



# Ashington Karate Club

## November Newsletter

November 2013 News

### Christmas Party and Presentation Evening 2013

Our annual Christmas Party was held this year on 30th November. During the presentation, each of our members were presented with a medal for their membership with the club, and four special awards were given out.

A message from Sensei Jill:

*"This weekend we enjoyed another lovely fun evening for all our students - my thanks to our hard working committee - not only for their efforts beforehand but also on the night itself. We benefited from the customary generous support from our Parents - something we don't take for granted in these difficult times - we just try to make it fun to be parted from your money! All students training this year received Medals in recognition of their loyalty to the club and then the special Prizes were given out. Deciding who should have these Awards gives the Instructors much thought and many things are taken into consideration. This year was especially difficult as there were several deserving contenders, but there are only four trophies- but the small number makes them even more desirable!"*

**Most Improved Junior:** Jamie Armstrong

**Best Overall Junior:** Evan Young

**Most Improved Senior:** Jake Pickering

**Best Overall Senior:** Maya Burns

Barclays Bank is hopefully going to match the amount we raised on the evening. If you took any photos during the evening that you would like on the website, please email them to [enquiries@ashingtonshotokankarate.co.uk](mailto:enquiries@ashingtonshotokankarate.co.uk)

### Important Events 2014

Sunday 9<sup>th</sup> February – KUGB Northern Region Course and AGM, Sunderland

Sunday 2<sup>nd</sup> March – KUGB Northern Region Kumite Development Squad, Leeds

Sunday 30<sup>th</sup> March – Ashington Karate Club Kyu Grading, Alnwick

Saturday 3<sup>rd</sup> May – KUGB National Championships, Birmingham

Sunday 18<sup>th</sup> May – KUGB Northern Region Kumite Development Squad, Leeds

Sunday 31<sup>st</sup> May – KUGB Liverpool Youth Championships, Liverpool

Saturday 5<sup>th</sup> July – KUGB National Youth Championships, Chesterfield

Sunday 13<sup>th</sup> July – Ashington Karate Club Kyu Grading, Alnwick

Saturday 2<sup>nd</sup>-Saturday 9<sup>th</sup> August – KUGB Karate Summer School, Lancaster

Saturday 13<sup>th</sup> September – KUGB Shotokan Cup

Sunday 5<sup>th</sup> October – KUGB Northern Region Kumite Development Squad, Leeds

Sunday 19<sup>th</sup> October – KUGB Northern Region Kata Masterclass, Sunderland

Saturday 25<sup>th</sup> October – KUGB Northern Region Championships, Sunderland

### Final Seahouses Karate Championships 2013

Congratulations to all members of Ashington Karate Club who competed in the final Seahouses Karate Championships on Sunday 10th November 2013. We had some great results rounding up 25 years of the competition!

#### Results:

Ashington B (Louie Cummings, Gemma Gibson, Jake Pickering) - 4th, Team Kata 3rd Kyu and Above

Ashington B (James Metcalf, Gemma Gibson, Jake Pickering) - 3rd, Team Kumite 11-14

Ashington A (Laura Brown) - 3rd, Ippon Kumite 7th-4th Kyu

Louie Cummings - 3rd, Boys Kumite 11-14 Over 5'

Niamh Duddridge - 3rd, Girls Kumite 11-14 Over 5'

Maya Burns - 3rd, Girls Kumite 11-14 Over 5'

Gemma Gibson - 2nd, Girls Kumite Over 5'

James Metcalf - 2nd, Boys Kumite Over 5'

Francis Diosolan - 2nd, Boys Kumite 10 and Under

Francis Diosolan - 2nd, 3rd Kyu and Above Kata 10 and Under

Jamie Armstrong - 2nd, Novice-4th Kyu Kata 11-14

Maya Burns - 2nd, 3rd Kyu and Above Kata 11-14

Ashington A (Caitlin Birdsey, Maya Burns, Niamh Duddridge) - 2nd, Team Kata 3rd Kyu and Above

Ashington A (Evan Young, Louis Parsons, Jamie Armstrong) - 2nd, Team Kata Novice-4th Kyu

Ashington A (Francis Diosolan, Frances Fisher, Nathan Lillico) - 2nd, Team Kumite 10 and Under

Ashington A (Louie Cummings, Maya Burns, Freddy Robinson) - 1st, Team Kumite 11-14

Maya Burns won the award for Best Overall Competitor 11-14 for the second year in a row - an outstanding achievement!

Ashington were 2nd for Best Overall Club, with a total of 55 Club Points! We would like to thank everyone who made this competition what it was for the past 25 years! For a message from Sensei Jill, please check our website [ashingtonshotokankarate.co.uk](http://ashingtonshotokankarate.co.uk)

### Morrisons Bag Pack 28<sup>th</sup> December 2013

Ashington Karate Club has been lucky to have been allocated a bag packing day at Morrisons Morpeth on 28th December 2013 (10:00am-4:00pm).

Please support your club and add your name to our list of volunteers. We have been granted 10 tills with two people (adult and child) or one adult at each. The session will be from 10:00am-4:00pm so we need as many adults and students as possible to help.

**Please wear your gi and club jacket so shoppers know who they are supporting.**

Please speak to any committee member on a Thursday evening or Saturday morning if you can help us. Funds raised at the bag pack will help with competitions, equipment and student rewards throughout the year.

**MORE ON REVERSE SIDE**



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### Merry Christmas – Final Classes of the Year

We wish all students and their families a very Merry Christmas and a happy, healthy and prosperous New Year 2014.

**ALNWICK KYU GRADING 2013:** Sunday 15<sup>th</sup> December

**FINAL SATURDAY YMCA CLASS 2013:** Saturday 14<sup>th</sup> December

**FIRST SATURDAY YMCA CLASS 2014:** Saturday 11<sup>th</sup> January

**FINAL THURSDAY MOWBRAY CLASS 2013:** Thursday 19<sup>th</sup> December

**FIRST THURSDAY MOWBRAY CLASS 2014:** Thursday 9<sup>th</sup> January

**IMPORTANT:** Please make sure you have provided us with up-to-date email addresses and mobile phone numbers so we can contact you if any classes are cancelled last-minute due to bad weather conditions in the Winter.

### **IMPORTANT:** Extra Winter Training 2014

In the Christmas holidays Sensei Jill is teaching an extra session after New Year on the 2<sup>nd</sup> January at Mowbray First School. We would appreciate knowing if you are able to attend. It will be an opportunity to get to grips with any new katas and advanced kumite combinations. Juniors make sure you check with parents/carers before saying you will come to this session.

The school will be opening up specially. This session is to give the opportunity for some training over the festive period. Look out for any additional training being offered and get a good start to 2014.

### Forthcoming Karate Events

**Saturday 14<sup>th</sup> December**

**Training with Sensei Frank Brennan**

Eldon Square, Newcastle  
2:00pm-3:30pm (all grades)

**Sunday 15<sup>th</sup> December**

**Training and Grading with Sensei Frank Brennan**

Willowburn Sports Centre  
10:30am-12:15pm (green belts and above)  
2:30pm-4:00pm (white-yellow belts)

**Thursday 2<sup>nd</sup> January**

**Extra Winter Training with Sensei Jill Kelly**

Mowbray First School, Guidepost  
5:30pm-6:45pm (junior grades)  
7:00pm-8:30pm (senior grades)

**Sunday 9<sup>th</sup> February**

**KUGB Northern Region Course and AGM**

**Sensei Jimmy Brennan and Sensei Frank Brennan**  
Southwick Primary School, Sunderland

**Sunday 30<sup>th</sup> March**

**Ashington Karate Club Kyu Grading**

Willowburn Sports Centre, Alnwick

**MORE IMPORTANT UPCOMING EVENTS ON OUR WEBSITE**

### Club Cards Stamps

Next year we are asking all students to bring in their club cards to each session. We will not be giving extra stamps if you keep forgetting your card when you next remember to bring it in!! It confirms our registers and shows the instructors at a glance whether your licence and subscriptions are up to date. We can also monitor how much training is being done at our various venues and that you meet the necessary criteria for training enough sessions in order to be considered for the next grading.

If students cannot train either due to holidays/illness/family issues then we understand this, but sometimes it means that you must wait until the next grading in order to be ready. Remember karate training is for life and that there is no rush for you to grade each time if you and your instructor feel you are not quite ready this time.

Have a great festive season!

*Sensei Jill*



**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)

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 September**



is:



**Morgan Richardson**

Student of the month trophies sponsored by Sensei Keith and Joe