

## **Kilgetty Shotokan Karate Club Continue 100% Success Rate**

1. Kilgetty Shotokan Karate Club retained their 100% grading success when students passed their grading examinations on Saturday 4<sup>th</sup> April at Tenby Leisure Centre.

Since December's grading examinations Sensei Ian Ratcliffe, 3rd Dan, has raised the bar for his students with tough new training regimes. Before Saturday's examination Kilgetty Shotokan's 2008 Female Student of The Year, Aimee Beynon, (13) said:" When I first started training it was a lot more simple, but as the *Katas* go on the training intensifies. I feel nervous about grading and I know that Sensei Leigh Smith has high standards, but he is fair and wants us all to do well. It's not just about passing the grade, it's about working hard in training to retain the belt."

Sensei Leigh Smith visited Pembrokeshire on Saturday to grade the Kilgetty students. He has achieved great things in his Karate career, becoming 3 times world champion and 3 times European champion. As a black belt examiner Sensei Leigh Smith's standards are high and he takes a more serious approach to the Kilgetty students as they progress.

'It's fantastic to see the serious attitude of the students. They have worked well under a lot of pressure and more intensive training. With Sensei Ian's excellent training and their family's support they can't fail to succeed.' Said Sensei Leigh.

Red belts were awarded to: Matt Davies, Harry Banner, Tom Hawkins, Grace Cloud, Emma Cain, Lucy Arthur and Josh Bolt. Orange belts were awarded to: Shannon Bradley, Millie Hawkins and Bethany Duffy. Yellow belts awarded to: Rowan Ashdown, Melina Ashdown, Myles Johnson, Thomas Bowen, Dominic Cunningham, Carys Bowen, Cody Hayes-Wright, Neil Cunningham, Corina White, Dan Bradley and Kieran Johnson. Green belts were awarded to: Phil Williams, Aimee Beynon, Leah Duffy, Shannon Shields and Georgia Thompson.

After the belt presentations, a pool party was held at Tenby Leisure Centre where students relaxed and celebrated their success.

Kilgetty Shotokan Karate Club were very pleased to raise over £370 when they organised a table top sale and Fairtrade coffee morning on Saturday 30<sup>th</sup> March. The club would like everyone who has supported them especially *Kilgetty Enterprise Lodge* for their generous donation of £100. All funds raised will go towards buying a club mini bus and providing club trips.

Kilgetty Shotokan Karate Club caters for the needs of several students with co-ordination and hearing disabilities, providing training regimes for people of all abilities from age 6 years upwards. Training takes place on Thursdays and Fridays in Kilgetty Scout Hut from 6.30pm to 8pm; and at a new class in Templeton Village Hall on Monday nights at 7pm to 8.15pm. For more information call 07986332288.

