



Ashington Karate Club

March Newsletter

March 2014 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. If you forget your card, it will NOT be stamped twice the next week.

DEBRA Charity Training 8th April 2014

Sensei Brennan is teaching at Eldon Square in Newcastle on 8th April. This is a special charity class for DEBRA (Dystrophic Epidermolysis Bullosa Research Association), the KUGB's official charity for 2014, which was suggested to the KUGB by Sensei Jill.

Please try and attend this class to help raise funds for an important cause.

Times:

6:30pm-8:00pm (all grades)

8:00pm-8:45pm (all grades)

Cost:

£10.00 for one or both classes

All profits to go to DEBRA

For more information on DEBRA, please visit:

www.debra.org.uk

Grading with Sensei Andy Sherry 30th March 2014

Congratulations to all who graded with Sensei Andy Sherry on 30th March 2014. We will post a full list of results on the website as soon as we have them. The black belt class was a special kata Masterclass focusing on the katas Gojushiho Sho and Gankaku. See the class picture below:



Forthcoming Karate Events

Tuesday 8th April

DEBRA Charity Training with Sensei Frank Brennan

Eldon Square, Newcastle

6:30pm-8:00pm (all grades)

8:00pm-8:45pm (all grades)

Sunday 3rd May

KUGB National Championships

NIA, Birmingham

Tuesday 3rd June

Training with Sensei Frank Brennan

Eldon Square, Newcastle

6:30pm-8:00pm (all grades)

MORE IMPORTANT UPCOMING EVENTS ON OUR WEBSITE

Easter Training & Raffle

Easter Saturday (19th April)

The class on Easter Saturday (19th April) will go ahead this year at **Ashington Leisure Centre**, times as normal. The Easter Raffle, formerly due to take place on 12th April, will now take place on this date. We will give out an Easter Egg to all of our members who attend this class.

Sunderland Karate Championships & Competition Training

The Sunderland Karate Championships 2014 will be held at City Space, University of Sunderland on Sunday 8th June 2014. This is a local competition, and we would like to encourage you to attend it. This is a good starting point for up-and-coming competitors, as the venue is local and the competition is not as large as KUGB events. Before this competition, we will hold a competition training class to enable students to learn competition etiquette and techniques. The class will be taken by Sensei Jill and assistant instructors from Ashington Karate Club (who all have years of competition experience). The final date and venue of this extra training is still to be confirmed. Details will be announced in class and on our website as soon as we have them.

Train with the Champions 2014

4th-8th August, Lancaster University

For many years students and instructors from Ashington Karate Club have attended the KUGB Lancaster Karate Summer School. Anyone interested in attending the five-day course please speak to any committee member or Sensei for more information or application forms. This is a good opportunity to train under the top six instructors in the country, and amongst students from many clubs nationwide and abroad.

Website: ashingtonshotokankarate.co.uk

Email: enquiries@ashingtonshotokankarate.co.uk

Facebook: www.facebook.com/AshingtonShotokanKarateClub

Twitter: www.twitter.com/Ashington_Skc

STUDENT OF THE MONTH

The student to receive this award for March is:



Olaf Zieba



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?

Student of the month trophies sponsored by Sensei Keith and Joe Wood.