

Kilgetty Shotokan Karate's First Latvian Visit

Sensei Ian Ratcliffe with students from Kilgetty Shotokan Karate Club, joined their sister club Saxon Karate, Manchester, on a tour of Latvia earlier this month.

Established in 2007, Kilgetty Shotokan Karate continues to grow and students are moving forward at a pace, with it's 30 plus members training hard.

After weeks of training the local Karate students jetted off, with 35 members of Saxon Karate, to Latvia for a 5 day trip, where they all took part in intense training and grading examinations.

After each training event, the karate students went on a number of site seeing tours of Latvia, enjoying the local food and culture, including watching a show by a group of belly dancers!

The main events took place in three sports centres in Latvia's - Irga, Cesis and Kuldiga, where students undertook courses and stringent training, three times a day. These training courses were led by Sensei Leigh Smith, Head Instructor of Saxon Karate, also head of the Black Belt Examiners Board.

On the final day students performed a set criteria of kick, block and punching combinations and Kata, as part of their Grading examinations. All students were successfully graded.

“Karate training teaches students respect and discipline, especially towards their elders; as well as helping to build stamina, fitness and flexibility. There is now a growing number of adult students, so don't be shy give it a try.” says Sensei Ian Ratcliffe

Kilgetty Shotokan Karate Club continue to train from 6.30-8pm on Monday's, in Kilgetty Community Centre; and on Thursday's and Friday's from 6.30-8pm in Kilgetty Scout hut.

Further gradings are due to take place later this year and more trips are planned; including visits to Scotland Manchester, and London, with a return visit to Latvia next year. Kilgetty Karate Club will also be performing a demonstration at this year's Kilgetty Summer Fete.

Kilgetty Shotokan Karate classes are open to people of all ages and abilities, are welcome to join the club. Contact telephone number 07758103997.

