

## Kilgetty Shotokan Karate Kilgetty April Grading Success

Kilgetty Shotokan Karate Kilgetty club continue to stride forward with confidence, skill and technique after their latest grading examination success. Former three times world champion, Sensei Leigh Smith and Sensei Mick Ball, 3rd dan, from Saxon Karate paid a return visit to Kilgetty to assess the local Karate students, and were impressed with their hard work and preparation.

Parents watched as their children, and other adult students, performed their Katas, for the two visiting Sensei's. They have all been training hard, under the instruction of Kilgetty Sensei, Ian Ratcliff. All of the students passed the examinations, despite having a few nerves before the event: "I am really scared" shared on student on Kilgetty Shotokan Karate Club's *Facebook* page.

Kilgetty Karate club not only offer training, helping people to get fit and gain skills, it helps the students to gain confidence and a sense of self achievement. "The children did well didn't they? Sophie is so proud of herself and she was so happy when she came home today!" said Ruby Price, parent, after the gradings. This was echoed by Gail, Kilgetty Karate Club secretary, who said: "Well done 100% pass rate again! Really proud of you all; congratulations!"

**Gradings were as follows:** From white to red/white belts: Mathew Flynn, Sophie Price, Tom Jones, Alisha Jones, Morgan Evans. From white to red belts: William Brace. From red/white to orange belts: David Turner. From red to orange belts: Isaac Higgon, Joshua Handley, Kaleb Higgon, Tai Jackson. From yellow to green belt: Liam Kidby. From green to purple belt: Anthony Bowen. From purple to purple/white belt Carys Bowen, Kieran Johnson, Myles Johnson, Dominic Cunningham, Georgia Thompson. From purple/white to brown belt: Neil Cunningham. And from brown to brown/white belt: Phillip Williams.

"Kilgetty Shotokan Karate Club would like to thank: Headmaster, Mr P Griffiths, and Stepside School for the use of their excellent facilities and Sensei's Leigh and Mick for their visit." continued Gail.

Kilgetty Shotokan Karate Club are looking for new students to join them - men women & children of all levels of fitness and experience, you just need to have the dedication to train a few times a week. Training takes place on: Monday 6.30-7.30pm at the information centre Kilgetty, Thursdays from 7.15-8.30pm, at Stepside school, Friday from 6.30-8.00 in the scout hall, Kilgetty. £2-50p per lesson please call 07986332288 if you are interested.

