



# Ashington Karate Club

## January Newsletter

January 2015 News

**Can you please remember to get your card stamped every session, as before giving permission to grade, Sensei Jill will check your cards to make sure you have good attendance. If you forget your card, it will NOT be stamped twice the next week.**

### **IMPORTANT:**

#### **Change of Grading Venue**

From this year, all NKA Ashington gradings will now take place at the Northumberland Church of England Academy, Ashington rather than Willowburn Sports Centre, Alnwick. Times remain same as usual. Please see the full address below.

**Northumberland Church of England Academy**  
Academy Road  
Ashington  
Northumberland  
NE63 9FZ

This year's grading dates are:

**22nd March**  
**12th July**  
**13th December**

For further details on the times and costs of the gradings, visit our Events page.

*If you do not know your way to this new venue, you can visit our Venues page and type your address into the map at the bottom of the page, which will give you directions from your home to the Academy.*

#### **DEBRA Charity Course with Sensei John James Bruce and Sensei Holly Sterling**

We give a massive thank you to everyone who traveled to Ashington today even in the bad weather conditions to support our DEBRA charity course with Sensei John James Bruce and Sensei Holly Sterling. There was a great turnout, with a total of 51 people training.

We would like to thank both instructors for putting on an enjoyable course. We raised a total of £317 for DEBRA. Also thank you to Katie Parsons, who took photos at the event, which are available to view on our Facebook page.

#### **Forthcoming Karate Events**

**Sunday 15<sup>th</sup> March**

**Northern Region Kumite Development Squad Selections**  
Venue TBA, Leeds

11:00am-12:30pm (all grades course)

1:00pm-3:00pm (squad selections and training)

£8.00 for one or both sessions

**MORE IMPORTANT UPCOMING EVENTS ON OUR WEBSITE**

#### **KUGB England Squad Selections**

Congratulations to Gemma Gibson and Niamh Duddridge who were both reselected onto the KUGB England Junior Kumite Squad for their second year, after they represented their country at the ESKA European Championships in Zurich, Switzerland last year.

Gemma was also selected onto the KUGB England Kata Squad for her first year, along with Niamh Duddridge, who was reselected for her second year, and Dylan Gibson, who was reselected for his fourth year.

#### **Frienduary**

**A challenge for all our students in February!**

Please bring along a friend to try out a Thursday evening or Saturday morning class. The first class for the friend will be free. There will be a small reward for the student who brings their friend if they stay and sign up for the club.

#### **New Twitter Account – @AshingtonNKA**

We have created a new Twitter account, username @AshingtonNKA. If you use this social network, please give our new account a follow.



DEBRA Charity Course with Sensei J Bruce and Sensei H Sterling

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

**Email:** [enquiries@ashingtonshotokankarate.co.uk](mailto:enquiries@ashingtonshotokankarate.co.uk)

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

**Twitter:** [www.twitter.com/AshingtonNKA](http://www.twitter.com/AshingtonNKA)

#### **MONTHLY AWARDS – January 2015**

**Student of the Month:**

**David Brown**

**Attendance of the Month:**

**James De Vera**



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

Student of the Month trophies sponsored by Keith Burns and Joe Wood.