



ASHINGTON KARATE CLUB

OCTOBER NEWSLETTER

Sensei Jill Kelly, 6th Dan

OCTOBER 2017 NEWS

Sensei Trish Bruce, 5th Dan



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B&M AND SAINSBURY'S BAG PACKS

Thank you to everyone who helped at our bag packs at Ashington B&M on Sunday 8th October and Cramlington Sainsbury's on Saturday 14th October. Between both of these bag packs we raised a total of £1286.55 in a week!

This will be a great start to helping with costs in 2018!

BOWLING TRIP

Thank you to everyone who came to our bowling trip on Sunday 29th October. A great day was had by all who attended. Our Halloween raffle was drawn on the trip. Congratulations to Lennon McCulloch who won the first prize Halloween sweet hamper, and Louis Parsons who won the second prize Halloween cake which was kindly donated by Dawn and Neil Mason. We were also pleased that everyone who put their name down for the trip turned up and enjoyed themselves!

DECEMBER GRADING

Our club grading with Sensei Frank Brennan on Sunday 17th December is only SIX WEEKS away. All members who are hoping to grade should be training twice a week. Your KUGB licence states "Only members holding a current KUGB licence and training at least twice per week at a KUGB dojo, with a KUGB instructor, are entitled to grade". The mock grading will be held at Ashington Leisure Centre on Saturday 2nd December.

FREE BLACK AND BROWN BELT COURSE

A FREE black and brown belt course will be held at CitySpace Sunderland with Sensei Andy Sherry and Sensei Bob Poynton on Sunday 19th November. Details can be found in the 'Forthcoming Events' section of this newsletter.

KUGB NORTHERN REGION CHAMPIONSHIPS

Well done to all our members who competed at the KUGB Northern Region Championships in Sunderland on Saturday 21st October. It was great to see so many of our members interested in competing, and all who attended enjoyed themselves regardless of results. Congratulations to the following who placed in their categories:

Joel Pollard – 1st, Boys 10-11 Kumite
Evie Ackroyd – 2nd, Children's Brown Belt Kata
Dylan Gibson, Niamh Duddridge, Gemma Gibson – 2nd, Adult Team Kata
Nicky Chisholm – 3rd, Boys 10-11 Kumite
Daniel Jackson – 3rd, Boys Kumite Under 5'
Niamh Duddridge, Gemma Gibson, Beverley Foster, Krysia Pollard – 3rd, Female Team Kumite
Dylan Gibson – 4th, Senior Male Kata

REMINDER: ATTENDANCE POLICY

Reminder to anyone who is unsure of our attendance policy that it can be viewed on the 'Newsletters' page of our website. If you cannot attend a class please message Neil Mason at 07902369770.

OCTOBER BONUS BALL WINNERS:

07/10/2017: Ashington Karate Club (57)

14/10/2017: Tom Butler (52)

21/10/2017: Lennon McCulloch (16)

28/10/2017: Tom Butler (52)

STUDENT OF THE MONTH:

LUKE REDPATH



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 BROWN

JAKE COULTAS

TEAGAN COULTAS

PETER PHILLIPS

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 19th November 2017
FREE Black and Brown Belt Course
CitySpace, University of Sunderland
10:30am-12:00pm (brown belts)
12:30pm-1:30pm (black belts)

Saturday 9th December 2017
Christmas Party and Presentation Evening
The Miners, Ashington
6:00pm start. Tickets available soon.

Sunday 17th December 2017
Grading with Sensei Frank Brennan
Josephine Butler Campus, NCEA
Full details can be found on grading poster.

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