



# ASHINGTON KARATE CLUB

## NOVEMBER NEWSLETTER

Sensei Jill Kelly, 6<sup>th</sup> Dan

NOVEMBER 2019 NEWS

Sensei Trish Bruce, 6<sup>th</sup> Dan



[www.ashingtonshotokankarate.co.uk](http://www.ashingtonshotokankarate.co.uk)



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Ashington Shotokan Karate



[ashington\\_skc](https://www.instagram.com/ashington_skc)

### DAN GRADING RESULTS

Congratulations to Ehsan Baniyaghoob who passed his Shodan (1st Dan Black Belt), and Louis Parsons, James De Vera and Evie Ackroyd who passed their Nidan (2nd Dan Black Belt) at Sunderland on Sunday 17th November with Sensei Andy Sherry, 9th Dan and Sensei Bob Poynton, 8th Dan.

A message from Sensei Jill:

*"Ashington Karate Club had a really good day at the black belt grading held at Sunderland University. Ehsan Baniyaghoob passed his Shodan grading with a very strong performance throughout. Our three students going for Second Dan - Evie Ackroyd, Louis Parsons and James De Vera all did really well in their respective gradings, and although you can never be absolutely sure, Sensei Trish and I thought they deserved to pass - and they did! All the hard training paid off! The full pass rate for first time graders is low, and not everyone passes by a long way, but taking part is a great experience, which puts you in a better place for next time. Well done! Sensei Trish and I are proud of all our students who graded and trained."*

### KUGB STUDENTS CHAMPIONSHIPS

Congratulations to Katie Knox who won the Female Kyu Grade Kata category at the KUGB Students Championships in Chesterfield on Saturday 9<sup>th</sup> November!

### BONUS BALL NUMBERS

Every week we draw our bonus ball after the class, where the winner gets a cash prize of £25. We currently have eight numbers spare, which cost £1 each per week. If you are interested in having a number, please speak to Kay.

### NOTICE: CHRISTMAS TRAINING SCHEDULE

Our new kata classes will take place on Thursday 19<sup>th</sup> and Saturday the 21<sup>st</sup> December. Please make every effort to attend these classes, which hugely help your transition to a new kata in 2020. You cannot be given the same detailed attention on learning the outline of the kata after Christmas. There will be no class on Boxing Day (Thursday 26<sup>th</sup> December), but all other classes will be on as normal. The class on the 28<sup>th</sup> will be a fun equipment class, as we have done before!

### NOTICE FOR NEW BROWN BELTS

Due to past experiences of students experiencing difficulties in the move up to the senior class after achieving 3<sup>rd</sup> kyu (brown belt), at times students are feeling out of their depth and struggling. We feel in the best interests of all our students that it would be more beneficial for a time after achieving the grade 3<sup>rd</sup> kyu to remain in the junior class until both the student and instructors feel they have a good understanding and will benefit from the move to the senior class on Saturday mornings. The Thursday night senior class will continue to be invitation only.

### NOVEMBER BONUS BALL WINNERS:

02/11/2019: Thomas Blackburn (46)

09/11/2019: Jackie Brown (34)

16/11/2019: Ashington Karate Club (42)

23/11/2019: Claire Brown (50)

30/11/2019: Bev Reason (58)

### 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:

**EVIE ACKROYD  
EHSAN BANİYAGHOOB  
MACENZIE BARNETT-LANG  
JAKE COULTAS  
TEAGAN COULTAS  
EMMIE-ANN HENDERSON  
CHARLOTTE REASON**

This award is given to all students who have had full attendance at both the Thursday and Saturday class throughout the month.

### FORTHCOMING EVENTS:

**Sunday 15<sup>th</sup> December 2019**  
Grading with Sensei Frank Brennan  
Josephine Butler Campus, NCEA  
Full details on the back of this newsletter.

**Thursday 19<sup>th</sup> + Saturday 21<sup>st</sup> December**  
New Kata Classes  
Thursday: Josephine Butler Campus (Juniors)  
Saturday: Ashington Leisure Centre (All)

**Saturday 28<sup>th</sup> December**  
Fun Christmas Equipment Class  
Ashington Leisure Centre  
10:00am-11:30am

Training dates for 2020  
to be added to our website soon:  
[ashingtonshotokankarate.co.uk](http://ashingtonshotokankarate.co.uk)



# NORTHUMBERLAND KARATE ACADEMY

## TRAINING AND GRADING

Sunday 15<sup>th</sup> December

SENSEI FRANK BRENNAN, 8<sup>th</sup> DAN

Josephine Butler Campus

### CONTACT:

**INSTRUCTOR:** Sensei Frank Brennan, 8<sup>th</sup> Dan

**DATE:** Sunday 15<sup>th</sup> December 2019

**LOCATION:** Josephine Butler Campus,  
Northumberland Church of England Academy  
Ashington, Northumberland  
NE63 9FZ

**SENSEI JILL KELLY, 6<sup>th</sup> DAN**  
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jillfkelly@gmail.com

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**SENSEI IAN WILLIS, 6<sup>th</sup> DAN**  
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ian4willis@yahoo.co.uk

### TRAINING:

10:30am-12:00pm – Green Belts and Above  
Grading to follow after a short break.

2:00pm-3:15pm – White-Yellow Belts  
Grading to follow shortly afterwards.

### COSTS:

Training and Grading – **£25.00** (pay in advance by 14<sup>th</sup> December)

Training and Grading – **£28.00** (pay on the day)

Training only – **£10.00**

### NOTE:

No Training, No Grading!

### NEXT GRADINGS:

29<sup>th</sup> March 2020 / 12<sup>th</sup> July 2020 / 20<sup>th</sup> December 2020



WE ARE CONSTANTLY CHECKING THAT ALL LICENCES ARE IN DATE,  
BUT IT IS YOUR RESPONSIBILITY TO MAKE SURE YOU RENEW YOUR  
LICENCE WHEN IT IS DUE!



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