



ASHINGTON KARATE CLUB

SEPTEMBER NEWSLETTER

Sensei Jill Kelly, 6th Dan

SEPTEMBER 2017 NEWS

Sensei Trish Bruce, 5th Dan



www.ashingtonshotokankarate.co.uk



enquiries@ashingtonshotokankarate.co.uk



@AshingtonShotokanKarateClub



@AshingtonNKA



ashington_nka

SAINSBURY'S BAG PACK – 14TH OCTOBER

We are lucky to have been given a last-minute bag pack at Cramlington Sainsbury's on Saturday 14th October from 10:00am-4:00pm. We know it is short notice and only a week after our last bag pack, but we would appreciate any help from our members after training.

BOWLING TRIP – 29TH OCTOBER

We can now announce that our bowling trip on 29th October is now FULL, so more places will be accepted.

If you are to drop out now, you will be charged £7.50 for the cost of your place, as the trip has been fully paid for.

The trip take place on Sunday 29th October at Strike Bowling, Concordia Leisure Centre, Cramlington at 2:00pm.

KUGB NORTHERN REGION KATA CLASS

On Sunday 15th October, there will be two KUGB classes held in Sunderland with Sensei Frank Brennan, 8th Dan. The first class from 11:00am-12:30pm is an all-grades course for yellow belt and above, which will cover all aspects of karate. The second class from 1:00pm-3:00pm is a kata masterclass for black belts only, focussing on Bassai Sho and Unsu.

We expect to see many of our members training at this class, especially those who are wanting to grade for their black belt within the next year. As it is a KUGB course, this also means that brown and black belts can get their Course Record Books signed for training.

KUGB NORTHERN REGION CHAMPIONSHIPS

If anyone is interested in competing in the KUGB Northern Region Championships and has not yet put their name down, please speak to Gemma so she can add you to the entries. All entries MUST be in by Saturday 14th October. If you have put your name down for the competition and cannot make it any more, you MUST let us know by this date or you will be charged for you events. We encourage all ages and grades to attend this competition, as it is one of the few local competition and provides a range of categories for all competitors.

KUGB INSTRUCTOR AND YOUNG LEADERS!

Congratulations to Louis Parsons, who has achieved his Silver Young Leaders Award. This means he has dedicated 30 hours to assisting Sensei Jill and Sensei Trish in teaching the junior class. Also congratulations to Gemma Gibson, who has been awarded with her KUGB Instructor Qualification, which means she can now teach a full class without a senior instructor present. Gemma has assisted her senior instructors in teaching the Thursday class every week for several years.

SEPTEMBER BONUS BALL WINNERS:

02/09/2017: Jackie Dodds (48)

09/09/2017: Sensei Trish Bruce (111)

16/09/2017: Sensei Jill Kelly (36)

23/09/2017: Christine Young (10)

30/09/2017: Jackie Brown (35)

STUDENT OF THE MONTH:

EVIE ACKROYD



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
DANIEL JACKSON
LENNON McCULLOCH*

*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 15th October 2017
KUGB Northern Region Kata Masterclass
CitySpace, University of Sunderland
11:00am-12:30pm (all grades course)
1:00pm-3:00pm (black belt masterclass)

Saturday 2nd October 2017
KUGB Northern Region Championships
CitySpace, University of Sunderland
Eliminations begin at 10:00am.

Saturday 9th December 2017
Christmas Party and Presentation Evening
The Miners, Ashington
6:00pm start. Tickets on sale nearer time.

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



NORTHUMBERLAND KARATE ACADEMY

TRAINING AND GRADING

Sunday 17th December

SENSEI FRANK BRENNAN, 8th DAN

Josephine Butler Campus

INSTRUCTOR: Sensei Frank Brennan, 8th Dan

DATE: Sunday 17th December 2017

LOCATION: Josephine Butler Campus,
Northumberland Church of England Academy
Ashington, Northumberland
NE63 9FZ

CONTACT:

SENSEI IAN WILLIS, 6th DAN
07710 790643
01670 523219
ian4willis@yahoo.co.uk

SENSEI JILL KELLY, 6th DAN
07930 324556
01670 505843
jillfkelly@gmail.com

TRAINING:

10:30am-12:00pm – Green Belts and Above
Grading to follow after a short break.

2:00pm-3:15pm – White-Yellow Belts
Grading to follow shortly afterwards.

COSTS:

Training and Grading – £25.00

Training Only – £10.00

NOTE: No Training, No Grading

NEXT GRADINGS:

18th March 2018 / 15th July 2018 / 16th December 2018



WE ARE CONSTANTLY CHECKING THAT ALL LICENCES ARE IN DATE, BUT
IT IS YOUR RESPONSIBILITY TO MAKE SURE YOU RENEW YOUR LICENCE WHEN IT IS DUE!
IF YOUR LICENCE IS NOT RENEWED YOU WILL NOT BE ABLE TO GRADE



www.ashingtonshotokankarate.co.uk
www.nkakarate.co.uk



enquiries@ashingtonshotokankarate.co.uk



Ashington Shotokan Karate



@AshingtonNKA



ashington_nka