



#proudtobeKUGB
on its 50th year!

ASHINGTON KARATE CLUB

AUGUST NEWSLETTER

Sensei Jill Kelly, 6th Dan

AUGUST 2016 NEWS

Sensei Trish Bruce, 5th Dan



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KUGB SUMMER COURSE 2016

The annual KUGB Summer School in Lancaster was held from Monday 8th until Friday 12th August with six of the most senior instructors in the country. Unfortunately Sensei Jill was the only member of Ashington Karate Club to attend the course this year. We are hoping for more of our members to attend next year.

A message from Sensei Jill:

"I have been attending this summer course for the last thirty years, missing only one year! Needless to say I have made many friends that I see on a regular basis at the various KUGB courses and competitions. Anyone is welcome to go to this five day course, even beginner students! There is a children's summer camp for unaccompanied youngsters. Please look out for this course next year and see if it is something you may like to do as a family or couple or singleton! It is usually the first week in August, for those already planning holidays for 2017!"

Details for the 2017 summer course at Lancaster and spring course at Paignton will be available nearer the time. If anyone is interested in taking part in either course next year, please speak to any club instructor or committee member and they will be able to provide you with more information.

2017 GRADING DATES

The dates for our club gradings in 2017 are:

Sunday 26th March 2017

Sunday 16th July 2017

Sunday 17th December 2017

The times and venues are to be confirmed. Please excuse an error on the website which displays the venue as Newbiggin Sports and Community Centre for the March and July gradings.

FREE EXTRA TRAINING BROWN AND BLACK BELTS

On Sunday 2nd October, Sensei Jill and Sensei Trish will be holding a FREE class for all brown and black belts. This is an additional session mainly aimed towards those grading for their black belt at Sunderland in November, or those grading for their next kyu grade with Sensei Brennan in December, however all brown and black belts are welcome.

The class is free due to the funding we received earlier this year, but you must have trained at your regular club sessions that week, as this extra class is in addition to your regular classes, NOT instead of. All those training for brown and black belt gradings should take advantage of training three times in at least one week!

The class will be held at the new Ashington Leisure Centre from 10:00am-12:00pm. We will be taking names closer to the class so we know who will be attending.

AUGUST BONUS BALL WINNERS:

- 06/08/2016: Tammie Lang (18)
- 13/08/2016: Tammie Lang (18)
- 20/08/2016: Amy Chisholm (1)
- 27/08/2016: Lynn Gibson (6)

STUDENT OF THE MONTH:

THERE IS NO STUDENT OF THE MONTH FOR AUGUST DUE TO INSTRUCTORS AND STUDENTS BEING ON HOLIDAY THROUGHOUT THE MONTH.

THE NEXT STUDENT OF THE MONTH WILL BE PRESENTED FOR SEPTEMBER.

ATTENDANCE OF THE MONTH:

LENNON McCULLOCH

LOUIS PARSONS

PETER PHILLIPS

This award is given to all students who have had full attendance at both the Thursday and Saturday class throughout the month.

FORTHCOMING EVENTS:

Tuesday 20th September 2016
Training with Sensei Frank Brennan, 8th Dan
Eldon Leisure, Newcastle
6:30-8:00pm (all grades)

Sunday 9th October 2016
Bowling Trip + Food
Strike Bowling, Cramlington
2pm start followed by hot buffet.

Sunday 16th October 2016
KUGB Northern Region Kata Masterclass
City Space, Sunderland
11:00am-12:30 (all grades course)
1:00pm-3:00pm (black belt kata masterclass)
We encourage all members to attend the all grades course, especially brown belts hoping to grade in November.