

CLUB NEWS

SSU National Championships 2015 – another fantastic event!

CONGRATULATIONS to everyone who took part in this competition! This was the first big competition for many of our squad who attended. As I regularly remind students, taking part in a competition requires courage and is a real test of character. No matter whether a competitor wins a medal or not, competition is always a valuable experience.

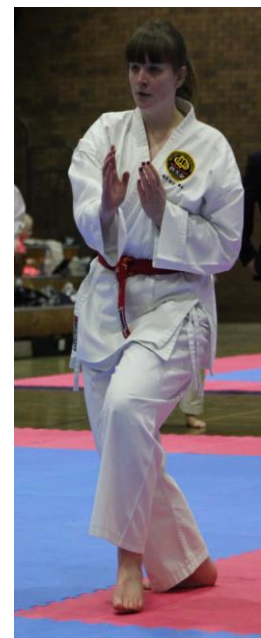
As it happens we had a great number of personal successes on the day. From a technical point of view I was very proud of everyone's performance and it showed me that the standard we are achieving at the club is very good and something we can all be proud of.

Most pleasing was the fantastic team spirit among club members and the way all the students supported and encouraged each other. I especially want to thank the more senior club members who encouraged and supported the younger ones. Well done, that is how it should be. Good etiquette and team spirit do not grow by themselves and are not found in all clubs. They are an important part of our club ethos and it was wonderful to see it on the day.

Special congratulations to Dominic Hanna, Theo Appleby-Hawkes and Denis Bojar as this was their first competition. Well done. We can also be proud of the fact that Caitlin Vaughan was selected as 'COMPETITOR OF THE DAY'! Caitlin has been training with us for three years - since she was six years old. She regularly trains three times per week and is developing into a formidable competitor. Caitlin won the gold medal in her individual kumite category - which was the largest category at the competition with over 30 entries, most of which were boys. Well done.



<p>Chloe Johnson</p> <ul style="list-style-type: none"> ★ 2nd Indiv. Kumite <p>Josh Vaughan</p> <ul style="list-style-type: none"> ★ 2nd Indiv. Kata ★ 2nd Indiv. Kumite <p>Ryan Perry-Lewis</p> <ul style="list-style-type: none"> ★ 3rd Indiv. Kata ★ 3rd Indiv. Kumite 	<p>Lily Supple</p> <ul style="list-style-type: none"> ★ 3rd (Pairs kata) <p>Georgie Bumpus</p> <ul style="list-style-type: none"> ★ 3rd Indiv. Kumite ★ 3rd Indiv. Kata ★ 3rd Pairs Kata <p>Dominic Hanna</p> <ul style="list-style-type: none"> ★ 3rd Indiv. Kata ★ 3rd Indiv. Kumite 	<p>Denis Bojar</p> <ul style="list-style-type: none"> ★ Indiv. Kata ★ Indiv. Kumite <p>George Borrett</p> <ul style="list-style-type: none"> ★ 1st Team Kumite ★ 2nd Indiv. Kumite ★ 2nd Indiv. Kata 	<p>Caitlin Vaughan</p> <ul style="list-style-type: none"> ★ 1st Team Kumite ★ 1st Indiv. Kumite ★ 4th Indiv. Kata <p>Theo Appleby-Hawkes</p> <ul style="list-style-type: none"> ★ 3rd indiv. Kata ★ Indiv. Kumite ★ 1st Team Kumite
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SATURDAY SQUAD SESSIONS - 11 am to 12.15pm at Belvidere

The **Saturday squad sessions** focus on competition kumite and are open to all students aged 7 years and over. They are up-tempo and will **improve kumite skills and increase fitness and stamina**. They are also important preparation for competitions and dan gradings. Speak to Sensei if you want to join in.

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

PATIENCE

Recently we have worked towards badges for COURTESY and HONESTY.

Next we will work towards our **PATIENCE** badge.

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

REMEMBER: ALL LESSONS TAKE PLACE AS NORMAL OVER THE EASTER SCHOOL BREAK

Next CLUB GRADING = Saturday 25th April

Next COMPETITION = Sunday 3rd May

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

www.theMKd.co.uk