



Ashington Karate Club

May Newsletter

May 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.

Mock Grading

29th June 2013

Our next mock grading will be held on Saturday 29th June. Please make sure you arrive at the YMCA early in order to sign in and fill out a mock grading form.

4th Sunderland Championships

Sunday 23rd June

This year, the Sunderland Karate Championships will be held on 23rd June 2013. This is a great competition for juniors to start competing, as it is local and friendly, as it is not as large as KUGB championships. Everyone should take advantage of the experience of competing, as it is good preparation for gradings! If you wish to attend this competition, please speak to Sensei Jill or put your name on the entry forms on the registration desk, but make sure you put yourself in all the correct categories you wish to enter.

Committee Funds: What do they go towards?

- Subsidised gi's and jackets
- Christmas parties and other social evenings
- Easter eggs and Christmas selection boxes
- Competition entry fees
- Subsidised buses to competitions
- Help towards Lancaster Summer Camp training fees
- Trophies and rewards
- Days out (10 pin bowling, ice skating, etc.)

Forthcoming Karate Events

Sunday 23rd June

Sunderland Karate Championships
City Space, University of Sunderland

Tuesday 25th June

Training with Sensei Frank Brennan, 7th Dan
Eldon Leisure, Newcastle
6:30pm-8:00pm (All Grades)

Sunday 30th June

Karate on the Beach
Blyth Beach
11:00am

Bag Packs

Ashington Karate Club have been lucky to have been granted two fundraising bag packs at Morrisons Bedlington on Saturday 8th and Sunday 9th June 2013. Please come along and help us raise funds for the club. Thank you to all students who will be helping out on the days. Please arrive for your allocated times, and make sure you wear both your gi (suit) and club jacket so the customers know who they will be supporting.

Karate on the Beach 2013

Our popular annual sponsored Karate on the Beach event is being held on Sunday 30th June at Blyth Beach at 11.00am. The class will last one hour and all students who are sponsored will be given their lunch. If you wish to take part, please add your name to the list on the registration desk on Saturday mornings. We welcome all students, new and old, to take part in this activity, and hope that many of you will support the event. Lots of fun is had by all on the day.

IMPORTANT: Cancelled Class!

The Thursday class on 8th August is cancelled due to instructors and students attending the KUGB Karate Summer Camp in Lancaster.

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

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 May is:



Evan Young



Student of the month trophies sponsored by Sensei Keith.