



#proudtobeKUGB
on its 50th year!

ASHINGTON KARATE CLUB

OCTOBER NEWSLETTER

Sensei Jill Kelly, 6th Dan

OCTOBER 2016 NEWS

Sensei Trish Bruce, 5th Dan



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KUGB NORTHERN REGION CHAMPIONSHIPS

Congratulations to all our members who competed at the KUGB Northern Region Championships at City Space Sunderland on 22nd October 2016. We had many competitors, and everyone put in their best effort. It was great to see so many members keen to enter the competition, especially those who competed for the first time. This is one of the few local competitions a year, and several of our members travel the country to enter competitions at a national level, so it is good to have other members of our club attend these local competitions.

Dylan Gibson, Niamh Duddridge, Gemma Gibson – 2nd, Adult Team Kata

Gemma Gibson – 3rd, Female Kata

Niamh Duddridge – 3rd, Female Junior Kumite

Niamh Duddridge, Gemma Gibson – 3rd, Female Team Kumite

Nathaniel Cowell – 4th, Children's Novice-4th Kyu Kata

DECEMBER GRADING INFORMATION

As you know our grading on 18th December will be at Newbiggin Sports Centre. We would like to let everyone know that there are plenty of sweet and drinks machines. Additionally, the bar will be open for us to use for tea, coffee and other drinks, as well as light snacks such as soup and chips, which should be a pleasant place for parents and carers to wait for the students to finish training and grading. Full details for the grading on 18th December as well as the dates for next year's gradings are on the back of this newsletter.

CONGRATULATIONS NIAMH – ESKA 2016!

"Ashington Karate club is delighted to announce that Niamh Duddridge has been selected to compete for England at the ESKA European Championships in November in Greece. We all wish her well and we are sure she will put in a good performance in both the kata and kumite. Hopefully it will be covered on a livestream and we will keep everyone informed of the relevant site nearer the time, so keep an eye out on that weekend of the 26th/27th November! As soon as we know you will know!

Niamh will travel to Manchester with other North east competitors to meet up with the rest of the England Squad the following day, and stay overnight before the flight to Athens. The KUGB does not pay for this part of the trip so the club is helping with this by donating the takings from the October Bonus Ball to hopefully cover this part of the journey. The KUGB is the only organisation that pays flights/hotels for their competitors competing abroad They need to provide their own food throughout the competition. Squad members help with these costs by putting on special courses and selling raffle tickets. It's the way this big 'Karate Family' works!

We are all Rooting for you Niamh!" – Sensei Jill

OCTOBER BONUS BALL WINNERS:

- 01/10/2016: Amy Chisholm (38)
- 08/10/2016: Elizabeth Hogg (29)
- 15/10/2016: Ashington Karate Club (28)
- 22/10/2016: Cheryl Bell (8)
- 29/10/2016: Evie and Joel (41)

STUDENT OF THE MONTH:

NATHANIEL COWELL



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
Lennon McCulloch**

Due to the large number of competitors we had at the KUGB Northern Region Championships this month, there were only two students present at all Saturday and Thursday classes.

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 20th November 2016
FREE Black and Brown Belt Course with Sensei Andy Sherry and Sensei Bob Rhodes
CitySpace, Sunderland
10:30am-12:00pm (training for brown belts)
12:00pm-1:30pm (training for black belts)

Sunday 18th December 2016
Grading with Sensei Frank Brennan
Josephine Butler Campus, NCEA
Full details can be found on the back of this newsletter.

Sunday 6th-Friday 11th August 2017
KUGB Summer Residential Course
Lancaster University
If anyone is interested in attending this week-long course in the summer, please let Sensei Jill know.



NORTHUMBERLAND KARATE ACADEMY

TRAINING AND GRADING

Sunday 18th December

SENSEI FRANK BRENNAN, 8th DAN

Newbiggin Sports Centre

INSTRUCTOR: Sensei Frank Brennan, 8th Dan

DATE: Sunday 18th December 2016

LOCATION: Newbiggin Sports & Community Centre,
Woodhorn Road
Newbiggin-by-the-Sea, Northumberland
NE64 6HG

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:

26th March 2017 / 16th July 2017 / 17th December 2017

More details to be confirmed soon.



**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**



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