



Ashington Karate Club

April Newsletter

April 2014 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.

New Black Belt

Congratulations Imogen!

Congratulations to Imogen Venters-Wood, who successfully passed her 1st Dan grading in Cowdenbeath.

Imogen has trained very hard over the past year and has improved greatly.

Congratulations once again. For pictures see the website.

Sunderland Karate Championships & Competition Training

The annual Sunderland Karate Championships will be held on Sunday 8th June at City Space, University of Sunderland. This competition is local to us and is smaller than official KUGB competitions, making it a good starting point for new competitors.

We have arranged to have a special competition training class with our junior instructors after the class at the YMCA on 17th May. This class will be **FREE OF CHARGE**, so we encourage as many of our members to take part as possible.

Karate on the Beach 29th June 2014

Our annual sponsored Karate on the Beach event will take place at Blyth Beach on 29th June 2014. Details and letter to follow soon.

Train with the Champions 2014 4th-8th August, Lancaster University

For many years students and instructors from Ashington Karate Club have attended the KUGB Lancaster Karate Summer School. Anyone interested in attending the five-day course please speak to any committee member or Sensei for more information or application forms. This is a good opportunity to train under the top six instructors in the country, and amongst students from many clubs nationwide and abroad.

Forthcoming Karate Events

Sunday 3rd June

Training with Sensei Frank Brennan

Eldon Square, Newcastle
6:30pm-8:00pm (all grades)

Sunday 8th June

Sunderland Karate Championships

City Space, University of Sunderland

Sunday 13th July

Training and Grading with Sensei Frank Brennan

DETAILS ON BACK OF NEWSLETTER

MORE IMPORTANT UPCOMING EVENTS ON OUR WEBSITE

KUGB National Championships Results

With a squad of only eight competitors travelling to the NIA for this Saturday's KUGB National Championships, we achieved some of our best results for several years! Our young students are starting to blossom and benefit from their years of hard work and dedication to training.

All our competitors managed to win several rounds in their respective categories, with several getting close to qualifying for the Finals.

Our junior Team Kata was one of those who progressed to the Finals and secured fourth place - no mean achievement for a newly formed team of Maya Burns, Louie Cummings and Niamh Duddridge.

Louie Cummings was runner up in the boys 5' to 5'5" Kumite category, as well as being a member of the Team Kata.

Two of our girls Niamh Duddridge and Gemma Gibson won through to the finals and had to fight each other to determine who would be crowned national champion for the under 5'3" girls category. It was a shame that one of them had to lose! Niamh came through the winner, it was a spirited contest!

Because Niamh had won the Girls Kumite and been placed in the Team Kata she was awarded Best Overall Junior and was presented with the Charlie Naylor Memorial Trophy by Sensei Andy Sherry.

Look out on the KUGB website and Facebook page for some wonderful pictures and those taken by ourselves have been uploaded onto our gallery! Keep an eye out for any articles in the News Post Leader and Chronicle!

~Sensei Jill Kelly

Barclays Bank £4£

Thank you to all our students and their families who helped us raise funds at the Christmas Party last year. We have now received a cheque for **£750.00** from CAF, courtesy of Barclays Bank Pound For Pound scheme. We will share the funds through a voucher scheme with all our members. Students can use their voucher towards the cost of a club jacket, a club sports bag, a gi, or a pair of mitts from Sensei Jill.

Website: ashingtonshotokankarate.co.uk

Email: enquiries@ashingtonshotokankarate.co.uk

Facebook: www.facebook.com/AshingtonShotokanKarateClub

Twitter: www.twitter.com/Ashington_Skc

STUDENT OF THE MONTH

The student to receive this award for April is:



Niamh Duddridge



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?

Student of the month trophies sponsored by Sensei Keith and Joe Wood.



Ashington Karate Club Course and Grading

Sunday 13th July 2014

Sensei Frank Brennan, 7th Dan

Willowburn Sports Centre, Alnwick

Instructor: Sensei Frank Brennan, 7th Dan

Date: Sunday 13th July 2014

Location: Willowburn Sports Centre, Alnwick

Times are as follows:

Training:

10:30am-12:15pm – Green Belts and Above

2:30pm-4:00pm – White-Yellow Belts

Grading:

Gradings to follow shortly after each training session.

Costs:

Training and Grading – **£21.00**

Training Only – **£10.00**



PLEASE NOTE: No Training, No Grading

**WE ARE CONSTANTLY CHECKING THAT ALL LICENCES ARE IN DATE.
PLEASE MAKE SURE YOU RENEW YOUR LICENCE WHEN IT IS READY.
IF YOUR LICENCE IS NOT RENEWED YOU WILL NOT BE ABLE TO
GRADE!**

A current KUGB licence is essential!

For further information please contact

Sensei Jill Kelly, 6th Dan: ☎ 01670 505843 / ☎ 07930 324556

Sensei Ian Willis, 6th Dan: ☎ 01670 523219 / ☎ 07710 790643

Next Grading 13th December 2014

