it can be awarded to another student at the beginning of the following month?

The student to receive this award for September

is:



Brooke Sproat





September Student Profile

Maya Burns

September 2012 Student Profile – Maya Burns

How old are you?

13 Years Old

How old were you when you started karate?

7 the first time, 8 the second

What is your current grade?

1st Dan Black Belt

How long have you trained at Ashington Karate Club?

4 years

What inspired you to start karate?

My Dad, Sensei Keith

How many hours per week do you train both in and out of the dojo?

4 1/2 to 5 hours

What is your order of preference – Kihon/Kata/Kumite?

Kumite, Kata, Kihon

What is your favourite kumite technique?

Kizami-zuki, Gyaku-zuki, followed by a kick

What is your favourite Kata?

Nijushiho

Who is your favourite competitor – past or present?

Holly Sterling, inspirational Kata & Kumite

Do you have a goal in karate?

To become Grand Champion at the National Championships and compete for the KUGB England Squad.

What are your best competition results?

Grand Champion at the KUGB Northern Regions 2011

What is your best karate moment?

Grand Champion at the KUGB Northern Regions 2011

What is your favourite food?

Melty chocolate cake

What is your favourite film/who is your favourite film star and why?

Titanic, it's so sad

What is your favourite TV program?

The Big Band Theory/Friends

What is your musical influence?

Chart Music

What is your favourite holiday destination?

St Lucia

What is your ambition in life?

To be successful with a good job.

Who inspires you?

My Mam and Dad.

