



# Ashington Karate Club

## July Newsletter

### July 2013 News

Can you all please remember to get your card stamped every session, as before giving you permission to grade, Sensei Jill will check your cards to make sure you have good enough attendance.

### KUGB National Youth Championships

10 Members from Ashington Karate Club travelled down to Chesterfield on 6<sup>th</sup> July to compete in the KUGB National Youth Championships. Congratulations to who competed, as you all did well in your categories and the standard was very high. Results:

Jay Scott - 2nd, Boys Novice-4th Kyu Kata  
Louie Cummings - 1st, Boys Brown Belt Kata  
Ashington NKA A (Caitlin Birdsey, Maya Burns, Niamh Duddridge) - 3rd, Children's Team Kata

### IMPORTANT: Cancelled Class!

The Thursday class on 8<sup>th</sup> August is cancelled due to instructors and students attending the KUGB Karate Summer Camp in Lancaster.

### Summer Training

Please remember that all training is on as normal over the school summer holidays, with the exception of the class mentioned above on Thursday 8<sup>th</sup> August. Sensei Keith will also be putting on some extra classes over the summer. All of our students should be hoping to attend some of these classes for extra practice towards gradings and competitions. For more details on these classes please see the events page on our website.

28/07/2013 Ashington Leisure Centre  
31/07/2013 Lakeside Sports Centre (Killingworth)  
14/08/2013 Lakeside Sports Centre (Killingworth)  
18/08/2013 Ashington Leisure Centre  
27/08/2013 Lakeside Sports Centre (Killingworth)

### Forthcoming Karate Events

**Monday 5<sup>th</sup>-Friday 9<sup>th</sup> August**

**Lancaster Summer Camp, Lancaster University**  
Training with the top instructors in the country.

**Tuesday 13<sup>th</sup> August**

**Training with Sensei Frank Brennan**  
Eldon Square, Newcastle  
6:30pm-8:00pm (All Grades)  
8:00pm-9:00pm (Brown and Black Belts)

**Saturday 14<sup>th</sup> September**

**KUGB Shotokan Cup 2013**  
Queen's Park Sports Centre, Chesterfield  
(Brown and Black Belts only)

**Saturday 28<sup>th</sup> and Sunday 29<sup>th</sup> September**  
**WSKA World Shotokan Karate Championships**  
Echo Arena, Liverpool  
Day Ticket £25, Both Days £40

**MORE IMPORTANT UPCOMING EVENTS ON OUR WEBSITE**

### REMINDER: Karate on the Beach 2013

Well done to everyone who participated in Karate on the Beach. Please make sure that if you haven't handed in your sponsor money to any committee member yet, you do so soon.

### Kyu Grading

Congratulations to everyone who passed their kyu grading with Sensei Frank Brennan on 14<sup>th</sup> July. Unfortunately we do not have the full results yet, but they will be posted on our website as soon as we do. The next grading is on Sunday 15<sup>th</sup> December at Willowburn Sports Centre, Alnwick.

### Ashington Karate Club in the Newspaper

Ashington Karate Club were in the News Post Leader on 11/07/2013 and the Evening Chronicle on 16/07/2013 for our achievements at the KUGB National Championships and the KUGB Liverpool Youth Championships. To see the articles visit our website, [www.ashingtonshotokankarate.co.uk](http://www.ashingtonshotokankarate.co.uk).

### Evening Chronicle 'Wish Sports' Funding

The Evening Chronicle have a cash pot of £30,000 to give away to various sporting clubs around the North East. To help some of this funding go to Ashington Karate Club, all you have to do is collect the blue 'Wish Sport' tokens from the Chronicle. They will be available in the Evening Chronicle every day until September. The amount of the cash pot each sports club has been given will be revealed in October. **Please help us raise funds by collecting these tokens.** If you do collect any tokens, please hand them in to any committee member on a Saturday morning or Thursday evening.

**Please remember to check at the registration desk that we hold an up to date telephone and e-mail address.**  
**In exceptional circumstances the class may have to be cancelled at very short notice, so a blanket text and/or email will be issued.**

**Website:** [ashingtonshotokankarate.co.uk](http://ashingtonshotokankarate.co.uk)

**Facebook:** [www.facebook.com/AshingtonShotokanKarateClub](http://www.facebook.com/AshingtonShotokanKarateClub)

**Twitter:** [www.twitter.com/Ashington\\_Skc](http://www.twitter.com/Ashington_Skc)

**YouTube:** [www.youtube.com/user/ashingtonKUGB](http://www.youtube.com/user/ashingtonKUGB)

Sensei Jill and Sensei Trish 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 July is:**



**Louis Parsons**



Student of the month trophies sponsored by Sensei Keith.