



ASHINGTON KARATE CLUB

MAY NEWSLETTER

Sensei Jill Kelly, 6th Dan

MAY 2017 NEWS

Sensei Trish Bruce, 5th Dan



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KUGB LIVERPOOL YOUTH CHAMPIONSHIPS

Well done to our seven competitors who travelled to Firefit in Toxteth today for the KUGB Liverpool Youth Championships.

For several of our competitors, this was their first time travelling to a competition away from the local area.

Everyone performed very well and were a credit to the club.

Congratulations to Dylan Gibson, Niamh Duddridge and Gemma Gibson who placed second in Team Kata. This was their first time performing a new kata in the final. Dylan also placed third in the Junior Male Kata.

Photographs from the event can be viewed on our website and Facebook.



MOCK GRADING – 24TH JUNE

The mock grading in preparation of our grading with Sensei Frank Brennan in July will be held at Ashington Leisure Centre on Saturday 24th June. All members should attend this.

SUNDERLAND KARATE CHAMPIONSHIPS SUNDAY 18TH JUNE 2017

The 8th Sunderland Karate Championships will be held at CitySpace at the University of Sunderland on Sunday 18th June. This is a small competition that is organised by a local club rather than the KUGB and is aimed at both encouraging new competitors to gain experience and established competitors to continue their progress.

There are categories for all ages and grades. The committee will pay entry fees for all members who reach the attendance criteria. If you would like to attend, please put your name on the entry form on the desk.

IMPORTANT: HYGIENE AND ETIQUETTE

With summer approaching, please take time to read the notice on the back of the newsletter regarding hygiene and dojo etiquette. This is important information and applies to all our members, regardless of age or grade.

MAY BONUS BALL WINNERS:

06/05/2017: Sensei Trish Bruce (32)

13/05/2017: Amy Chisholm (1)

20/05/2017: Jackie Dodds (48)

27/05/2017: Lynn Gibson (6)

STUDENT OF THE MONTH:

BEVERLEY FOSTER



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:

MACENZIE BARNETT

JAKE COULTAS

GARY COWELL

THOMAS DAVISON

BILLY JOBSON

LENNON McCULLOCH

LOUIS PARSONS

JESSICA PEEL

PETER PHILLIPS

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

FORTHCOMING EVENTS:

Sunday 11th June 2017

*10th Karate on the Beach
Blyth Beach*

If you have not received a sponsor form, please speak to a committee member.

Sunday 18th June 2017

*Sunderland Karate Championships
CitySpace, University of Sunderland
Eliminations begin at 10:00am.*

Saturday 1st July 2017

*KUGB National Youth Championships
Queen's Park Sports Centre, Chesterfield
Eliminations begin at 10:00am.*

Visit the Events page on our website ashingtonshotokankarate.co.uk for more events throughout 2017.



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 **verruucas** 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.