



Ashington Karate Club November Newsletter

November 2012 News

Well done to all Students who achieved 100% attendance on Saturday mornings and Thursday evenings in November.
(Please Note: Students that are not at Ashington YMCA due to karate competitions/training events elsewhere are classed as in attendance)

Seahouses Karate Championships

Well done to all members of Ashington Shotokan Karate Club who competed in this year's annual Seahouses Karate Championships on Sunday 18th November 2012. The competition is now in its 24th year, and is known for being a great competition for people to try out competing for the first time. For a full list of results (there are too many to list here!), please visit our website at ashingtonshotokankarate.co.uk. We were also very proud of Maya Burns, who won the awards for Most Ippons 11-14 and Best Overall Competitor 11-14. Overall, Ashington came 2nd in the Best Overall Club award, with a total of 73 club points.

We hope that all members who competed this year will keep up the good attitude and spirit and will carry on with the hard work, just as they put into this competition.

Christmas Party & Presentation Evening 8th December

On the 8th December, our annual Christmas Party & Presentation Evening will be held at the Ashington Football Club. At the party, special awards will be presented to certain students and everyone will be presented a medal for membership with the club. Tickets for the party are free for all students of Ashington YMCA Karate Club, and £4.00 for any relatives, and are on sale now. We hope to see as many of you as possible, and wish you all a Merry Christmas.

Website: ashingtonshotokankarate.co.uk
Facebook: www.facebook.com/AshingtonShotokanKarateClub
Twitter: www.twitter.com/Ashington_Skc
YouTube: www.youtube.com/user/ashingtonKUGB
Google Picasa: picasaweb.google.com/102218149745286657496

End of the Year

The final date for the Thursday class this year is on the 13th December. The final date for the Saturday class this year is on the 15th December.

The club grading will be held at Alnwick on 16th December.

The first date for the Thursday class in 2013 is on the 10th January.

The first date for the Saturday class in 2013 is on the 12th January. However, on the 22nd and 29th December, during the YMCA's Christmas break, Sensei Keith will be holding special classes at Ashington Leisure Centre. For more details on these classes, visit our website at ashingtonshotokankarate.co.uk

We hope you all have a Merry Christmas and a Happy New Year. See you in 2013.

Kyu Grading 16th December

Our December kyu grading will be held on 16th December at Willowburn Sports Centre at Alnwick with Sensei Frank Brennan, 7th

Dan. We rely on our senior students to show up to this class to train with a senior KUGB instructor. Can everyone wishing to grade please remember to get their club cards stamped every session, as there is not that much time between this grading and the previous one, and if the club instructors do not believe you have trained enough, they will not give you permission to grade.

Please remember to check with Sharon 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.

Price Rise

Please remember that the prices of the junior class on a Thursday, and the Saturday class have now risen from £4.50 to £5.00. The senior class on a Thursday is still at its normal price of £5.00.

Shoes

With the floor recently being renewed at the YMCA, black-soled shoes are no longer allowed in the hall. If you are wearing black-soled shoes, please remember to take them off before entering the dojo.

Forthcoming Karate Events

Saturday 8th December

Ashington Karate Club Christmas Party

Ashington Football Club, NE63 NFW
6:00pm-10:00pm

Sunday 16th December

Training and Grading with Sensei Frank Brennan

Willowburn Sports & Leisure Centre, Alnwick
Training Time - 10.30am - 12.15pm (Green Belt & Above)
2.30pm - 4.00pm (White-Yellow Belt)
Gradings to follow shortly after training.

Saturday 22nd & 29th December

Extra Classes with Sensei Keith Burns

Ashington Leisure Centre
Details on our website
ashingtonshotokankarate.co.uk

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:



Kyle Duddridge



Student of the month trophies sponsored by Sensei Keith.



November Student Profile

Niamh Duddridge

November 2012 Student Profile – Niamh Duddridge

How old are you?

12

How old were you when you started karate?

5, nearly 6

What is your current grade?

1st Dan Black Belt

How long have you trained at Ashington Karate Club?

6 years

What inspired you to start karate?

My brother Kyle

How many hours per week do you train both in and out of the dojo?

3 hours a week

What is your order of preference – Kihon/Kata/Kumite?

Kumite, Kata, Kihon

What is your favourite kumite technique?

Mawashi-geri

What is your favourite Kata?

Jion

Who is your favourite competitor – past or present?

Frank Brennan

Do you have a goal in karate?

To train and compete for as long as I can

What are your best competition results?

Seahouses 2012, because I got placed in everything I entered.

What is your best karate moment?

Getting my black belt

What is your favourite food?

Don't know

What is your favourite film/who is your favourite film star and why?

I don't have a favourite film

What is your favourite TV program?

Scrubs and Big Bang Theory

What is your musical influence?

I like a lot of different numbers

What is your favourite holiday destination?

Lancaster Karate Camp

What is your ambition in life?

To have a good life

Who inspires you?

Family and friends

