
UKD News Update

A Round Up Of Recent Club Events



Aaron Blake, Croyde Beach , New Year's Day 2021

FEBRUARY 14TH 2021

Union Karate Do

Authored by: Gary Blake





UKD Training



23rd December 2020, Braunton. Last junior class prior the third National lockdown

2021 - A New Year!

Despite the club ending with one month of live training last year after the second National lockdown and beginning this year with a third, activity has been phenomenal.

Albeit our own personal training indoors and out we have been fortunate to be able to congregate via the Zoom platform and share on-line Karate training again this year.

We managed two gradings last year and when able we will be planning another grading this year. We have noted the dedication of students whom have committed to on-line classes, some four times a week, this will be taken into consideration when the time comes for their next belt test.

We had fantastic success in February last year with 20 awards being achieved at the EKO National Karate Championships in Solihull.



2nd February 2020. Branton. UKD junior grading

Twenty karate club members enjoy successful competition at nationals



SPORT by JOURNAL SPORT

UNION Karate Do is a karate club operating in Braunton and Chivenor and the membership is fast approaching the 100 mark.

The aim of the club is to give people off all abilities and all ages and backgrounds a chance to take part in an activity to enhance their life.

Just before the club took a break in its activities because of the coronavirus outbreak, a squad of 20 members attended the English Karate Organisation 2020 National Championships in Solihull, Birmingham.

"It was a milestone for the club today," said spokesman Gary Blake.

The squad consisted of Blake, Dave McCarthy, Richard Stevenson, Jon Howard, Jim Cole, Paul Wedlake, Aaron Blake, Martyn Hunton, Frazer Hayes, Mia Hayes, Summer Silver, Tom Kite, George Issac, Charlie Issac, Mazy Higgs, Taylor Stevenson, Alfie Howard, Dan Curd and Dacre Stevenson. Unfortunately, Joseph Nicholson was ill today and could not make it.

Blake said: "The squad have put in many hours of training in preparation coming in from all areas of North Devon. All the early morning training and commitment to achieve

has paid off.

"Everyone has learned and grown from their experience. There have been a few tears and a lot of smiles. Each and everyone is a star."

CYCLING

Young **Propello Cycling Club** racers were out for the final time for the foreseeable on Saturday, March 14, at the Torbay Velopark in Paignton.

Riders came from the South and South West, with 35 competing in the Under-16 Boys race - in windy conditions.

The first of their races was an 8km sprint with a lone rider attacking from the start.

The two Propello riders, Shaun Duffield and Fin Mead, worked in the main chase group, with Shaun launching an attack. On the last straight Fin Mead came through with a great sprint finish.

The second stage for the Under-16 Boys was a 27km race. The pack split, dropping riders off the back, but the Propello riders kept working in the lead group.

Although two riders gained a significant lead, Shaun showed a great effort in repeatedly attacking in an attempt to split the main group even more.

The overall results saw Fin in fifth and Shaun Duffield in 11.



» Gary and Aaron Blake and Summer Silver – three black belt generations of the family that runs the North Devon Union Karate Do club – pictured before lockdown. The club has been rewarded with a prestigious martial arts mark recognising its efforts in safeguarding. Full story, Page 43

Golf, tennis and angling get green light

SPORT
By HANNAH GRAHAM

» GOLF, tennis and angling are being permitted to begin to tentatively get a full return.

The Government's recovery strategy on May 13, people will be able to exercise 'as much as they wish' without leaving the house.

People will also be able to drive to parks and other open spaces 'irrespective of how far away they are.'

Team sports where social distancing is not possible, will be permitted where members of the public may not be able to play sports like football as they may risk too-close contact with people who aren't playing.

Playgrounds, outdoor sports pitches and 'ticketed outdoor sports' where there is no direct contact - also need to be under step one.

On Monday, Secretary of State for Digital, Culture and Creative Industries Oliver Dowden, announced that 'places in the outdoor environment will be able to open again. Some sports will be able to return to a full return.'

Union Karate Do club is rewarded with safeguarding mark

MARTIAL ARTS
By RICHARD HUGHES

THE North Devon Union Karate Do club is leading the charge in sports safeguarding having successfully attained the Safeguarding Code in Martial Arts mark.

Achieving the Safeguarding Code, demonstrates Union Karate Do's commitment to upholding its duty-of-care to the community and young people and recognises Union Karate Do as a martial arts provider that has reached and effectively maintained good safeguarding standards.

The Safeguarding Code in Martial

Arts has been created so that parents and carers can clearly identify a martial arts provider that have demonstrated that they have reached and maintained good safeguarding standards and can make informed decisions when selecting a club for their child.

Obviously, shared spaces while training are not allowed during the coronavirus lockdown - but once sports clubs can resume gatherings again, the North Devon club will once again be providing good safeguarding standards.

Sue Harrison, stakeholder marketing at the Safeguarding Code in

Martial Arts, said: "We are delighted to see that so many clubs, including Union Karate Do, have successfully attained the Safeguarding Code in Martial Arts.

"When making choices about martial arts schools, parents and carers can easily determine, and be reassured that clubs in their local area are committed to safeguarding and upholding safe practices for their children if they display the Safeguarding Code mark."

Gary Blake, chief instructor at Union karate Do, said: "As a family run organisation we realise the importance of creating a safe envi-

ronment for all people from any background to be able to come together and develop as part of a team.

"Obtaining the Safeguarding Code in Martial Arts mark is part of our commitment in providing such an environment."

Developed in consultation with Sport England, representatives from martial arts governing bodies, and leading safeguarding experts, the Code is funded by the National Lottery and was launched by the Sports Minister in 2018.

To date, more than over 460 clubs have now attained the code mark.



23rd August 2020, Braunton, Junior kata Course

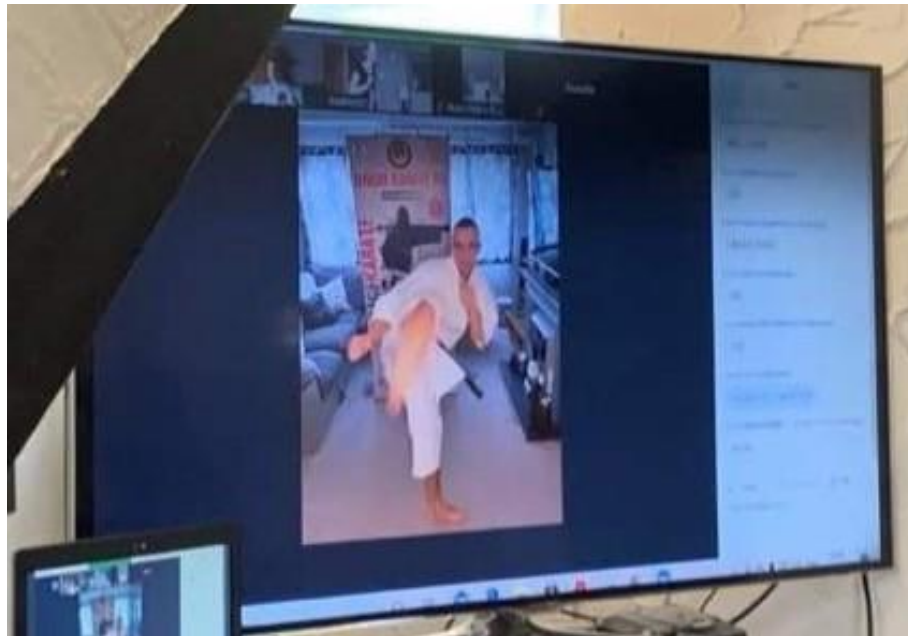


10th October 2020, Branton, 4th Grading Group of the day



22nd December 2020, Croyde. Last early years class prior the third National lockdown

Free Zoom On-line Karate Training For Pupils From North Devon Primary Schools



Wednesday the 11th of February was the date of Union Karate Do's first free Zoom On-Line Karate Training class for Pupils from North Devon Primary Schools.

After collaboration with many North Devon primary schools 100 students enrolled for free zoom on-line karate classes. Union Karate Do have recognized the difficulties many young people in North Devon are facing due to the isolation felt during lockdown. We have received so much positive feedback from parents of our existing students therefore thought it would be a great idea to make our classes available to all children in North Devon.

Merit Badges & Attendance Stars

As soon as we are back to live training we will continue with our programme of merit badges and attendance stars.

At Union Karate Do we strive to encourage young people to set and achieve goals and in return they will be rewarded for dedication, achievement and consistency.



15th December 2020, Croyde, Early Years Class First Merit Badge Session



30th September 2020, Branton, Intermediate Merit Badge Class



16th September 2020, Braunton, Kian Woolway Receives His Red Attendance Star

Student Of The Month

Looking back at some of the student of the month achievements during 2020. Student of the month awards are given within each of our age group classes from each Dojo.



25th September 2020, Braunton, Nancy Harris, Junior Student Of The Month



16th December 2020, Branton, Junior Orange Belt & Above Class, Students Of The Month, Charlie & George Isaac



16th September 2020, Braunton, Senior Students Evening Practise

Investment In Safety Equipment



Union Karate Do have been investing in more safety equipment during the lockdown. When we can eventually return to contact training we are making sure that our younger students are adequately protected when we re-commence competition karate training.



18th February 2020, Chivenor, Juniors Sparring

Finale

Aaron and myself would like to thank everyone again for their continual support. Despite these difficult times we have still managed to meet on-line and experience some good karate training together.

Keep strong, keep training. Your karate journey is the most important thing, not just what we know now but how we will learn and grow along the way. Fantastic experiences and memories are in store for everyone.

We are looking forward to seeing everybody live as soon as it is possible to do so but until then we look forward to seeing your smiling faces on screen!

Yours in karate Do

Gary & Aaron



9th June 2019, Braunton, Junior Interclub Karate Championships



7th January 2020. RMB Chivenor. UKD First Senior Class



*17th September 2005
International Wado Ryu Karate Do Championships
Under 70kg Men's Kumite, Aaron Blake Winning Against Portugal*

連合



空手道

