



ASHINGTON KARATE CLUB

DECEMBER NEWSLETTER

Sensei Jill Kelly, 6th Dan

DECEMBER 2019 NEWS

Sensei Trish Bruce, 6th Dan



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Ashington Shotokan Karate



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HAPPY NEW YEAR!

We hope all our club members and their families had a merry Christmas and a fantastic new year!

An article detailing the club's achievements throughout the year can be found on our website and the back of this newsletter, alongside an accompanying video on our Facebook and YouTube pages. Please take the time to read/watch these so we can reflect together on what has been a successful year for the club. We look forward to you all training hard in 2020 and beyond!

CLUB WEBSITE UPDATE

Those of you who regularly view our website may have noticed that over the last few months, the front page has been loading at an extremely slow speed. This issue has finally been fixed, and we encourage all our club members to view our website. As well as recent news articles, you can find upcoming events for the year, detailed profiles of our instructors, photo galleries dating back to 2007, an archive of all our club newsletters from 2011-present, and information on how to purchase club kit.

UPCOMING EVENTS

The events page of our website will be being updated with training, grading and competition dates for 2020. Please keep an eye of this page so you can add these dates to your diary!

We always encourage our club members to attend local training sessions with senior KUGB instructors, especially when working towards Dan gradings.

CHRISTMAS PARTY AWARDS

Our annual Christmas Party and Presentation Evening was held at the Miners in Ashington on Saturday 7th December. We hope everyone had a fantastic night! Congratulations to our special award winners from the party:

Best Overall Senior: Dylan Gibson

Best Overall Junior: Emmie-Ann Henderson

Most Improved Senior: Ehsan Baniyaghoob

Most Improved Junior: Paul Pollard

Best Overall Attendance: Jake Coultas

A full gallery of photos from the night can be found on our Facebook page and website.

GRADING WITH SENSEI FRANK BRENNAN

Congratulations to everyone who graded with Sensei Frank Brennan, 8th Dan on Sunday 15th December. The day ran smoothly and we were very pleased with the etiquette of our club members. A full list of results for Ashington Karate Club members can be viewed on our website, and a gallery of photos can be found on our Facebook page and our website.

DECEMBER BONUS BALL WINNERS:

07/11/2019: Claire Brash (59)

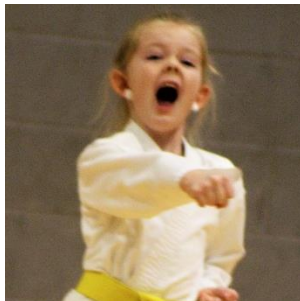
14/11/2019: Rachael Barnes (56)

21/11/2019: Kay Parsons (05)

28/11/2019: Kay Parsons (17)

STUDENT OF THE MONTH:

KACEY ALEXANDER



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-LANG

CLAIRE BROWN

GRACE BROWN EMMIE-ANN HENDERSON

JAMES BROWN VINNIE HENDERSON

AEDÁN CALDWELL KATIE KNOX

CALLUM CALDWELL SAM MAWSON

JAKE COULTAS JESSICA PEEL

TEAGAN COULTAS JOEL POLLARD

SOPHIE GORDON KRYSIA POLLARD

CHARLOTTE REASON

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

FORTHCOMING EVENTS:

Tuesday 4th February 2020

Training with Sensei Frank Brennan

Eldon Leisure, Newcastle

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

8:00pm-8:45pm (brown and black belts)

Sunday 9th February 2020

KUGB Northern Region Course and AGM

CitySpace, Sunderland

10:30am-11:45am AND 12:00pm-1:30pm

Both classes for yellow belt and above.

Sunday 29th March 2020

Grading with Sensei Frank Brennan

Josephine Butler Campus

Full details to be announced soon.

Visit the Events page on our website

ashingtonshotokankarate.co.uk

for more events throughout 2020.

Ashington Shotokan Karate Club

A look back at 2019.



2019 has been a fantastic year for Ashington Karate Club and a fitting end to the decade. Who knows what we can achieve in the 2020s!



The year began with Dylan and Gemma being reselected onto the KUGB England Squad, and Denny being selected for the first time. Members of the club attended competitions around the country, and achieved bronze, silver and gold medals at local, regional and national events, including Denny winning kata at the KUGB National Youth Championships, Jessica winning kumite at the KUGB Northern Region Championships, Katie winning kata at the KUGB Student Championships, and a range of first places at local competitions. It was great to see new



people interested in taking part in competitions for the first time at some of the local and regional competitions, and also more members stepping up and competing in some National events for the first time. The competition season ended on a high at the KUGB Northern Region Championships, where the club had the highest number of medals we have won in several years.



We hosted three successful Kyu gradings this year, where our club members graded for their next belt with Sensei Andy Sherry, 9th Dan in

July and Sensei Frank Brennan, 8th Dan in March and December. As well as this, we had several members successfully pass Dan gradings. Joel, Rachael, Nick, Jamie, Nicky and Ehsan all passed their Shodan (1st Dan Black Belt) grading this year, and Louis, James and Evie passed their Nidan (2nd Dan Black Belt) grading. Dan gradings are not easy to pass, with less than 30% passing first time, and everyone achieved this on their first attempt! It is always a proud moment for the club to have students pass these gradings.



We are proud of our members for attending courses throughout the year for extra training. It is great to see students so keen to develop and improve their karate. Since the introduction of the KUGB Young Leaders Programme a couple of years ago, we have had several students take part in the award. This year, Luke passed his Silver award, and Joel and Nicky passed their Bronze award. As well as this, we have had students working towards higher level instructor qualifications.



Louis passed his Assistant Instructor Qualification and Bev passed her Instructor Qualification this year.

Sensei Jill is always pleased to see students putting back into the club by helping with the classes.



We held our annual Karate on the Beach event for the 12th year, and organised several other fundraising activities, including bag packs and a street fayre. Thank you to all club members and families who took part in these events and helped raise funds for the club, which we use to give back to our members by organising events such as our Christmas Party and bowling trips. The year came to an end with our annual Christmas Party and Presentation Evening, where Dylan was awarded Best Overall Senior, Emmie-Ann was awarded Best Overall Junior, Ehsan was awarded Most Improved Senior, Paul was awarded Most Improved Junior and Teagan was awarded Best Overall Attendance.



We wish all our club members and their families a happy, healthy and prosperous new year, and look forward to what the 2020s will bring!