



# ASHINGTON KARATE CLUB

# SEPTEMBER NEWSLETTER

Sensei Jill Kelly, 6<sup>th</sup> Dan

SEPTEMBER 2018 NEWS

Sensei Trish Bruce, 5<sup>th</sup> Dan

 [www.ashingtonshotokankarate.co.uk](http://www.ashingtonshotokankarate.co.uk)

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 Ashington Shotokan Karate

 @AshingtonNKA

 ashington\_nka

## WINNER! SUMMER PHOTO COMPETITION

Congratulations to the winner of our Summer Holiday Photograph Competition – Evie Ackroyd!

All entries from this year can be found on our website and social media pages. Sensei Frank Brennan judged the competition on Tuesday 18th September and was very impressed with the standard of the pictures and praised several of them for reasons including good technique, good scenery and good humour. Evie's picture stood out to him because of how difficult it was to do the kick underwater while still maintaining good technique.



## KUGB SHOTOKAN CUP 2018

Well done to our five competitors who took part in the KUGB Shotokan Cup today. This competition serves as the National Individual Championships and is the second largest event of the year, open to only brown and black belts.

Congratulations to Denny Shy who finished fourth place in Boys (under 16) Kata. Also well done Dylan Gibson who placed sixth in Senior (21+) Male Kata.

## NEW! CLUB NOTICE BOARD

You may have noticed that we now have a brand-new club notice board thanks to the committee. It will be displayed by the desk at every class and updated regularly with recent news and upcoming training opportunities, so please remember to read all the information on it!

## BOWLING TRIP – 25<sup>TH</sup> NOVEMBER

We have already experienced our first dropout from our bowling trip, so if anyone else is interested, please come forward. If the trip once again fills up, we can put names on a reserve list, so they can get a place in the situation of any more dropouts.

## IMPORTANT! UPCOMING GRADING

Our next club grading will take place on Sunday 16<sup>th</sup> July at Josephine Butler Campus. All information can be found on the back of this newsletter.

The following gradings will take place on:

24<sup>th</sup> March and 14<sup>th</sup> July 2019

Please make sure you mark these in your diaries early to avoid any clashes with other activities/holidays!

## SEPTEMBER BONUS BALL WINNERS:

01/09/2018: Evie and Joel (41)

08/09/2018: Amy Chisholm (38)

15/09/2018: Amy Chisholm (1)

22/09/2018: Jackie Dodds (48)

29/09/2018: Karen Baird (19)

## STUDENT OF THE MONTH:

**EHSAN BANIYAGHOOB**



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:

**AEDÁN CALDWELL**

**CALLUM CALDWELL**

**MELODY DIANG**

**LOUIS PARSONS**

**PETER PHILLIPS**

**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:

**Sunday 14<sup>th</sup> October 2018**

**KUGB Northern Region Kata Masterclass**

*CitySpace, Sunderland*

11:00am-12:30am (yellow belt and above)

1:00pm-3:00pm (black belt kata class)

**Saturday 20<sup>th</sup> October 2018**

**KUGB Northern Region Championships**

*CitySpace, Sunderland*

Eliminations begin at 10:00am

**Sunday 28<sup>th</sup> October 2018**

**Training with Sensei John and Holly Bruce**

*Gateshead Leisure Centre*

10:00am-11:15am AND 11:15am-12:30pm

Visit the Events page on our website [ashingtonshotokankarate.co.uk](http://ashingtonshotokankarate.co.uk) for more events throughout 2018.



# NORTHUMBERLAND KARATE ACADEMY

## TRAINING AND GRADING

Sunday 15<sup>th</sup> July

SENSEI FRANK BRENNAN, 8<sup>th</sup> DAN

Josephine Butler Campus

**INSTRUCTOR:** Sensei Frank Brennan, 8<sup>th</sup> Dan

**DATE:** Sunday 16<sup>th</sup> December 2018

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

### CONTACT:

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### 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:

24<sup>th</sup> March 2019 / 14<sup>th</sup> July 2019 / 15<sup>th</sup> December 2019



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 UP TO DATE YOU WILL NOT BE ABLE TO GRADE



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