



Ashington Karate Club

July Newsletter

July 2012 News

Well done to all Students who achieved 100% attendance on Saturday mornings and Thursday evenings in July.

(Please Note: Students that are not at Ashington YMCA due to karate competitions/training events elsewhere are classed as in attendance)

3rd Sunderland Championships Sunday 1st July

Congratulations to all members who competed at the 3rd Sunderland Sendai Competition. All students performed well and were a credit to the club. Results:

Gemma Gibson – 2nd Brown Belt Kata

Dylan Gibson – 2nd Black Belt Kata

Dan Lumb – 3rd Over 16 Kata

Maya Burns – 3rd Girls 11-15 Kumite

Ashington A – 1st Team Kata

(Sarah Clow, Dan Lumb, Dan Smart)

Ashington B – 3rd Team Kata

(Alex Ralph, Kyle Duddridge, Dylan Gibson)

Ashington A – 1st Team Kumite

(Alex Ralph, Maya Burns, Dylan Gibson)

Ashington B – 3rd Team Kumite

(Philip Campbell, Niamh Duddridge, Louie Cummings)

Reminder:

Karate on the Beach Money

Well done to all who took part on the Karate on the Beach event, as the weather and conditions weren't as hoped for.

Please hand in all sponsorship money to any committee member on Saturday mornings.

Website: ashingtonshotokankarate.co.uk

Facebook: www.facebook.com/ashington.shotokankarate

Twitter: www.twitter.com/Ashington_Skc

YouTube: www.youtube.com/user/ashingtonKUGB

Google Picasa: picasaweb.google.com/102218149745286657496

Keep an eye on the club website as a new layout will be coming soon.

KUGB National Youth Championships Saturday 7th July

Well done to all competitors who travelled to Chesterfield to compete at the National Youth Championships. Results:

Louie Cummings – 2nd Boys Brown Belt Kata

Maya Burns – 2nd Girls Black Belt Kata

Maya Burns – 2nd Girls Kumite Under 5'3"

Ashington A – 4th Children's Team Kata

(Caitlin Birdsey, Niamh Duddridge, Maya Burns)

Training and Grading Sunday 15th July

Congratulations to all members who graded with Sensei Frank Brennan at

Alnwick. Unfortunately due to

committee members and sensei

holidays, we do not have the results,

they will be available on our new

website as soon as we have them.

Northern Region Kumite Development Squad

Congratulations to Louie Cummings, Gemma Gibson, Maya Burns, Dylan

Gibson and Kyle Duddridge who all

made the Northern Region Kumite

Development Squad with Sensei Jimmy

Brennan and Sensei John-James Bruce.

CANCELLED CLASS

Thursday 9th August

Both the junior and senior classes at Mowbray First School on Thursday 9th August will be cancelled due to instructors and senior students being at Lancaster.

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.

Forthcoming Karate Events

6th-10th August 2012

Lancaster Summer Camp, Lancaster University

Training with the top instructors in the country.

Tuesday 4th September 2012

Training with Sensei Frank Brennan

Sendai Newcastle – Eldon Square, Newcastle upon Tyne

Training Time – 6:30pm – 8:00pm (All Grades)

Saturday 8th September 2012

Bag Pack at Ashington Iceland

10:00am-4:00pm

Saturday 15th September 2012

KUGB Shotokan Cup

Queen's Park Sports Centre, Chesterfield

Sensei Jill, Sensei Trish and Sensei Keith 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 July is:

Gemma Gibson





July Student Profile

Alex Ralph

July 2012 Student Profile – Alex Ralph

How old are you?

15

How old were you when you started karate?

I had just turned 10

What is your current grade?

1st Dan Black Belt

How long have you trained at Ashington Karate Club?

Almost 6 years

What inspired you to start karate?

I wanted something else to do and started after watching a session

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

3 to 6 hours

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

Kumite, Kata, Kihon

What is your favourite kumite technique?

Gyaku Tsuki

What is your favourite Kata?

Sochin

Who is your favourite competitor – past or present?

Sensei Bob Poynton

Do you have a goal in karate?

To train at a high standard for as long as possible

What are your best competition results?

1st Team Kata, National Championships 2011

1st Team Kata, National Youth Championships 2011

What is your best karate moment?

Winning team kata at the National Championships

What is your favourite food?

Either my mam's mince and dumplings or her lasagna

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

Either Harry Potter or The Fast and Furious

What is your favourite TV program?

I don't really have a favourite but mainly comedy

What is your musical influence?

The likes of Coldplay and Oasis

What is your favourite holiday destination?

Either Florida or Paris

What is your ambition in life?

To be successful and happy

Who inspires you?

Sir Alan Sugar

