



# Ashington Karate Club

## April Newsletter

### April 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 National Championships

Eight members from Ashington YMCA Karate Club travelled down to Birmingham for the KUGB National Championships and all showed great spirit and attitude. Louie Cummings came 3rd in the Children's Kyu Grade Kata. The Ashington team (Caitlin Birdsey, Maya Burns, Niamh Duddridge) came 4th in the Children's team kata. Maya Burns also made it to the semifinals in kata. Congratulations to all who competed, as you were all a credit to the club.

### Competition Notice

Every year, students from Ashington Karate Club compete in regional and national competitions. Ashington Karate Club have a proud record in Kumite, Kata and Team events, at national, regional and world class level. The standard of training at Ashington is exceptionally high and much is expected of the students that train here. We are hoping to build on our strong foundation with new students. It is important to start competing early to gain experience. However, good results can take years to achieve – something juniors forget when they see our older students competing and winning, they too had many years of just "getting placed" or getting nothing at all. The committee put on a subsidised coach, to help competitors and parents for competitions at Chesterfield, and money raised throughout the year helps with these costs as well as competitor entries. The KUGB National Youth Championships is held at Chesterfield on the 6<sup>th</sup> July 2013. The Sunderland Karate Championships will be held on 23<sup>rd</sup> June 2013, and 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!

### Forthcoming Karate Events

**Tuesday 14<sup>th</sup> May**

**Training with Sensei Frank Brennan, 7<sup>th</sup> Dan**  
Eldon Leisure, Newcastle  
6:30pm-8:00pm (All Grades)  
8:00pm-9:00pm (Brown and Black Belts only)

**Sunday 23<sup>rd</sup> June**

**Sunderland Karate Championships**  
City Space, University of Sunderland

**Sunday 30<sup>th</sup> June**  
**Karate on the Beach**  
Blyth Beach

### Bag Packs

Ashington Karate Club have been lucky to have been granted two fundraising bag packs at Morrisons Bedlington on Saturday 8<sup>th</sup> and Sunday 9<sup>th</sup> June 2013. Please come along and help us raise funds for the club. All details to be sent out on a letter and also on our website, [www.ashingtonshotokankarate.co.uk](http://www.ashingtonshotokankarate.co.uk). Please hand in the reply slip on this letter whether you are attending the bag packs or not.

### EasyFundraising

Help to raise funds for our club for free! Using EasyFundraising while purchasing items online gives a percentage of your order to Ashington Karate Club Supporters Group. The majority of popular online stores such as Amazon, eBay, Argos, as well as other fashion, travel and insurance companies are all available on EasyFundraising. All you have to do is sign up for EasyFundraising and shop using the search bar on the site. There is a direct link to Ashington Karate Club Supporters Group's page on the homepage of our website. Please use this for all your online shopping as it helps to raise funds for our club.



### Karate on the Beach 2013

Our annual sponsored Karate on the Beach event is being held on Sunday 30<sup>th</sup> June at Blyth Beach. More details to follow closer to the event.

### IMPORTANT: Cancelled Class!

The Thursday class on 8<sup>th</sup> 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](http://ashingtonshotokankarate.co.uk)

**Facebook:** [www.facebook.com/AshingtonShotokanKarateClub](http://www.facebook.com/AshingtonShotokanKarateClub)

**Twitter:** [www.twitter.com/Ashington\\_Skc](http://www.twitter.com/Ashington_Skc)

**YouTube:** [www.youtube.com/user/ashingtonKUGB](http://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 April is:**



**James Metcalf**



Student of the month trophies sponsored by Sensei Keith.