



Aka Ryu Karate Club newsletter



2010 Summer Edition

Welcome to the first edition of the new look Club Newsletter.

This is the first newsletter of 2010. For those who may not know, the club name has changed from Zenashi to 'Aka Ryu' which translates to Red Dragon, a more fitting name for a Welsh club, the new club logo is top left.

If you have not yet registered your mobile or email address or logged onto the clubs facebook page please do so as events, cancelled classes etc are published here. If you want to add anything to the next news letter or have any comments/suggestions use the 'Contact Us' section on the website or the feedback section on this newsletter.

Thank you for your continued support and hard work in the class.

Sensei Andy 3rd Dan

Free lessons when you introduce a friend

Starting in June; if you introduce a friend - for every paying lesson they attend with you - you will get a free lesson, for up to 4 weeks. So if they come with you twice a week you could have up to 8 lessons free! When those 4 weeks have passed you can do it all over again by introducing a new friend. If you pay monthly, then for you friends first month of training you train for free.

Grading Results

8th Kyu

Gwilym Gray, Heidi Parkes-Smith

7th Kyu

Caio Griffiths, Ioan Gray, Adam Boggs, Phil Hayward, Mike Watson, James Adl

6th Kyu

Ceri Hughes, Sophie Hughes, Cara Bullock, Gordon Sharpe

5th Kyu

Scott Jones, Osian Sanderson

4th Kyu

Natalie Adl, Ceri Adl, Marco Wong, Cian Jones

3rd Kyu

Ethan Barlow, Mark Jones, Luke Mochan, Adam Rogers, Lucy Buckley

2nd Kyu

Daniel Hughes

1st Kyu

Kathy Webb

Competition Results

*Williams Karate Tournament
Weaverham, Feb 2010*

Gold

Rhys Barnett - Kumite
Adam Rogers - Kumite

Silver

Sion Williams - Kata
Rhys Barnett - Kata
Noah Jones - Kumite
Mark Jones - Kumite
Cian Jones - Kumite

Bronze

Marco Wong - Kata
Emily Hall - Kumite

Teams

Senior Cadets - Gold

Rhys Barnett, Mark Jones, Adam Rogers

Congratulations to all who entered including some very junior grades who took part in their first competition; Ioan Gray and Adam Boggs.

Dan Grading Result



Congratulations Merna Azer passing your 1st Dan blackbelt grading

Squad Training

The next SSKU National squad training is on Saturday 19th June, 9:30am - 11am in Weaverham. The squad coach is Sensei Barry Williams 5th Dan, current World open weight champion.

If you are interested in getting involved in squad training please speak to your instructor, places are limited.

Keep yourself up to date

Website

The club website is now live and the calendar is always kept up to date. You can also download licence forms from here. please check it out at:

www.shukokai-wales.com

facebook

The club also has a facebook page, just search for *Shukokai Karate Wales*, check it has the club logo (top left) and send in a friend request.

Text messaging and Email

You can also receive information and updates via text message or email. Just provide your mobile number and/or an email address to your instructor.

Change of Lesson Fee

From 1st July 2010 the cost of the lessons for Cadets (*under 16yrs old*) will change from £3.50 to £4. The monthly payments schemes and adults lesson fees have not changed.

Licences Expiry Dates

Please check that your licence is up to date, if it has expired please renew ASAP. You can get a renewal form from your instructor or the website.

Remember without your licence in date you are not insured to train. You will not be able to grade, compete or attend courses if it is out of date!

Club Contacts

Instructors:

Sensei Andy Plumb

☎ 07595 361624 ☎

✉ zenashi@btinternet.com ✉

Sensei Dave Jones

☎ 07956 404220 ☎

Venues:

Plas Ffrancon: 01248 601515

Ffordd Coetmor, Bethesda, Gwynedd LL57 3DT

Aberconwy: 01492 583592

Ysgol Aberconwy, Morfa Drive, Conwy LL32 8ED

Club Website:

www.shukokai-wales.com

SSKU Association web-site

www.shukokai-uk.com

facebook

facebook.com/shukokaiwales

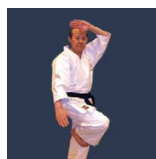
Summer holidays

Please remember that your club is open as normal throughout the summer holidays. Please keep up with your training through the summer, otherwise you will miss out on gradings, competitions and courses. If you have a summer break from karate it will take weeks to get back up to speed.

Course with Japanese masters!!

Book your place ASAP to avoid disappointment!

This year the SSKU are honoured to welcome THREE Japanese master who are visiting the UK later this year, including the World Chief Instructor, Soke Haruyoshi Yamada 9th Dan.



Soke* Grand Master Haruyoshi Yamada, 9th Dan.
President and World Chief Instructor of the SSKU



Tsutomu Kamohara, 8th Dan.
Chief Instructor Europe



Masataka Oshita, 7th Dan.
Former all Japan champion

****SOKE:** Soke is a Japanese term that is most commonly used as the highest level Japanese title, referring to the singular leader of a school or style of martial art. Soke are also generally considered the ultimate authority within their art, and have final discretion and authority regarding promotions, curriculum, doctrine and disciplinary actions. A Soke has the authority to issue a menkyo kaiden certificate indicating that someone has mastered all aspects of his style. It is with a sense of great pride that we announce Haruyoshi Yamada 9th Dan Hanshi, President and Chief Instructor has officially attained the promotion to Soke. "Congratulations Sensei"*

Timetable:

Fri 1st Oct: Junior course (Under age of 12 years) time TBC

Sat 2nd Oct: Training 10am - 12:30, lunch 12:30 - 1:30, Training 1:30 - 4pm
4:15pm Dan Grading

Sun 3rd Oct: Training 10am - 12:00, lunch 12:00 - 1:00, Training 1:00 - 3:30pm
3:30 - 4pm photographs and presentations.

Course fee is £35 for one day or £50 for both days

The course is open to ALL grades, but can white belts just check with your instructor

Getting booked on

To book your place on the course just bring a £10 deposit to your instructor. *There are limited places*, please don't miss out on this rare opportunity to train with three of the most senior Japanese instructors in the world, including the World Chief Instructor. It is an opportunity which may never come around again and one you'll remember for ever.

Feedback

If you would like to give any feedback, either for future newsletter items/ideas or just general feedback on anything else regarding the karate club please use this section.