



Ashington Karate Club September Newsletter

September 2013 News

Can you all please remember to get your card stamped every session, as before giving you permission to grade, Sensei Jill will check your cards to make sure you have good enough attendance.

KUGB Shotokan Cup 2013

Six members from Ashington Karate Club travelled to Chesterfield to compete in the KUGB Shotokan Cup. The competition is for brown and black belts and only has individual events, which shows that the standard is very high.

All members performed to the best of their ability and represented the club very well. Gemma Gibson was 2nd in the Girls Kumite Under 5'3", Louie Cummings was 3rd in the Boys Kumite 5' to 5'5" and Niamh Duddridge made it to the semi-finals in Girls Kata, a very difficult category. Well done to all who competed on the day.

We would like more competitors for this competition next year, and Sensei Jill is going to ask the executive committee to consider adding categories for brown belts in the boys and girls kata, which would hopefully encourage more brown belts to enter.



Forthcoming Karate Events

Saturday 12th October

KUGB Free Black and Brown Belt Course

Willowburn Sports Centre, Alnwick
10:30-12:00pm (brown belts)
12:00pm-1:30pm (black belts)

Sunday 20th October

KUGB Northern Region Kata Masterclass

City Space, Sunderland
11:00am-12:30pm (all-grades course)
1:00pm-3:00pm (kata Masterclass)

Saturday 26th October

KUGB Northern Region Championships

City Space, Sunderland

Sunday 10th November

25th Annual Seahouses Karate Championships

Seahouses Social Club
MORE DETAILS TO BE CONFIRMED SOON

MORE IMPORTANT UPCOMING EVENTS ON OUR WEBSITE

KUGB Kata Masterclass

City Space, Sunderland, 20th October

The second KUGB Northern Region Kata Masterclass of 2013 is being held at City Space in Sunderland on 20th October with Sensei Frank Brennan, focusing on the katas Jiin and Wankan.

Before the Masterclass, an all-grades course will be held. It will be great for any of our junior grade students to attend this class, as it is near home, so is a great opportunity to train with a high-grade instructor.

11:00am-12:30pm (all-grades course)

1:00pm-3:00pm (black belt only kata Masterclass)

Cost: £8.00

KUGB Northern Region Championships

City Space, Sunderland, 26th October

The KUGB Northern Region Championships will be held at City Space in Sunderland on 26th October. This competition is in Sunderland, meaning that it is close to home and is a great experience for any of our members to compete at an official KUGB competition. Sensei Trish will have the entry forms nearer to the competition.

Please remember to check 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.

Website: ashingtonshotokankarate.co.uk

Email: enquiries@ashingtonshotokankarate.co.uk

Facebook: www.facebook.com/AshingtonShotokanKarateClub

Twitter: www.twitter.com/Ashington_Skc

YouTube: www.youtube.com/user/ashingtonKUGB

Sensei Jill and Sensei Trish will be awarding a cup to the student that they believe has a good attitude to training with good overall attendance each month.

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?

The student to receive this award for September is:



Jake Pickering



Student of the month trophies sponsored by Sensei Keith.