



# ASHINGTON KARATE CLUB

## NOVEMBER NEWSLETTER

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

NOVEMBER 2018 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

 @AshingtonNKA

 ashington\_nka

### NEW BLACK BELTS – CONGRATULATIONS NATHAN AND JESSICA!

Congratulations to Nathan Lillico and Jessica Peel who passed their Shodan (1st Dan Black Belt) grading at the Black and Brown Belt Course at Sunderland on Sunday 18th November with Sensei Andy Sherry, 9th Dan and Sensei Billy Higgins, 8th Dan!

A message from Sensei Jill:

*"Today saw our Ashington Karate Club gain two new black belts! Namely Nathan Lillico and Jessica Peel at City Space Sunderland. Senior instructor Sensei Andy Sherry, 9th Dan graded all students. Any black belt grading is an occasion to be nervous, hopeful but confident in the fact that you have put in the training, over a long period of time to achieve a good outcome. Nathan and Jessica fully deserve their Shodan status today, and we welcome them into the ranks of our black belts - where we will expect them to train like Shodans, behave like Shodans, and be ready for a whole new learning experience."*



### CLUB PICTURE 2019

We will be taking our club picture for 2019 on Saturday 5<sup>th</sup> January. This picture will be used for all promotion in 2019, so we would like as many of our members as possible to make this class!

### GRADING PREPARATION AND HYGIENE

Details for our grading with Sensei Frank Brennan can be found on the back of this newsletter. Please remember to hand in your licence and grading fee in advance of the grading.

We will be doing a fingernail, toenail and foot inspection ahead of the grading to make sure everyone is safe for the kumite. If your fingernails or toenails are not clean and at a safe length, you will not be able to grade! A dojo etiquette sheet with a section on hygiene is permanently displayed on our notice board, please make sure you spare some time to read this!

### CHRISTMAS PARTY – TICKETS NOW ON SALE!

Tickets for our Christmas Party are now available. Tickets are free to all club members and £6 for all family members. The party will take place at The Miners on Saturday 8<sup>th</sup> December starting at 6:00pm with the disco and party games.

### NOVEMBER BONUS BALL WINNERS:

03/11/2018: Nicola Butler (49)

10/11/2018: Amy Chisholm (3)

17/11/2018: Betty Robertson (37)

24/11/2018: Dawn Mason (2)

### STUDENT OF THE MONTH:

**ALETHEA CALDWELL**



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:

AEDÁN CALDWELL  
ALETHEA CALDWELL  
CALLUM CALDWELL  
JAKE COULTAS  
TEAGAN COULTAS  
MELODY DIANG  
TONG XIN HE  
YONG JIE HE  
NATHAN LILICO  
JESSICA PEEL  
CHARLOTTE REASON  
SHAY SUMMERS  
ZOE YOUNG

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

### FORTHCOMING EVENTS:

**Saturday 8<sup>th</sup> December 2018**  
Christmas Party and Presentation Evening  
The Miners, Ashington  
6:00pm-11:00pm – tickets on sale now!

**Saturday 15<sup>th</sup> December 2018**  
Training with Sensei Frank Brennan  
Eldon Leisure, Newcastle  
2:00pm-3:30pm (all-grades)

**Sunday 16<sup>th</sup> December 2018**  
Grading with Sensei Frank Brennan  
Josephine Butler Campus  
FULL DETAILS ON THE BACK OF THIS NEWSLETTER

Visit the Events page on our website  
[ashingtonshotokankarate.co.uk](http://ashingtonshotokankarate.co.uk)  
2019 EVENTS TO BE ANNOUNCED SOON.



# NORTHUMBERLAND KARATE ACADEMY

## TRAINING AND GRADING

Sunday 15<sup>th</sup> July

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

Josephine Butler Campus

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

**DATE:** Sunday 16<sup>th</sup> December 2018

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

### CONTACT:

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**SENSEI IAN WILLIS, 6<sup>th</sup> DAN**  
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### 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

Training Only – £10.00

**NOTE:** No Training, No Grading

### NEXT GRADINGS:

24<sup>th</sup> March 2019 / 14<sup>th</sup> July 2019 / 15<sup>th</sup> December 2019



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!  
IF YOUR LICENCE IS NOT UP TO DATE YOU WILL NOT BE ABLE TO GRADE



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