



#proudtobeKUGB  
on its 50th year!

# ASHINGTON KARATE CLUB

## SEPTEMBER NEWSLETTER

Sensei Jill Kelly, 6<sup>th</sup> Dan

SEPTEMBER 2016 NEWS

Sensei Trish Bruce, 5<sup>th</sup> Dan



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### KUGB SHOTOKAN CUP 2016

Congratulations to our three England squad members who travelled to Chesterfield today with Sensei Jill Kelly to compete in the KUGB Shotokan Cup. This is a very high standard event which is only open to brown and black belts.

All three performed very well getting through several rounds. Well done to Niamh Duddridge placing 3rd in the 16-20 Female Kumite, Dylan Gibson placing 4th in the 16-20 Male Kata and Gemma Gibson getting through to the semi-finals in the 16-20 Female Kata!

### HANNAH BAIRD GRADING

Congratulations to Hannah Baird on passing her 5<sup>th</sup> Kyu (purple belt) grading on Tuesday 20<sup>th</sup> September. Hannah was unable to make our club grading back in July due to a holiday so was given the opportunity to grade at Newcastle Sendai Karate Club instead.

### BOWLING NOTICE: WHITE-SOLED SHOES

Please may everyone attending the bowling trip on Sunday 9<sup>th</sup> October bring their own pair of white-soled shoes, as there will not be enough bowling shoes to accommodate all of us.

### IMPORTANT: HYGIENE AND ETIQUETTE

Please take time to read the notice on the back of the newsletter regarding hygiene and dojo etiquette. This is important information regarding all our members, regardless of age or grade.

### KUGB GRAND SLAM - SEPTEMBER 2016

Well done to Dylan Gibson, Niamh Duddridge and Gemma Gibson who represented England at the second KUGB Grand Slam of 2016.

All three performed well with very tough draws. Well done to Niamh placing third in the 14-16 Female Kumite.

A message from Sensei Jill Kelly:

*"Niamh had tough draws against Scottish girls, always very 'tough' competitors. Gemma was against a European Champion. Dylan had the misfortune to be drawn against an international gold medallist in kata! I am told that his kata certainly didn't look out of place against the world champion!"*

### KUGB NORTHERN REGION ENTIRES

The KUGB Northern Region Championships 2016 will be held on Saturday 22<sup>nd</sup> October. We will have the entry forms for this competition in the coming weeks. We encourage all our members to participate in this local competition, especially those hoping to grade for their black belt in November. This is a good experience in facing opponents from other clubs before you grade.

### SEPTEMBER BONUS BALL WINNERS:

- 03/09/2016: Jacqueline Brown (12)
- 10/09/2016: Ashington Karate Club (7)
- 17/09/2016: Jacqueline Brown (22)
- 24/09/2016: Evie and Joel (41)

### STUDENT OF THE MONTH:

**MACENZIE BARNETT**



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:

JAKE COULTAS  
GARY COWELL  
NATHANIEL COWELL  
THOMAS DAVISON  
DANIEL JACKSON  
LENNON McCULLOCH  
LOUIS PARSONS  
PETER PHILLIPS  
EVAN YOUNG  
OLAF ZIEBA

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 9<sup>th</sup> October 2016**

**Bowling Trip + Food**  
*Strike Bowling, Cramlington*  
2pm start followed by hot buffet.

**Sunday 16<sup>th</sup> October 2016**

**KUGB Northern Region Kata Masterclass**

*City Space, Sunderland*  
11:00am-12:30 (all-grades course)  
1:00pm-3:00pm (black belt kata masterclass)  
We encourage all members to attend the all-grades course, especially brown belts hoping to grade in November.

**Saturday 22<sup>nd</sup> October 2016**

**KUGB Northern Region Championships**  
*City Space, Sunderland*  
Eliminations to begin at 10:00am.



# ASHINGTON KARATE CLUB

## DOJO ETIQUETTE

**KUGB** ●  
SHOTOKAN KARATE

### APPEARANCE

Your Gi must be **clean**, in a good condition and fit correctly.

You must wear the appropriate belt for your grade.

**Feet and hands** must be clean, and **nails** kept clean and short to avoid injury.

**All students irrespective of grade are expected to pay special attention to personal hygiene!**

Any **wounds** or **verruca**s must be **covered**.

**Jewellery** or **watches** must not be worn and any jewellery items that are not possible to remove should be safely covered.

### IN THE DOJO

Students should always **bow** on entering or leaving the dojo.

If you are late, you should kneel at the edge of the floor **where Sensei can see you** and wait until you are invited onto the floor.

You must bow to your Sensei when acknowledged and then join in.

It is polite to walk around the edge of the floor rather than across the centre and **impolite to walk in front of fellow students** when they are lined up or training.

Instructors must always be referred to as **Sensei** and not by name.

When your Sensei is giving instructions you must be respectful and listen carefully, giving your full attention at all times.

Students must seek permission from the Sensei before leaving the floor for any reason.

If you need to go to the toilet, please put your hand up.

**Please use the bathroom before the lesson to try to avoid disruption!**

### OUTSIDE THE DOJO

Students of karate have a responsibility to behave in a manner which maintains and enhances the reputation of our dojo and the art of karate.

Our younger members must know that techniques learnt in class must **never** be used in the playground or when outside playing.

Our older students and senior grades should ensure that they set a good example for the junior grades to follow.