



Ashington Karate Club September Newsletter

September 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.

Niamh and Gemma selected for ESKA European Championships!

Ashington Karate Club is delighted to announce that Gemma Gibson and Niamh Duddridge have been selected to represent the KUGB internationally at the European Championships in Zurich, Switzerland in late November.

Gemma and Niamh are on the KUGB national squad and have had outstanding results over this year which has resulted in them being selected for the girls events. Niamh is National Champion for the Girls Kumite Under 5'3" and Gemma was Individual National Champion in the same category at the second of the two most prestigious events in the karate calendar.

The two girls fought each other in the finals at both competitions, so it was always going to be a first and second for Ashington Karate Club!

Gemma and Niamh both train at the YMCA on Saturday mornings and at Mowbray First school on a Thursday night in the senior brown and black belt class. Both Girls are also working towards their Junior Instructor Award over the next year so they can put back into karate as well as reaping the benefits of International travel.

Sensei Jill Kelly

IMPORTANT: New Attendance Policy

We are pleased to announce that after our recent committee meeting, all students with 75% attendance or more will benefit from fundraising activities.

Any students who attend 75% of either our Saturday classes at the YMCA or Thursday classes at Mowbray will be entitled to funding. Exceptions will be made for illness and injury which limit training and family holidays as well as squad trainings and competitions.

Attendance will be checked for the months leading up to each funding allocation.

This will take effect from 31st October 2014 on an ongoing basis.

Forthcoming Karate Events

Saturday 25th October

KUGB Northern Region Championships

City Space, University of Sunderland

Details on website

Sunday 14th December

Training and Grading with Sensei Frank Brennan

Willowburn Sports Centre

There will be a small adjustment to the times for these classes and gradings, as we now have to be out of the hall by 6:00pm. We will keep you advised in our next newsletter and also on the website. The venue and date remains the same, so please put it in your notepad.

MORE IMPORTANT UPCOMING EVENTS ON OUR WEBSITE

KUGB Shotokan Cup 13th September

Congratulations to our four members who travelled to Chesterfield for the KUGB Shotokan Cup. The competition was very busy, with 50% more children competitors and 15% more adult competitors than last year.

For the third time this year, Niamh Duddridge and Gemma Gibson faced each other in the final of the Girls Kumite Under 5'3". This time, it was Gemma who came out victorious. Both girls put up a great fight to come first and second.

The two girls also made the semifinals for the Girls Kata, along with Maya Burns. The category was very large with around 50 competitors. All three of the girls made the top 10 of these, just missing out on the final.

Eeva Haaramo runs for DEBRA

Congratulations to Eeva Haaramo, Sensei Jill's son's partner, who completed the Great North Run in 1 hour, 58 minutes and the Loch Ness Marathon in 4 hours, 9 minutes.

Eeva ran in support of DEBRA, the KUGB charity for 2014 which was suggested by Sensei Jill. Eeva has exceeded her goal of £500, which will go towards the KUGB fund for DEBRA. Thank you to everyone who donated.

EasyFundraising Reminder

With Christmas approaching and everyone starting to buy Christmas presents, please don't forget to use our EasyFundraising link through the website.

EasyFundraising does not add any cost to your shopping, but gives a percentage of your cost to Ashington Karate Club.

If you often wish to use EasyFundraising, but forget to do so, you can download their NEW donation reminder from their website:
easyfundraising.org.uk/raise-more/donation-reminder

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 September is:



Dylan Gibson



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.