



ASHINGTON KARATE CLUB

MARCH NEWSLETTER

Sensei Jill Kelly, 6th Dan

MARCH 2018 NEWS

Sensei Trish Bruce, 5th Dan

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NEW BLACK BELTS!

Congratulations to Beverley Foster and Thomas Davison who passed their Shodan grading on Saturday 24th March 2018 at Kirkintilloch in Scotland with Sensei Andy Sherry, 9th Dan. Both have worked very hard towards this grading and Sensei Jill and Sensei Trish are proud to have two new black belts in the club!

KYU GRADING – MARCH 2018

Congratulations to everyone who passed their grading with Sensei Frank Brennan, 8th Dan on Sunday 18th March. A total of 99 people graded on the day, and there were some fantastic performances! Sensei Jill was very impressed by the etiquette of our members. A full list of results for Ashington Karate Club members can be found on our website.

COUNTY COUNCIL FUNDING

The club are grateful to have received £1750 from Northumberland County Council Community Chest towards £2325 needed for new equipment. The remainder of the cost was paid for using existing committee funds. Most of the equipment is now purchased and was used at our Easter class.

MORRISONS BAG PACK – 29TH APRIL

We are lucky to have been granted a bag pack at Morrisons in Morpeth on Sunday 29th April. We will be grateful to any club members who would volunteer to help at this bag pack. If you would like to help, please let a committee member know what time you are available. All money raised at bag packs will be used by the committee to benefit all our club members.

ATTENDANCE MANAGER AND CLUB CARDS

After changes of positions on the club committee, can everyone now please let Dylan know on 07552 694 111 if you are going to be missing a class, so your mark can be granted if it meets the guidelines on our attendance policy.

We have noticed recently that many members are no longer bringing their club cards to be stamped at training. A solution we have come up with is that the club keeps all cards and they can be stamped at the desk based on the marks given on the register.

This means if Sensei Jill wants to check anyone's cards for a year-long overview of their attendance it will be easy to do so. We will be implementing this change throughout April and hope to have everyone's cards collected by the start of May.

JOSEPHINE BUTLER FLOOR

Due to the gaps in the floorboards at Josephine Butler, students may wear light trainers on Thursday nights. The floor will not be fixed for at least a year, as the school have not budgeted for it. Details for footwear specifically designed for martial arts use can be found on the back of this newsletter.

MARCH BONUS BALL WINNERS:

03/03/2018: Emma Brown (28)
10/03/2018: Betty Robertson (37)
17/03/2018: Amy Chisholm (5)
24/03/2018: Claire Brash (50)
31/03/2018: Louis Parsons (17)

STUDENT OF THE MONTH:

AEDÁN CALDWELL



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:

JAMES BROWIN
JAKE COULTAS
TEAGAN COULTAS
MELODY DIANG
TONG XIN HE
YONG JIE HE
LOUIS PARSONS
PETER PHILLIPS
CHARLOTTE REASON
SHAY SUMMERS

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

FORTHCOMING EVENTS:

Sunday 15th April 2018
Training with Sensei John James Bruce and Sensei Holly Sterling
Gateshead Leisure Centre
10:00am-11:15am AND 11:15am-12:30pm

Tuesday 8th May 2018
Training with Sensei Frank Brennan
Eldon Leisure, Newcastle
6:30pm-8:00pm (all grades)
8:00pm-8:45pm (brown and black belts)

Sunday 24th June 2018
Karate on the Beach
Blyth Beach

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

SUITABLE FOOTWEAR FOR KARATE TRAINING

Due to the gaps between the floorboards in the main hall at Josephine Butler Campus, we give our students permission to wear light trainers on Thursday nights.

If anyone would like to purchase footwear designed specifically for martial arts training, two examples can be found below.

These can be bought via the website addresses below.



Blitz Martial Arts Training Shoes

Adults (sizes 6-12) - £29.99

<http://www.blitzsport.com/clothing/footwear/Adult-Martial-Arts-Training-Shoes-White-Black>

Children (sizes 1-1.5) - £19.99

<http://www.blitzsport.com/clothing/footwear/Kids-Martial-Arts-Training-Shoes-White-Black>

Postage not included in price, free for orders over £99.



Century Mat Sox

All sizes (S, M, L, XL) - £19.99

<https://www.martialartshop.co.uk/martial-art-footwear/century-mat-sox/>

Postage - £3.99, free for orders over £50.