



# ASHINGTON KARATE CLUB

## AUGUST NEWSLETTER

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

AUGUST 2018 NEWS

Sensei Trish Bruce, 5<sup>th</sup> Dan



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Ashington Shotokan Karate



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### IMPORTANT: DOJO ETIQUETTE & HYGIENE

On the back of this newsletter we have a poster with information on dojo etiquette and hygiene. Please take the time to read this carefully.

The instructors have had several complaints over the summer regarding some students' lack of personal hygiene, so we thought it would be pertinent that we should remind everyone once again. If you come to the class showered with a fresh gi, you will not have bad body odour. Last week's suit unwashed will not be good for you or the people you train beside!

### SUMMER HOLIDAY PHOTO COMPETITION

We have received some fantastic entries for our summer holiday photograph competition, and we are looking forward to seeing the last few entries. The deadline for sending in your pictures is Sunday 9<sup>th</sup> September. Photos can be sent in via Facebook or email to

[dylan@ashingtonshotokankarate.co.uk](mailto:dylan@ashingtonshotokankarate.co.uk).

The results will be announced soon afterwards. The competition will be judged by someone from outside the club whose identity will be revealed nearer the time of results.

### TRAINING WITH SENSEI BRENNAN

Sensei Brennan regularly travels up to Newcastle to teach classes at Eldon Square. The next two classes are on Tuesday 18<sup>th</sup> September and Tuesday 6<sup>th</sup> November. The class is for all grades and takes place from 6:30pm-8:00pm. The November class also has an extra hour for brown and black belts. We encourage all students to attend these classes.

### KUGB LANCASTER SUMMER COURSE

Several of our members travelled to Lancaster to take part in the KUGB's annual week-long Summer School. This course is a fantastic opportunity to train for a whole week with the six most senior instructors in the KUGB. Over the years we have had many students from our club attend the course, and hope that even more will be interested in the future!

While we were at the course, the instructors kindly signed a gi for the club, which will be a special prize that we will be holding a special raffle for at our Christmas Party and Presentation Evening this year.

### UPCOMING GRADING DATES

The next three gradings will take place on:

16<sup>th</sup> December 2018

24<sup>th</sup> March 2019

14<sup>th</sup> July 2019

Please make sure you mark these in your diaries early to avoid any clashes with other activities/holidays!

### AUGUST BONUS BALL WINNERS:

04/08/2018: Lennon McCulloch (20)

11/08/2018: Nicola Butler (49)

18/08/2018: Max Hogg (29)

25/08/2018: Joanna Davis (44)

### STUDENT OF THE MONTH:

*YONG JIE HE*



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:

*JAKE COULTAS*

*TEAGAN COULTAS*

*MELODY DIANG*

*TONG XIN HE*

*YONG JIE HE*

*DENNY SHY*

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

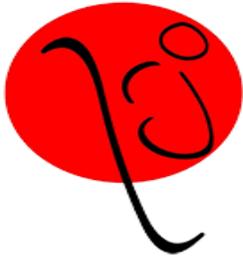
### FORTHCOMING EVENTS:

*Tuesday 18<sup>th</sup> September 2018*  
Training with Sensei Frank Brennan  
Eldon Leisure, Newcastle  
6:30pm-8:00pm (all grades)

*Sunday 14<sup>th</sup> October 2018*  
KUGB Northern Region Kata Masterclass  
CitySpace, Sunderland  
11:00am-12:30am (all-grades course)  
1:00pm-3:00pm (black belt kata class)

*Saturday 20<sup>th</sup> October 2018*  
KUGB Northern Region Championships  
CitySpace, Sunderland  
Eliminations begin at 10:00am

Visit the Events page on our website  
[ashingtonshotokankarate.co.uk](http://ashingtonshotokankarate.co.uk)  
for more events throughout 2018.



# ASHINGTON KARATE CLUB

## DOJO ETIQUETTE

**KUGB** ●  
SHOTOKAN KARATE

### APPEARANCE

Your Gi must be clean, in a good condition and fit correctly.

You must wear the appropriate belt for your grade.

**Feet and hands** must be clean, and nails kept clean and short to avoid injury.  
**All students irrespective of grade are expected to pay special attention to personal hygiene!**

Any wounds or verrucas must be covered.

**Jewellery or watches** must not be worn and any jewellery items that are not possible to remove should be safely covered.

### IN THE DOJO

Students should always **bow** on entering or leaving the dojo.

If you are late, you should kneel at the edge of the floor **where Sensei can see you** and wait until you are invited onto the floor.

You must bow to your Sensei when acknowledged and then join in.

It is polite to walk around the edge of the floor rather than across the centre and **impolite to walk in front of fellow students** when they are lined up or training.

Instructors must always be referred to as **Sensei** and not by name.

When your Sensei is giving instructions, you must be respectful and listen carefully, giving your full attention at all times.

Students must seek permission from the Sensei before leaving the floor for any reason.

If you need to go to the toilet, please put your hand up.

**Please use the bathroom before the lesson to try to avoid disruption!**

### OUTSIDE THE DOJO

Students of karate have a responsibility to behave in a manner which maintains and enhances the reputation of our dojo and the art of karate.

Our younger members must know that techniques learnt in class must **never** be used in the playground or when outside playing.

Our older students and senior grades should ensure that they set a good example for the junior grades to follow.