



#proudtobeKUGB
on its 50th year!

ASHINGTON KARATE CLUB

NOVEMBER NEWSLETTER

Sensei Jill Kelly, 6th Dan

NOVEMBER 2016 NEWS

Sensei Trish Bruce, 5th Dan



www.ashingtonshotokankarate.co.uk



enquiries@ashingtonshotokankarate.co.uk



@AshingtonShotokanKarateClub



@AshingtonNKA



ashington_nka

NEW BLACK BELTS!

Congratulations to Luke Davis, Evan Young and Louis Parsons who passed their Shodan grading at Sunderland on 20th November 2016 with Sensei Andy Sherry, 9th Dan and Sensei Bob Rhodes, 8th Dan.

Visit our website for a full write-up by Sensei Jill.



B&M BAG PACKS

Thank you to everyone who helped out at our bag packs at B&M Blyth on Saturday 12th and Sunday 13th November. We raised a total of £648.52 overall (£276.89 on Saturday and £371.63 on Sunday). Our next bag pack will be on Sunday 8th January at B&M Ashington.

CHRISTMAS PARTY – 10TH DECEMBER 2016

Our Christmas Party and Presentation Evening will be held at the Miners Ashington on Saturday 10th December 2016.

Tickets are now on sale. Please return your raffle tickets as soon as possible.

GRADING REMINDER: Reminder that Newbiggin

Sports Centre are opening their food and drink bar especially for us at the club grading, so please try and use this.

EUROPEAN CHAMPIONSHIPS 2016

Congratulations to Niamh Duddridge, who was part of the team who placed second in the Cadet Female Team Kumite at this year's ESKA European Championships. This is a fantastic achievement and the whole club is very proud of her.

CHRISTMAS TRAINING TIMES

Below are the training times for over Christmas. There will be an extra class on Wednesday 28th December at Ashington Leisure Centre from 10:00am-11:30am. This class will be used to teach the new katas to those who graded on 16th December. Brown and Black belts will also learn a new kata. Any surplus selection boxes from the Christmas party will be drawn at this class.

Thursday 22nd December – CANCELLED

Saturday 24th December – CANCELLED

Wednesday 28th December – EXTRA CLASS/NEW KATAS

Thursday 29th December – CANCELLED

Saturday 31st December – CLASSES RETURN AS NORMAL

NOVEMBER BONUS BALL WINNERS:

05/11/2016: Sensei Jill Kelly (25)

12/11/2016: Ashington Karate Club (7)

19/11/2016: Jacqueline Brown (34)

26/11/2016: Karen Baird (19)

STUDENT OF THE MONTH:

KRYZIA POLLARD



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:

Jamie Armstrong

Jake Coultas

Gary Cowell

Nathaniel Cowell

Luke Davis

Thomas Davison

Lennon McCulloch

Joel Pollard

Evan Young

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

FORTHCOMING EVENTS:

Saturday 10th December 2016

Christmas Party and Presentation Evening
Miners Social Club, Ashington
Party begins at 6:00pm with
Creepy Crawly Roadshow.

Sunday 18th December 2016

Grading with Sensei Frank Brennan
Josephine Butler Campus, NCEA
Full details can be found on the back of
this newsletter.

Sunday 6th-Friday 11th August 2017

KUGB Summer Residential Course
Lancaster University

If anyone is interested in attending this week-long course in the summer, please let Sensei Jill know.



NORTHUMBERLAND KARATE ACADEMY

TRAINING AND GRADING

Sunday 18th December

SENSEI FRANK BRENNAN, 8th DAN

Newbiggin Sports Centre

INSTRUCTOR: Sensei Frank Brennan, 8th Dan

DATE: Sunday 18th December 2016

LOCATION: Newbiggin Sports & Community Centre,
Woodhorn Road
Newbiggin-by-the-Sea, Northumberland
NE64 6HG

CONTACT:

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TRAINING:

10:30am-12:00pm – Green Belts and Above
Grading to follow after a short break.
2:00pm-3:15pm – White-Yellow Belts
Grading to follow shortly afterwards.

COSTS:

Training and Grading – **£25.00**

Training Only – **£10.00**

NOTE: No Training, No Grading

NEXT GRADINGS:

26th March 2017 / 16th July 2017 / 17th December 2017

More details to be confirmed soon.



**WE ARE CONSTANTLY CHECKING THAT ALL LICENCES ARE IN DATE, BUT
IT IS YOUR RESPONSIBILITY TO MAKE SURE YOU RENEW YOUR LICENCE WHEN IT IS DUE!
IF YOUR LICENCE IS NOT RENEWED YOU WILL NOT BE ABLE TO GRADE**



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