



ASHINGTON KARATE CLUB

MARCH NEWSLETTER

Sensei Jill Kelly, 6th Dan

MARCH 2019 NEWS

Sensei Trish Bruce, 6th Dan

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 Ashington Shotokan Karate

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NEW BLACK BELTS - CONGRATULATIONS!

Congratulations to Joel Pollard, Nick Sandeman, Jamie Lewis Ledger and Rachael Barnes who achieved Shodan (1st Dan Black Belt) at Kirkintilloch, Scotland on Saturday 23rd March 2019 with Sensei Andy Sherry, 9th Dan!

"Heartiest congratulations to Joel, Rachael, Nick and Jamie who all passed their Shodan grading first time at Kirkintilloch. All four have trained hard for this grading, and have reaped the reward of becoming a black belt. Great news; very few pass Shodan at the first attempt (only 30%). Perhaps all the driving from your instructors to improve seems worth it all now!

"The iron ore feels itself needlessly tortured as it passes through the furnace.

The tempered blade looks back and knows better."

When you get repeatedly told by your instructor to train harder and better and you really feel it is unnecessarily hard and tortuous, you realise in the end that's it all worth it, and you are not the rough iron ore anymore but a fine steel blade, in other words a black belt!!!" – Sensei Jill



GRADING WITH SENSEI FRANK BRENNAN

Congratulations everyone who graded at our first grading of 2019 on Sunday 24th March with Sensei Frank Brennan, 8th Dan at Josephine Butler Campus. A special well done to Esme Parkinson who received a pass and a half!

A full gallery of photos from the day and the results list for Ashington members can be found on our website.

IMPORTANT! BAG PACK – 27TH APRIL

We are now taking names for the bag pack at Morrisons in Morpeth on Saturday 27th April. Remember that taking part in fundraising now counts towards 50% of our new attendance policy for receiving funding such as competition entries.

JOHN TALBOT FUNDING

On Saturday 23rd March 2019, Colin Redpath from the Ashington Leisure Partnership visited the club to present a cheque to committee chairperson Lynn Gibson after the club was awarded a large grant from the Partnership. We thank Colin and the Partnership for their continued support.

MARCH BONUS BALL WINNERS:

02/02/2019: Ashington Karate Club (7)

09/02/2019: Sensei Jill Kelly (36)

16/02/2019: Samantha Lee (53)

23/02/2019: Chris Houston (48)

30/03/2019: Claire Brash (59)

STUDENT OF THE MONTH:

EMMIE-ANN HENDERSON



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

ATTENDANCE OF THE MONTH:

AEDÁN CALDWELL

CALLUM CALDWELL

JAKE COULTAS

TEAGAN COULTAS

MELODY DIANG

EMMIE-ANN HENDERSON

RONYA LANE

LENNON McCULLOCH

ROBEL MULUBRHAN

LOUIS PARSONS

PETER PHILLIPS

ZOE YOUNG

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

FORTHCOMING EVENTS:

Saturday 20th April 2019

Easter Fun + Equipment Class

Ashington Leisure Centre

10:00am-11:30am

All students will receive an Easter Egg!

Tuesday 23rd April 2019

Training with Sensei Frank Brennan

Eldon Leisure, Newcastle

6:30pm-8:00pm (all grades)

8:00pm-8:45pm (brown and black belts)

Saturday 1st May 2019

53rd KUGB National Championships

Leicester Arena

Visit the Events page on our website ashingtonshotokankarate.co.uk for more events throughout 2019.