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Saturday 25th July JKS Bears On The Beach Cleethorpes









Jones, Jackie Jones & Paul Brant for taking some very enjoyable sessions. See you all on the beach in January for **KANGEIKO 2016** Saturday 13th June

Kaizen No-Michi Course and Kyu Grading

with Sensei Steven Carless 6th Dan JKS

A great training session with Walsall Karate Dojo Chief Instructor Sensei Steve Carless

concentrated on Heian Nidan and Kakuyoko Nidan. Many Thanks to Steve Sensei for travelling over to Grimsby. Also thanks to Paul Brant and Matt Beard for joining us. As always welcome.

6th Dan JKS.

Lots of leg exercises to strengthen Mawashi Geri and Yoko Geri kicks. Sensei also

Sunday 3rd May JKS England Novice Championships

Well Done to all our students that entered. A total of 8 medals were won at the tournament with our school been ranked second place as a whole in the competition.

over Kata Champion & Kumite Bronze Medalist

Results: Matthew Ross - Male 14-16yrs Kumite Champion



Luke Stringer - 17yrs &

Cian -

JKS England Brown & Black Belt Course with Sensei Alan Campbell 6th Dan JKS

A great course with Sensei Alan Campbell 6th Dan followed by Open Squad training

with JKS Team Coach, Sensei Matt Price 6th Dan,

and Referee Training with Sensei Geoff Dixon 5th Dan.

Saturday 21st March Kaizen No-Michi Course and Kyu Grading with Sensei Steve Carless 6th Dan JKS

A great training session and kyu grading with Sensei Steve Carless 6th Dan. Many

Saturday 14th March

JKS England Young Childrens Karate Competition

Djanogly City Academy, Nottingham

Well Done to all our Tigers that competed at the JKS Young Childrens Competition in

Notingham.

Results:

thanks to Steve Sensei and to Rob Edwards, Mehrdad Kanani, Paul Brant and Matt Beard for travelling over to Grimsby. And Well Done to all our students that passed their grades today.

Ben Clipsham - Silver - Ind Kata, Bronze - Mixed Team Kumite Alishia Romagnolo -**Bronze - Ind Kata, Silver - Ind Kumite** Priya Grewal - Gold - Ind Kumite Ayesha Grewal - Bronze - Ind Kumite **Gold - Mixed Team Kumite Eden Nicholson - Silver - Mixed Team Kumite** Sampath Alavala - Bronze - Mixed **Team Kumite**



Another fantastic 2 days of karate with Kagawa Shihan. Inspirational, technical,

amazing, exhausting... A few words to describe the experience! Huge Oss to everyone

who graded! Also a huge Thank you & Oss Wendy & Alan Sensei for your hospitality.

JKS Technical Seminar with Shihan Masao Kagawa 8th Dan

Djanogly City Academy, Nottingham



Sunday 15th February

Karate-A-Thon 2015

KNM team Wasshoi were part of over 60 JKS members, representing nine clubs, taking

part in the JKS England Squad Karate-a-thon fundraising event on Sunday 15th

February. Led by England squad coach Matt Price Sensei a team of nine squad

members taught a variety of lessons of a period of twelve hours. Matt Price Sensei led

the first session, exploring kata with different styles of bunkai, this was followed by

A very enjoyable Course with Alan Campbell Sensei and Shinji Nagaki Sensei followed

by Black Belt gradings in York.

Well Done to Lacie Leigh Stembridge on achieving her 2nd Dan(Nidan) Black Belt.

some traditional kihon by Craig Williams, focussing on hip movement. The first of the kumite sessions was led by Richard Fewkes, veteran member of the squad, whose session focused on developing timing using gyakuzuki. Douglas Hunter concentrated on kata performance and application, sharing knowledge that has helped him win an

abundance of kata medals over the years. An excellent session by Alexandra Simon

came next, the use of shoulder snap to develop speed and power in te-waza, Alexandra

demonstrating how to significantly increase the impact of a strike on an opponent. An

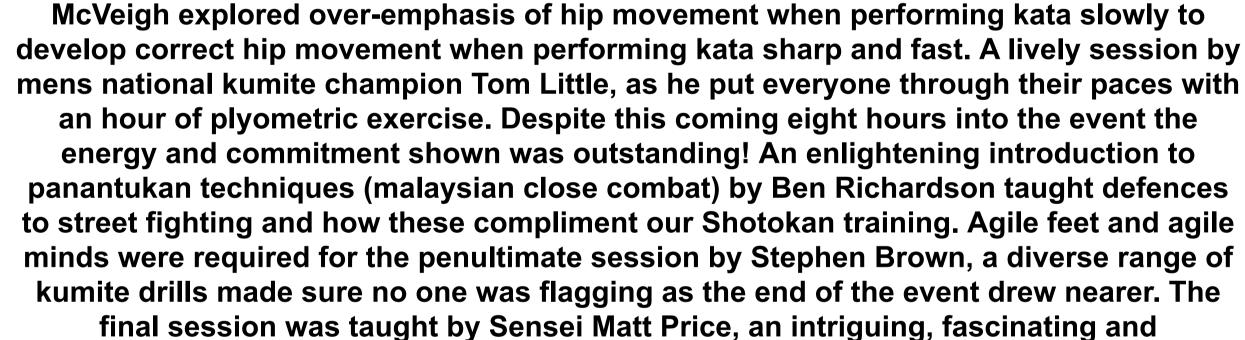
hour of footwork drills and hand speed development, by Sam Coxon, made sure

everyone was kept on their toes by the halfway point, literally! More kata next as Sam

enlightening insight into techniques that; well those that took part were sworn to

secrecy not to impart to others! Anyone that wants to know will have to take part in a

future karate-a-thon to find out what they were!



Saturday 17th January Kangeiko On The Beach (Day 7) 21 Karate-ka took to the beach this morning on the final day of Kangeiko. Fantastic effort and commitment from everyone. 8 students completed all 7 days: Luke Stringer, Brooke Wren, Allison Calthorpe, Lynne Short, Dan Smith, Matthew Ross, Kevin Pykett And our Die Hard Tiger Eden Nicholson. They all received a Hearty Full English for there commitment. Many Thanks to Everyone from Haxby and Selby clubs joining us today. Big Osu

Friday 16th January

Kangeiko On The Beach (Day 6)

Day 6 Completed. Well Done to everyone particularly those who have completed all. 6

days.

1 day to go. Don't forget its a 7am start tomorrow. We are also looking forward to

meeting our friends from Selby and Haxby.

Thursday 15th January Kangeiko On The Beach (Day 5)



Day 4 Kangeiko with Sensei Jackie Jones. Great spirit, 14 attending on a very icy

morning. The coldest one yet! Worked on Nijyushiho.

Tuesday 13th January

Kangeiko On The Beach (Day 3)

Day 5 and still going strong. Well Done Everyone. Wa Shoi

A very different training session that was definitely enjoyed by all with Forces Fit

Instructor Ash Lucas. Many thanks to Ash, and we'll see you all on Day 4 with Jackie

Jones Sensei.



Day 2 of Kangeiko Completed. 13 diehards were up and ready to go at 6 this morning. Thank You to Lynne Short Sensei for leading the session. **Sunday 11th January** Kangeiko On The Beach (Day 1)