



Ashington Karate Club

March Newsletter

March 2013 News

Can you all please remember to get your card stamped every session, as before giving you permission to grade, Sensei Jill will check your cards to make sure you have good enough attendance.

Grading Results

Congratulations to all members who successfully graded under Sensei Sherry on 24th March. You all showed a good attitude throughout the training and the grading. The black belt session beforehand was a special Kata Masterclass focusing in detail on the katas Gojushiho Dai and Unsu.

List of members who graded:

- Shay Louise Boden – 9th Kyu – Orange Belt
- Chloe Evans – 9th Kyu – Orange Belt
- Gabriel Torres – 9th Kyu – Orange Belt
- Laura Brown – 9th Kyu – Orange Belt
- Mackenzie Summers – 9th Kyu – Orange Belt
- Louis Parsons – 9th Kyu – Orange Belt
- Evan Young – 8th Kyu – Red Belt
- Jamie Armstrong – 8th Kyu – Red Belt
- Max Archer – 8th Kyu – Red Belt
- James De Vera – 7th Kyu – Yellow Belt
- Christopher Denham – 7th Kyu – Yellow Belt
- Brooke Sproat – 7th Kyu – Yellow Belt
- Ethan Cook – 6th Kyu – Green Belt
- Ralph Ticman – 6th Kyu – Green Belt
- Jay Scott – 4th Kyu – Purple & White Belt
- Bethany Day – 4th Kyu – Purple & White Belt
- Francis Diosolan – 4th Kyu – Purple & White Belt
- Alexandra Rutherford – 4th Kyu – Purple & White Belt
- Ray Cobbledick – 3rd Kyu – Brown Belt
- James Metcalf – 1st Kyu – Brown & 2 White Belt
- Imogen Venters Wood – 1st Kyu – Brown & 2 White Belt



The Kata Masterclass with Sensei Andy Sherry, 9th Dan.

Forthcoming Karate Events

Saturday 4th May

KUGB National Championships

The NIA, Birmingham

Tuesday 14th May

Training with Sensei Frank Brennan, 7th Dan

Eldon Leisure, Newcastle

6:30pm-8:00pm (All Grades)

8:00pm-9:00pm (Brown and Black Belts only)

Sunday 23rd June

Sunderland Karate Championships

City Space, University of Sunderland

Feedback: Kata Masterclass

The black belt session at our grading was a special Kata Masterclass with Sensei Andy Sherry focusing on two advanced katas. Sensei Jill would like to know if next year in March, black belts would like this class again. The next grading dates at Willowburn Sports & Leisure Centre, Alnwick, are 14th July and 15th December. The sessions at these two gradings will be a normal training session with Sensei Frank Brennan.

KUGB Grand Slam

Congratulations to Kyle Duddridge and Dylan Gibson who competed for England at the first KUGB Grand Slam in 2013 against Wales, Scotland, Ireland and Northern Ireland. Kyle competed in the Male Cadet Kumite category and made it to the second round, and Dylan competed in the Male Kata category and made it the quarter-finals. Visit our website, www.ashingtonshotokankarate.co.uk for a video.

Contest: Guess Who?

For the past month there has been a contest running on our website, www.ashingtonshotokankarate.co.uk, asking readers to identify two former members and competitors of Ashington Karate Club (see picture to right). Sensei Jill has picked Gemma Gibson as the winner, as she provided the most detail and clearly identified John James and Tracy Bruce. Congratulations to her, and also to Paula McIntosh and Anthea Sykes, who also guessed correctly.



KUGB Raffle Tickets

Can anyone who was given KUGB raffle tickets to sell please return them to Sensei Jill as soon as possible. The raffle will be drawn at the KUGB AGM at Shobnall on 11th May. The raffle is organized to raise funds for the KUGB England Squad so they can travel to the World and European Championships. The raffle is held every two years and has a grand prize of £1000.

Please remember to check 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.

Website: ashingtonshotokankarate.co.uk

Facebook: www.facebook.com/AshingtonShotokanKarateClub

Twitter: www.twitter.com/Ashington_Skc

YouTube: www.youtube.com/user/ashingtonKUGB

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 March is:



Jamie Armstrong



Student of the month trophies sponsored by Sensei Keith.