



Ashington Karate Club

October Newsletter

October 2012 News

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

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

KUGB Northern Region Championships

Congratulations to all members of Ashington YMCA Karate Club who competed at the Northern Region Championships in Sunderland. All competitors performed to the best of their ability and were a credit to the club. The results were as follows:

- Louie Cummings – 1st, Children’s Brown Belt Kata
- James Metcalf – Semi-Finalist, Children’s Brown Belt Kata
- Dylan Gibson – 2nd, Children’s Black Belt Kata
- Gemma Gibson – 2nd, Girls Kumite Under 5’3”
- Niamh Duddridge – 3rd, Girls Kumite Under 5’3”
- Maya Burns – 3rd, Girls Kumite 5’3” and Over
- Ashington A (Niamh Duddridge, Caitlin Birdsey, Maya Burns) – 2nd, Children’s Team Kata

Bag Pack

On Saturday 1st December, we are having a back pack at Ashington Iceland to help raise funds to pay towards the cost of the Christmas Party. Any students wishing to help please see any committee member on Saturday mornings.

New Website

For those of you who have not yet looked our new website; it is now live at www.ashingtonshotokankarate.co.uk. We also have a new Facebook page at www.facebook.com/AshingtonShotokanKarateClub, so if you have Facebook, can you please go and give us a ‘like’ to keep updated.

Seahouses

Competition 2012

Can anybody wishing to compete at the Seahouses Competition on 18th November please see any instructor to enter Kata, Kumite, 1-Step or 5-step or team events. This is a great competition for people to start out at, as many of our established competitors started there.

Price Rise

The prices of the junior class on a Thursday, and the Saturday class will be rising from £4.50 to £5.00 from Saturday 1st December. The senior class on a Thursday will remain at its current price of £5.00.

Dan Grading Results

Congratulations to all members of Ashington SKC who successfully graded at Alnwick for their 1st or 2nd Dan. Congratulations to Gemma Gibson, who passed her 1st Dan, and Kyle Duddridge and Dylan Gibson, who passed their 2nd Dan at Alnwick on 13th October. All three of them passed at their first attempt. The pass rate first time for 1st Dan is 25%, and for 2nd Dan it is even lower.

A message from Sensei Jill:

"Myself and Sensei Trish would like to add our congratulations to the many already received to Dylan Gibson and Kyle Duddridge for achieving 2nd Dan at the Willowburn Sports Centre in Alnwick on Saturday. First time passes are rare which makes their success even sweeter!"

Gemma Gibson passed her 1st Dan on the same day as well! All three train regularly and hard and fully deserve their Grades. In addition Dylan and Kyle help teach the junior grades every week and also hold their Junior Club instructor certificates truly a case of giving back to the club which has obviously taught them well!

We are expecting further successes from our other Dan grading students next year - remember the maxim - Train Hard - Grade Easy!

Not that I recall any Dan grading to be 'easy' but I think you get the meaning behind the phrase!"

Shoes

With the floor recently being renewed at the YMCA, black-soled shoes are no longer allowed in the hall. If you are wearing black-soled shoes, please remember to take them off before entering the dojo.



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.

- Website:** ashingtonshotokankarate.co.uk
- Facebook:** www.facebook.com/AshingtonShotokanKarateClub
- Twitter:** www.twitter.com/Ashington_Skc
- YouTube:** www.youtube.com/user/ashingtonKUGB
- Google Picasa:** picasaweb.google.com/102218149745286657496

Forthcoming Karate Events

Saturday 3rd November

Ashington Karate Club Halloween Party

Ashington & Ellington Social Club
6:00pm-10:00pm

Tuesday 13th November

Training with Sensei Frank Brennan

Sendai Newcastle - Eldon Square Newcastle upon Tyne
Training Time – 6.30pm – 8.00pm (All Grades)
8.00pm – 9.00pm (Brown & Black Belts Only)

Sunday 18th November

Seahouses Karate Championships

Seahouses Social Club
From 10:00am

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 September

is:



Luke Davis



Student of the month trophies sponsored by Sensei Keith.



October Student Profile

Caitlin Birdsey

September 2012 Student Profile – Maya Burns

How old are you?

13 (14 in December)

How old were you when you started karate?

6

What is your current grade?

1st Dan Black Belt

How long have you trained at Ashington Karate Club?

7 years

What inspired you to start karate?

My friend's dad (Sensei Keith) told my mam, so me and three friends joined.

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

2 1/2 to 3 hours

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

Kata, Kihon, Kumite

What is your favourite kumite technique?

Kizami-zuki, Gyaku-zuki, Mawashi-geri

What is your favourite Kata?

Probably Nijushiho, or Unsu, even though I can't do it!

Who is your favourite competitor – past or present?

Megan Dent

Do you have a goal in karate?

Pass as many Dan gradings as I can!

What are your best competition results?

Probably not my best, but my favourite results were 2nd and 4th in my first competition.

What is your best karate moment?

Getting my 1st Dan at the age of 10!

What is your favourite food?

Garlic Bread

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

All of the Harry Potters! And Tom Felton because Draco is awesome!

What is your favourite TV program?

Bad Education and Doctor Who

What is your musical influence?

I love All Time Low and Ed Sheeran.

What is your favourite holiday destination?

Paris

What is your ambition in life?

To get a good job and be happy.

Who inspires you?

Friends and family.

