



Ashington Karate Club

December Newsletter

December 2012 News

Well done to all Students who achieved 100% attendance on Saturday mornings and Thursday evenings in December.
 (Please Note: Students that are not at Ashington YMCA due to karate competitions/training events elsewhere are classed as in attendance)

Grading Results

Congratulations to all students who successfully graded under Sensei Frank Brennan on Sunday 16th December. The course was a good turnout and all students performed to a good standard and showed a good attitude.

Happy New Year

We hope you have all enjoyed the Christmas festivities and we hope you have a happy, healthy and prosperous new year 2013.

Christmas Party & Presentation Evening

On 8th December we held our annual Christmas Party, which was successful as always. With the help of Barclays Bank we managed to raise over £1000, to help with competition costs, events, etc. throughout 2013. At the Party we also held the presentation, where every member of the club were awarded with a medal for their membership with the club. Special awards were also given out with the results as follows:

Most Improved Junior: James DeVera

Best Overall Junior: Luke Davis

Most Improved Senior: Louie Cummings

Best Overall Senior: Maya Burns

See picture of these students at bottom of page.

KUGB Northern Region Course & AGM

Sunday 3rd March 2013

The KUGB Northern Region Course will be held on the 3rd March this year. The venue and times are currently still to be confirmed, but it is highly recommended that as many of our members as possible attend this course, as it is a great opportunity to attend an official KUGB regional course and train with some of the most experienced instructors in the country.

After the course is over, the KUGB hold their annual Northern Region AGM. Sensei Jill will be attending this course and asks that if there is anything you would like to see happen in the Northern Region, tell her so she can mention it at the AGM. Keep an eye on our website, ashingtonshotokankarate.co.uk so that you can find out when the times and venue are confirmed.

Website: ashingtonshotokankarate.co.uk

Facebook: www.facebook.com/AshingtonShotokanKarateClub

Twitter: www.twitter.com/Ashington_Skc

YouTube: www.youtube.com/user/ashingtonKUGB

Google Picasa: picasaweb.google.com/102218149745286657496

Name	Grade	Belt
Max Archer	9 th Kyu	Orange
Harrison Gent	9 th Kyu	Orange
Jamie Armstrong	9 th Kyu	Orange
Evan Young	9 th Kyu	Orange
Christopher Denham	8 th Kyu	Red
Brooke Sproat	8 th Kyu	Red
James DeVera	8 th Kyu	Red
Ralph Ticman	7 th Kyu	Yellow
Ethan Cook	7 th Kyu	Yellow
Nathan Lillico	5 th Kyu	Purple
Francis Diosolan	5 th Kyu	Purple
Alex Rutherford	5 th Kyu	Purple
Jay Scott	5 th Kyu	Purple
Luke Davis	3 rd Kyu	Brown
Ray Cobbledick	3 rd Kyu	Brown
James Metcalf	2 nd Kyu	Brown + White
Tyler Campbell	1 st Kyu	Brown + 2 White

Forthcoming Karate Events

Sunday 3rd March

KUGB Northern Region Course & AGM

Venue and Times TBA.

Sunday 24th March

Training and Grading with Sensei Andy Sherry, 8th Dan & Chief Instructor of KUGB

Willowburn Sports Centre, Alnwick, NE66 2JH

10:00am-12:00pm (Black Belts training session)

12:45pm-2:15pm (Kyu Grades training session)

2:30 onwards (Grading; all Kyu Grades)

The black belt training session will be a special Kata Masterclass, of which the kata(s) will be announced by the beginning of February.

TURN OVER FOR STUDENT PROFILE

Due to the class being on Christmas break for most of the month, there will be no student of the month for December.

Please remember to check with Sharon at the registration desk that we hold an up to date telephone and e-mail address.

In exceptional circumstances the class may have to be cancelled at very short notice, so a blanket text and/or email will be issued.





December Student Profile

Gemma Gibson

December 2012 Student Profile – Gemma Gibson

How old are you?

13

How old were you when you started karate?

7, nearly 8

What is your current grade?

1st Dan Black Belt

How long have you trained at Ashington Karate Club?

4 years 9 months

What inspired you to start karate?

My brother Dylan already trained

How many hours per week do you train both in and out of the dojo?

3-6

What is your order of preference – Kihon/Kata/Kumite?

Kumite, Kata, Kihon

What is your favourite kumite technique?

Kizami-tsuki, Gyaku-tsuki

What is your favourite Kata?

Jion

Who is your favourite competitor – past or present?

Matt Price

Do you have a goal in karate?

To carry on competing as long as possible

What are your best competition results?

2nd Girls Kumite, Northern Regions 2012

2nd Brown Belt Kata, Sunderland Karate Championships 2012

2nd Girls Kumite Over 5ft, Seahouses 2012

1st Novice-4th Kyu Kata 11-14, Seahouses 2010

What is your best karate moment?

Passing my 1st Dan Grading

What is your favourite food?

Chicken Tikka

What is your favourite film/who is your favourite film star and why?

I don't have one

What is your favourite TV program?

Not sure...

What is your musical influence?

Paramore

What is your favourite holiday destination?

Orlando, Florida

What is your ambition in life?

To be successful with karate, and outside life

Who inspires you?

Family and friends

