



ASHINGTON KARATE CLUB

MARCH NEWSLETTER

Sensei Jill Kelly, 6th Dan

MARCH 2017 NEWS

Sensei Trish Bruce, 5th Dan

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NEW BLACK BELTS!

Congratulations to Jamie Armstrong, James De Vera, Krysia Pollard and Abby Robinson, who passed their Shodan grading under Sensei Andy Sherry, 9th Dan on Saturday 25th March. The students travelled to Kirkintilloch near Glasgow for the grading. All had been training for between three and six years for this moment and were rewarded for their diligence by passing this hard examination, where the pass rate for first time applicants is only 30%.

Well done everyone!



KUGB RAFFLE TICKETS

Thank you to everyone who helped us sell KUGB raffle tickets. We handed in tickets to Sensei Brennan at the KUGB Grand Slam and to Sensei Sherry at our club grading. Overall, we sold over £400! This total will go towards supporting the KUGB England Squad when they travel to Italy and Portugal later this year for the World and European Championships.

GRADING WITH SENSEI ANDY SHERRY

Congratulations to everyone who graded with Sensei Andy Sherry, 9th Dan on Sunday 26th March. 31 of our members graded, with good performances by many.

The list of results can be found on our website, as they cannot fit on this newsletter. A large gallery of photos can also be found on our website. Please take time to view these – often you can realise your own faults from photographs and know where to improve.

We look forward to seeing everybody in their new belts!

LICENCES

At the grading we noticed that several of our members' licences were not complete. Please make sure that the details on the first page are completed along with an *up-to-date* picture, and that your name is written on the top of the middle page with the grading results!

When your licence is renewed and your new slip arrives, please glue it straight into the book so you do not lose it!

MARCH BONUS BALL WINNERS:

04/03/2017: Kay Parsons (26)

11/03/2017: Amy Chisholm (5)

18/03/2017: Cheryl Bell (13)

25/03/2017: Gary Cowell (43)

STUDENT OF THE MONTH:

JAMIE ARMSTRONG



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:

THOMAS BUTLER

JAKE COULTAS

GARY COWELL

NATHANIEL COWELL

BEVERLEY FOSTER

LENNON McCULLOCH

CHARLOTTE REASON

RUBY RICHES

NICKY CHISHOLM

JESSICA PEEL

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 25th April 2017

Training with Sensei Frank Brennan
Eldon Leisure, Newcastle
6:30pm-8:00pm (all grades)
8:00pm-8:45pm (brown and black belts)

Saturday 6th May 2017

KUGB National Championships
NIA Birmingham
Eliminations begin at 10:00am.

Sunday 6th-Friday 1st August 2017

KUGB Summer Residential Course
Lancaster University
Week-long course with senior instructors.

Visit the Events page on our website
ashingtonshotokankarate.co.uk
for more events throughout 2017.