

# UKD News Update

A Round Up Of Recent Club Events



**SEPTEMBER 9TH 2020**

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**Union Karate Do**

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## *Back To training*



*Students training safely in the playground at Kingsacre School 07.08.20*

Following a consultation with Kingsacre school and the implementation of our Covid Policy with the assistance of the BMABA we were able to open the Dojo doors and recommence training on Friday the 31<sup>st</sup> of July.

It was great to see everyone's happy face again as we began training on Friday and Wednesday evenings during the month of August.



*Training at Kingsacre School 31.07.20*

To control class sizes and provide a track and trace facility classes and courses are now pre-booked via the club website or facebook page.

We are operating three classes per session. Junior, Intermediate and Senior.

The classes are organized into age categories and we cater for all abilities during each session.

During the month of September We have expanded class availability and are now offering a family training session on Sunday mornings followed by an extra junior training session for those requiring additional tuition with a view to taking their grading in October.



The poster features a large, stylized black silhouette of a karateka in a dynamic pose against a white background with splatter effects. The word 'KARATE' is written vertically in large, bold, red letters on the left side. At the top, there are several logos: the British Martial Arts & Boxing Association, the Union Karate Do logo (a circular emblem with a dragon and the characters 'Union Karate Do'), and the British Martial Arts logo. The main title 'Union Karate Do' is in a bold, black font, with 'FAMILY FITNESS' in blue below it. The text 'Every Sunday at Kingsacare School 9.30am to 10.30am' is centered. A red starburst graphic says 'First Lesson Free'. Below this is a photo of a family (mother, father, and three children) in white karate uniforms. Contact information includes 'tel: 07736936738' and 'e-mail: unionkaratedoclub@gmail.com'. The website 'www.unionkaratedo.com' is listed. A Facebook icon is followed by 'Union Karate Do' and the text 'Train and progress together as a family learning new skills and developing physical and mental wellbeing'. Below that, it says 'Book a class via the website or facebook page'. At the bottom, there are logos for 'Fighting Chance Charitably Foundation', 'British Martial Arts', 'PAYAS YOU GO', and 'Safeguarding Code in Martial Arts'.

**Union Karate Do**  
FAMILY FITNESS

Every Sunday at Kingsacare School  
9.30am to 10.30am

First Lesson Free

tel: 07736936738  
e-mail: unionkaratedoclub@gmail.com  
web: www.unionkaratedo.com

**f** Union Karate Do  
Train and progress together as a family  
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facebook page

**PAYAS YOU GO**

**BRITISH MARTIAL ARTS**  
THE HOME OF UK MARTIAL ARTS

**FIGHTING CHANCE**  
CHARITABLY FOUNDATION

**SAFEGUARDING CODE**  
IN MARTIAL ARTS



*First UKD family training session 06.09.20*

Our first family training session was soon maxed out to capacity hosting people that wanted to train together with their children and also people whom could not find childminders and wanted to participate in an activity as a family.

A great fun morning was had by all and we were able to venture outside once the rain had receded.

Great to see people from all over North Devon take part on a fantastic morning.



*Vincent Sinclair – Junior student of the month*

*Tom Kite – Intermediate student of the month*

Congratulations to these two karateka whom have shown great progress and a strong commitment to their training during the month of August.

*Also it has not been unnoticed everyone’s dedication and progress during their training over the past few weeks as we steadily progress towards the club gradings in October.*

Those students whom havn’t been able to return to training or not quite up to speed with their kata yet have no need to worry as there will be another opportunity for them to take a grading in December.



UKD Black Belt Register Badge

## Black Belt Register

As mentioned in class all club Dan Grades have been invited to train and grade for their induction into the UKD Black Belt Register.

All successful applicants will be awarded with the prestigious belt badge pictured above, to be worn on their Kuro-Obi (Black Belt).

A promotional poster for Union Karate Do Merit Badges. It features a central silhouette of a karateka in a dynamic pose. Text includes 'Union Karate Do', 'Karate Merit Badges', and 'At the end of every month'. A small text box states: 'Merit badges provide a great and collectible record of achievement whilst learning new and interesting karate skills'. Below this are several merit badge icons and a grid of completed badges. At the bottom, it says 'Book a class via the website or facebook page' and provides the website 'www.unionkaratedo.com'. Logos for 'BRITISH MARTIAL ARTS', 'PAYAS YOU GO', and 'MARTIAL ARTS' are also present.

## Merit Badge Classes

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Merit Badge Classes will be held at the end of each month and may be booked via the club website or facebook page.

### ***Dates For September***

Friday 25<sup>th</sup> September - Junior and Intermediate Merit Badge Classes

Wednesday 30<sup>th</sup> September- Junior and Intermediate Merit Badge Classes

### ***Kata Courses***



*Junior Kata Course 23.08.20*





*Senior Kata Course 23.08.20*

Congratulations to all karateka whom attended our kata courses in August and furthered their knowledge of Karate Do.

During the Junior class we practiced Pinan Shodan and during the Senior class we took a look at Seishan.

It has been rewarding seeing all student's level of kata grow since they took part in a concentrated session enabling them to look deeper into the stances and timing required to progress.

We do not always have time to go into such depth during normal lessons.



*Senior Class 21.08.20*

## ***Finale***

Aaron and myself would like to thank everyone for their continual support, it has been quite a journey since we had to close the club in March just off the back of our success at the EKO National Championships followed by the cancellation of the Cornish Open. It may be some time before things return to as they were but rest assured we are keeping abreast of the situation as it develops with guidance from the BMABA.

Those students hoping to take their gradings please make sure you have a valid BMABA licence.

Application forms are available from myself or may be downloaded from the club website. Going forwards it will be a condition of membership that every student holds a current BMABA licence as this ensures that everyone holds public liability insurance.

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We're looking forward to seeing everyone at their next training session in the Dojo!

Yours in Karate Do

Gary & Aaron



*UKD squad, EKO National Championships Birmingham March 2020*