

CLUB NEWS

SSU National Championships 2014 – a fantastic event!

CONGRATULATIONS to everyone who took part in this competition! There were a great number of personal successes but best of all was the fantastic team spirit and the way all the students supported and encouraged each other. I am very proud of your achievements and performance both on and off the tatami. Well done.



I am very proud of William Heywood who deserves a special mention for his great spirit and his eagerness to enter a competition even though he is still a beginner! And let's not forget our senior competitors too well done to Jo and Emily for having a go and doing so well!



The **Saturday morning squad sessions** – which focus on competition kumite - are really paying off and we had tremendous results in the kumite with personal and team successes.

Jo Parris ⚡ 1 st (Ladies Indiv. Kata)	Josh Vaughan ⚡ (Indiv. kata)	Charley Glover ⚡ 1 st (Team Kumite)
Emily Supple ⚡ 2 nd (Ladies Indiv. Kata)	Lily Supple ⚡ 3 rd (Pairs kata)	⚡ 3 rd (Pairs Kata)
Chloe Johnson ⚡ 2 nd (Indiv Kumite)	William Heywood ⚡ (Indiv. Kumite)	⚡ 4 th (Indiv. Kumite)
Georgie Bumpus ⚡ 1 st (Indiv. Kumite)	Lara Mileham ⚡ 1 st (Indiv. Kumite)	⚡ 4 th (Indiv. Kata)
⚡ 3 rd (Indiv. Kata)	⚡ 1 st (Indiv. Kata)	George Borrett ⚡ 1 st (Team Kumite)
⚡ 3 rd (Pairs Kata)	Jamie Mileham ⚡ 1 st (Indiv. Kata)	⚡ 3 rd (Indiv. Kumite)
Ryan Perry-Lewis ⚡ (Indiv. Kata & Kumite)	⚡ 2 nd (Indiv. Kumite)	⚡ 3 rd (Indiv. Kata)
		Caitlin Vaughan ⚡ 1 st (Team Kumite)
		⚡ 2 nd (Indiv. Kumite)
		⚡ 2 nd (Indiv. Kata)
		⚡ 3 rd (Pairs Kata)

Finally, we owe a big thank you to Josh and Chloe who did such a superb job of looking after and coaching the younger students. Thank you and well done.

I wish to remind students that simply entering a karate competition is a great achievement in itself. It shows courage and spirit. Competitions are character-building and a good learning experience. Winning a medal or trophy is just a bonus. Having taken part in a competition is something you can be proud of and is always worthwhile.

SATURDAY MORNING SQUAD SESSIONS - 11 am to 12.15pm at Belvidere

This is just a reminder that these sessions are open to all students aged 7 years and over. They are up-tempo classes that will **improve kumite skills and increase fitness and stamina**. They are good for basic kumite training and very important preparation for competitions and dan gradings. Speak to Sensei if you want to join in. **

(** Squad sessions are free of charge to Option 2 students or £6/session on Option 1.)

COURTESY

This month we are working on the **COURTESY** merit badge.

Remember to return the achievement slip or email the club once you have earned your badge.

P.S. It is always nice to hear **how** you have earned your badges. Maybe if you share your story with us we can share it with other students and give them good ideas how they can earn theirs!

FORTHCOMING CLUB EVENTS:

Saturday 4th October Club Grading

Saturday 1st November Club Grading

Visit the **STUDENT ZONE** on the club website for more photos and information ...

www.theMKd.co.uk