



ASHINGTON KARATE CLUB

OCTOBER NEWSLETTER

Sensei Jill Kelly, 6th Dan

OCTOBER 2015 NEWS

Sensei Trish Bruce, 5th Dan



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IMPORTANT NOTICE: NEW LEISURE CENTRE NOW OPENING JANUARY 2016

Due to technical problems, we have just been told that the NEW Ashington Leisure Centre will not be opening until January 2016. Our first Saturday there will be the 9th January, times as usual. So on November 28th we will be training at the OLD Leisure centre on the far side of the badminton courts, until we finally move on the 9th January to the new venue.

KUGB NORTHERN REGION CHAMPIONSHIPS

24TH OCTOBER 2015

Congratulations to all members of Ashington NKA who competed at the KUGB Northern Region Championships in Sunderland.

Evie Ackroyd was first in Children's Novice-4th Kyu Kata after very strong performances in the eliminations and the finals, and Niamh Duddridge came second in Children's Dan Grade Kata and third in Girls Kumite Over 5'3". Also congratulations to Evan Young, who was a semi-finalist in the Children's Brown Belt Kata.

All club members performed well, and for several it was their first time competing, which is an experience that will serve them well for the future.

CHRISTMAS PARTY 2015 – TICKETS ON SALE

This year's Christmas Party will take place on Saturday 5th December at the Ashington & Ellington Social Club from 6pm-11pm. There will be a variety of activities taking place, including a 'Creepy Crawly Roadshow', tombolas and party games, as well as the raffle draw and annual club presentation, where awards will be given out.

FINAL CLASS 2015, FIRST CLASS 2016

Mock Grading: Saturday 5th December 2015

Final Thursday Class 2015: 17th December

Final Saturday Class 2015: 19th December (fun class)

First Saturday Class 2016: 2nd January (learn new katas)

First Thursday Class 2016: 7th January

FREE BLACK AND BROWN BELT COURSE

On Sunday 22nd November, there is a FREE Black and Brown Belt course at CitySpace in Sunderland with Sensei Andy Sherry, 9th Dan, and Sensei Bob Poynton, 8th Dan. We encourage all of our senior grades to attend this course, especially those hoping to grade for their black belt at some point next year!

OCTOBER BONUS BALL WINNERS:

- 03/10/2015: Ann Martin (39)
- 10/10/2015: Joanna Davis (44)
- 17/10/2015: Ashington Karate Club (42)
- 24/10/2015: Ashington Karate Club (24)
- 31/10/2015: Rollover – next number wins £50!

STUDENT OF THE MONTH:

EVIE ACKROYD



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

LOUIS PARSONS

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:

Tuesday 10th November 2015

Training with Sensei Frank Brennan, 8th Dan

Eldon Leisure, Newcastle

6:30pm-8:00pm (all grades)

8:00pm-8:45pm (brown and black belts)

Sunday 22nd November 2015

FREE Black and Brown Belt Course

CitySpace, Sunderland

10:30am-12:00pm (brown belts)

12:00pm-1:30pm (black belts)

Sunday 13th December 2015

Grading with Sensei Frank Brennan, 8th Dan

Josephine Butler Campus, NCEA

10:30am-12:00pm (green belts and above)

2:30pm-3:45pm (white-yellow belts)

Gradings to follow shortly after each class.