

Kilgetty Shotokan Karate Club's 100% Grading Success

Sensei Ian Ratcliffe was proud to see his Shotokan Karate Club students achieve 100% success rate in grading examinations on Saturday 13th September. Following successful gradings last May, his Kilgetty Shotokan Karate Club has grown from 12 members to 21. The youngsters, who train twice weekly with Sensei Ian, 3rd Dan, also performed a brilliant demonstration at the Kilgetty Fun Day in July.

Saxon Karate's 3 times world champion and 3 times European champion Sensei Leigh Smith, 6th Dan, and 3rd Dan Michael Ball travelled from Manchester to lead the training and grading. Sensei Leigh, who is also a black belt examiner, encouraged the students to listen carefully, he also had some fun with the youngsters, who were a little nervous about the grading.

Sensei Leigh taught the students that: 'Safety & self defence depend on obeying the rules of Shotokan Karate. You become much stronger when you breath and stand correctly. I'm not here to just to give grades, I'm here to help you improve, with fast & strong breathing.' The students used the words 'fast and strong' as part of their training, helping them use correct breathing techniques.

In an increasingly dangerous environment, with knife crime on the increase, people are looking for ways to feel safe. Sensei Leigh believes: 'If you are in danger and under attack you panic but with your Karate training, you can learn to think in a new and controlled way; avoiding conflict completely or defending yourselves from attack.' Sensei Leigh is closely involved with local schools in Manchester and fully supportive of anti bullying strategies of all descriptions.

The 17 children, from the Kilgetty area, involved in Saturday's grading session were thrilled to receive their new belts in an award ceremony held at Coppet Hall Hotel, Saundersfoot; where **Red and white belts** were awarded to: Merlina Ashdown, Rowen Ashdown, Harry Banner, Tristan Thomas, Dewi Thomas and Miles Johnston. **Red belts** were awarded to: Cameron Barrat, Ieuan Jones, Carys Bowen, Thomas Bowen, Cody Hayes-Wright, Domonic Cunningham and Kieron Johnson. **Orange belts** were awarded to Georgia Thompson, Aimee Beynon, Leah Duffy and Shannon Shields.

One parent shared how Kilgetty Shotokan Karate Club has helped her son: 'My son suffers from dyspraxia causing him trouble with co-ordination. Since joining Kilgetty Karate club his co-ordination and confidence have improved.'

Kilgetty Shotokan Karate Club caters for the needs of several students with co-ordination and hearing disabilities, provide training regimes for people of all abilities.

Kilgetty Shotokan Karate Club Meetings: For details of all classes call 01834 811713.

Kilgetty Scout Hall: Thursday and Friday evenings from 6.30pm - 8pm, cost £2 per session.

Tavenspite Village Hall: A new children's class begins on Tuesday 30th September in 7pm-8.15pm cost £2.

Coppet Hall Hotel: A new adult classes begin on Wednesday 1st October 7.30pm in cost £3.

A prize bingo night takes place 29th September 7pm onwards at Kilgetty's R.A.O.B club where all proceeds will be donated to Kilgetty Shotokan Karate Club.

Thanks are expressed to Kilgetty Scouts and Coppet Hall Hotel for the use of their facilities during the weekend

Photograph Captions

1. **100_0981**: Kilgetty Shotokan Karate Club Students, Sensei Ian Ratcliffe (front), Sensei Leigh Smith (back right)& 3rd Dan Michael Ball (back left) - Taken by Sharron Hardwick

hols 08 017 - Kilgetty Shotokan Karate Club Students at Kilgetty's Funday in July

hols 08 006 - Raising funds at Kilgetty Shotokan Karate Club Students at Kilgetty's Funday in July

