



Ashington Karate Club

November Newsletter

November 2014 News

Can you please remember to get your card stamped every session, as before giving permission to grade, Sensei Jill will check your cards to make sure you have good attendance. If you forget your card, it will NOT be stamped twice the next week.

ESKA European Championships Zurich 2014

Both our club members Gemma Gibson and Niamh Duddridge have now returned safely to Ashington from Zurich and both say they have had a wonderful time and a truly great experience. Niamh won her first round in the kata eliminations and progressed to the semi-final. The experience of being up there with the last eight competitors must give her great confidence for the future as well as getting a valuable insight into what is required in order to win at European level! Niamh also fought in her category, so had an extremely busy day!

Gemma had one very long and hard fight which went to an extension. She attacked gamely and continuously against a much taller opponent, but just lost out in the end. Hopefully some of you will have been following the live coverage via the Sportsdata link and at least seen the many pictures on both our own and the KUGB's Facebook pages and our website gallery. I am sure both girls will continue to train hard and will get another chance to compete internationally next year.

Ashington Karate Club would like to wish Ryan Tucker, who was injured in the final of the Senior Male Kumite, a very speedy recovery and have a safe trip home from Zurich, we are all thinking of you.

~ Sensei Jill Kelly



Forthcoming Karate Events

Sunday 14th December
Training and Grading with Sensei Frank Brennan
Willowburn Sports Centre
DETAILS ON BACK OF NEWSLETTER

Sunday 18th January
Training with Sensei John James Bruce and Holly Sterling
Ashington Leisure Centre
10:00am-11:30am
11:45am-1:00pm
£10.00 for one or both sessions

MORE IMPORTANT UPCOMING EVENTS ON OUR WEBSITE

Dan Grading Successes

Congratulations to James Metcalf for passing his 1st Dan black belt and to Niamh Duddridge and Gemma Gibson for passing their 2nd Dan at the KUGB Black and Brown Belt Course in Sunderland on 9th

November with Sensei Andy Sherry, 9th Dan and Sensei Bob Rhodes, 8th Dan. All three passed on their first attempt, which is an excellent achievement. A message from Sensei Jill:

"I was very proud of my three students who all passed their Dan Gradings today. James Metcalf 1st Dan, bet that sounds good James! And Niamh and Gemma who shone in a line of very good students going for Second Dan. Over the past few weeks all of them have had a lot of critical attention - they might call it "flak" from me but I hope they all think it was worth it!"

EasyFundraising Reminder

With Christmas approaching and everyone starting to buy Christmas presents, please don't forget to use our EasyFundraising link through the website.

EasyFundraising does not add any cost to your shopping, but gives a percentage of your cost to Ashington Karate Club.

If you often wish to use EasyFundraising, but forget to do so, you can download their NEW donation reminder from their website:

easyfundraising.org.uk/raise-more/donation-reminder

Merry Christmas and Happy New Year

We would like to wish all our students and their families a Merry Christmas and a Happy, Healthy and Prosperous New Year.

Training breaks up on Thursday 18th December and Saturday 20th December, and resumes on Thursday 8th January and Saturday 10th January. We have an extra class at Ashington Leisure Centre on Saturday 3rd January, where new katas will be taught.

ASDA Bag Pack

Thank you to everyone who helped with the ASDA bag pack. We raised a total of £425. 10% of this was donated to the KUGB charity DEBRA. Your help was very much appreciated.

Website: ashingtonshotokankarate.co.uk

Email: enquiries@ashingtonshotokankarate.co.uk

Facebook: www.facebook.com/AshingtonShotokanKarateClub

STUDENT OF THE MONTH

The student to receive this award for November is:



Morgan Richardson



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?

Student of the Month trophies sponsored by Keith Burns and Joe Wood.



Ashington Karate Club

Training and Grading

Sunday 14th December 2014

Sensei Frank Brennan, 7th Dan

Willowburn Sports Centre, Alnwick

Instructor: Sensei Frank Brennan, 7th Dan

Date: Sunday 14th December 2014

Location: Willowburn Sports Centre, Alnwick

Please Note Revised Times:

Training:

10:30am-12:00pm – Green Belts and Above

2:00pm-3:15pm – White-Yellow Belts

Grading:

Gradings to follow shortly after each training session.

Costs:

Training and Grading – **£25.00**

Training Only – **£10.00**

NOTE: No Training, No Grading



WE ARE CONSTANTLY CHECKING THAT ALL LICENCES ARE IN DATE. PLEASE MAKE SURE YOU RENEW YOUR LICENCE WHEN IT IS READY. IF YOUR LICENCE IS NOT RENEWED YOU WILL NOT BE ABLE TO GRADE

A current KUGB licence is essential!

For further information please contact

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