



# Ashington Karate Club

## May Newsletter

### May 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.**

### **IMPORTANT: Training Prices Increase**

Due to increased hall fees at both Mowbray First School and Ashington YMCA, training prices will have to rise to **£6.00**. This price increase will take effect from 1<sup>st</sup> August 2014.

### **Karate on the Beach 29<sup>th</sup> June 2014**

Our popular Karate on the Beach event to be held at Blyth Beach on Sunday 29th June 2014. Students will take part in the event under the supervision and instruction of senior club members. The event starts at 11:00am and will last for approximately an hour. Lunch and refreshments will be provided by the club after the karate session. To take part, there are three methods of payment – sponsorship, a minimum of £5 donation for training only, or a minimum of £8 donation for training and lunch.

To enable us to do this could you please confirm as soon as possible your method of payment and choice of meal. **If you have not yet received your letter and sponsorship form, please ask at the registration desk.** After the class, the students will then be invited to take part in a fun and games session organised by senior club members to start at approximately 2:00pm. The funds raised will go directly to the club to cover the cost of events, transport and equipment, etc.

### **Train with the Champions 2014 4<sup>th</sup>-8<sup>th</sup> August, Lancaster University**

For many years students and instructors from Ashington Karate Club have attended the KUGB Lancaster Karate Summer School. Anyone interested in attending the five-day course please speak to any committee member or Sensei for more information or application forms. This is a good opportunity to train under the top six instructors in the country, and amongst students from many clubs nationwide and abroad.

**Website:** [ashingtonshotokankarate.co.uk](http://ashingtonshotokankarate.co.uk)

**Email:** [enquiries@ashingtonshotokankarate.co.uk](mailto:enquiries@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)

### Forthcoming Karate Events

**Sunday 29<sup>th</sup> June**  
**Karate on the Beach**  
11:00am  
Blyth Beach

**Sunday 13<sup>th</sup> July**  
**Training and Grading with Sensei Frank Brennan**  
DETAILS ON BACK OF NEWSLETTER

**MORE IMPORTANT UPCOMING EVENTS ON OUR WEBSITE**

### **Sunderland Karate Championships & Competition Training**

Good luck to all competing at the Sunderland Karate Championships on 8<sup>th</sup> June. Let's hope we bring back some medals!

### **Grading Cost Changes + Mock Grading Date**

The mock grading for our next kyu grading will be at the Saturday class on 21<sup>st</sup> June. Please arrive to this class early in order to register and fill in a mock grading form so that everyone is ready for a prompt 10:00am start.

Due to increased hall charges from Willowburn Sports Centre, **the prices of grading will now be £25.00**. The prices for those training only remains at the same price of £10.00. The next grading date is 13<sup>th</sup> July. For more details on this grading, please see the poster on the reverse of this newsletter.

### **Liverpool Karate Championships 2014**

Well done Ashington NKA all four members who competed today came home with a medal of some description! See below for the full results. Special congratulations to our two girls Gemma and Niamh who once again contested the Final of the girls under 5.3 kumite category. Proud of you all and lets hope we can bring home some more Medals next week at the Sunderland championships!

Results:

Niamh Duddridge, Maya Burns and Louie Cummings - 4th, Children's Team Kata

Louie Cummings - 3rd, Boys Kumite 5'-5'5"

Niamh Duddridge - 2nd, Girls Kumite Under 5'3"

Gemma Gibson - 1st, Girls Kumite Under 5'3"

*Sensei Jill Kelly*

### **Vouchers**

We have been giving out vouchers to the value of £15.00 to each of our students for the past week. If you have not yet received your voucher, please see Lynn on a Saturday morning or Thursday evening. We are now accepting any vouchers to be handed in. We also have an extra option of a club polo shirt due to demand.

### **STUDENT OF THE MONTH**

The student to receive this award for May is:



## Evie Ackroyd



*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 Sensei Keith and Joe Wood.



# Ashington Karate Club

## Course and Grading

Sunday 13<sup>th</sup> July 2014

Sensei Frank Brennan, 7<sup>th</sup> Dan

Willowburn Sports Centre, Alnwick

**Instructor:** Sensei Frank Brennan, 7<sup>th</sup> Dan

**Date:** Sunday 13<sup>th</sup> July 2014

**Location:** Willowburn Sports Centre, Alnwick

**Times are as follows:**

**Training:**

**10:30am-12:15pm** – Green Belts and Above

**2:30pm-4:00pm** – White-Yellow Belts

**Grading:**

Gradings to follow shortly after each training session.

**Costs:**

Training and Grading – **£25.00**

Training Only – **£10.00**



**PLEASE 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**

Sensei Jill Kelly, 6<sup>th</sup> Dan: ☎ 01670 505843 / ☎ 07930 324556

Sensei Ian Willis, 6<sup>th</sup> Dan: ☎ 01670 523219 / ☎ 07710 790643

**Next Grading** 13<sup>th</sup> December 2014

