



#proudtobeKUGB
on its 50th year!

ASHINGTON KARATE CLUB

JULY NEWSLETTER

Sensei Jill Kelly, 6th Dan

JULY 2016 NEWS

Sensei Trish Bruce, 5th Dan



www.ashingtonshotokankarate.co.uk



enquiries@ashingtonshotokankarate.co.uk



@AshingtonShotokanKarateClub



@AshingtonNKA



ashington_nka

NEW WEBSITE! Our website is now back online with a NEW design! Make sure you visit the website often to keep up to date with all club-related news. The web address remains the same – www.ashingtonshotokankarate.co.uk

GATESHEAD YOUTH CHAMPIONSHIPS 2016

On 16th July 2016, five members from Ashington Karate Club competed at the 2nd Gateshead Youth Championships, hosted by Sonkei Karate Club at Kingsmeadow Community Comprehensive School. Due to the grading the following day, we were unable to bring a large number of competitors, but with the five competitors who did attend, we brought back a total of 10 placings! Results can be found below:

16-20 Brown and Black Belt Kata

1st - Dylan Gibson
3rd - Niamh Duddridge

16-20 Female Kumite

1st - Niamh Duddridge
2nd - Gemma Gibson

Mixed Team Kata

1st - Dylan Gibson, Niamh Duddridge, Gemma Gibson

18-20 Male Kumite

2nd - Dylan Gibson
3rd - Billy Jobson

11-15 Girls Kumite Under 5'3"

3rd - Hannah Baird

16-20 Team Kumite

3rd - Dylan Gibson, Gemma Gibson, Billy Jobson

11+ Kyu Grade Kata

4th - Hannah Baird

GRADING WITH SENSEI FRANK BRENNAN

Congratulations to everyone who graded with Sensei Frank Brennan on 17th July 2016. A total of 80 members graded, including 36 of our members and 39 from other NKA clubs in Ashington, Morpeth, Ponteland and Alnwick, with five visiting members from other clubs. The full list of results for our members can be found on our new website, along with a large gallery of photos.

KUGB NATIONAL YOUTH CHAMPIONSHIPS 2016

Well done to our three England Squad members Dylan Gibson, Niamh Duddridge and Gemma Gibson, who travelled down to Chesterfield to compete in this year's KUGB National Youth Championships.

Dylan and Gemma both made the finals in their kata categories, with Dylan placing 2nd in the 16-20 Male Kata and Gemma placing 4th in the 16-20 Female Kata.

JULY BONUS BALL WINNERS:

- *02/07/2016:* Moira Constantino (29)
- *09/07/2016:* Joanna Davis (44)
- *16/07/2016:* Neil Summers (9)
- *23/07/2016:* Mariam McCulloch (16)
- *30/07/2016:* Dawn Mason (33)

STUDENT OF THE MONTH:

JAKE COULTAS



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

DANIEL JACKSON

LENNON McCULLOCH

MATTHEW MOODY

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:

Saturday 17th September 2016

KUGB Shotokan Cup

NEW Queen's Park Sports Centre, Chesterfield
Eliminations begin at 10:00am
Competition for brown and Black belts only.

Tuesday 20th September 2016

Training with Sensei Frank Brennan, 8th Dan
Eldon Leisure, Newcastle
6:30-8:00pm (all grades)

Sunday 16th October 2016

KUGB Northern Region Kata Masterclass
City Space, Sunderland

11:00am-12:30 (all grades course)
1:00pm-3:00pm (black belt kata masterclass)
We encourage all members to attend the all grades course, especially brown belts hoping to grade in November.



ASHINGTON KARATE CLUB

WHEN YOU TAKE MARTIAL ARTS
CLASSES, WHAT YOU THINK YOU
ARE PAYING FOR IS BEING TAUGHT
TO FIGHT.

WHAT YOU ARE ACTUALLY PAYING
FOR INCLUDES MUCH MORE.

A MENTOR RESPECT

STRENGTH CONCENTRATION

MENTAL STABILITY HUMILITY

SELF-CONFIDENCE STRESS RELIEF PATIENCE

WEIGHT LOSS FLEXIBILITY SELF-CONTROL

DISCIPLINE EMOTIONAL STRENGTH



Saturdays: 10:00am-11:30am

Ashington Leisure Centre

Thursdays: 6:00pm-7:00pm

Josephine Butler Campus

Sensei Jill Kelly, 6th Dan

Sensei Trish Bruce, 5th Dan

07930 324 556

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 @AshingtonNKA

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AFFILIATED TO THE KARATE UNION OF GREAT BRITAIN
The largest single-style karate organisation in the UK.

KUGB 
SHOTOKAN KARATE