

NEWS

Wadebridge, St Columb Major, Fowey, Lostwithiel, Lanivet, Cardinham, Par, St. Austell, Grampound Rd & Truro. Feb 2024 Issue 220

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Hi Guys,

COVID 19

Precautionary sanitizer is available. If you cough, please **WEAR A MASK & do so properly**, it reduces spread of a cough & **Other serious illnesses**. **If you're ill, with cold or covid symptoms, stay home & get tested.** There is a lot of covid about now.

Kyu Grading!

The Kyu grading is on **Saturday 24th February** at **Fowey Sports Hub**. Grade guide to start times as follows;

Yellow Orange & **Green** 9.45am till 12.30pm.

Blue Purple & **Brown** 1 till 4.00 pm.

If we have large numbers in morning that may change the Lunch time by half hour.

Students morning & afternoon please be available for group photo at lunchtime.

Applications in by **Monday 19th Feb**

Yellow = £26 Orange = £29 Green = £32 Blue = £35 Purple = £38 Brown = £41 + Belts £4.00 & Badges £4.00

Please ask for application form.

Black belts please be available if asked for help at the grading

Make a GOAL for yourself this Year!

What is your goal for 2024? Whatever you want to achieve in life will be much harder without sensible goals. A river crossing might be your goal but if it is wide you really need those stepping-stones to be able to get there. So what are your stepping-stones for karate?

Write them here.....

Inspiration for such things can be found in unusual places, but a great place are the movies Karate Kid, also the follow on series Cobra Kai to be found on Netflix, the last season is about to be aired but I suggest you watch all earlier series first.

These can motivate you to be more ready to train for you, rather than because someone said you should.

What's on?

The TOURNAMENT Wadebridge Sports Centre. Sept/Oct 2024.

Next Grading; Feb 24th 2024.

If you are 1st to see any errors in the newsletter you'll earn a bonus leaderboard point.

Anyone got any good jokes to include in the next issue?

Q. Two fish in a tank, one says to the other!

A. How do you drive this thing?

Steve

See you soon

PTO for monthly diary



February 2024

Until new cubs join Truro, is Junior CLASS only

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
Sports Centre Wadebridge 5.- 6.30pm Mixed age 7 – Adult Cubs 4.30 - 5pm?? Main Hall No cubs ATM	Columba centre St Columb Major Juniors 4.15-5.45pm Cubs 3.45	Leisure Centre Fowey 5.30 – 7pm Mixed age 7 – Adult Cubs 5-5.30pm Dance suite	Rifle & Pistol Club St Austell 7.45 - 9.15pm Age 12+ Senior Class upstairs hall	Lostwithiel Com Ctre Lanivet 3.30 - 4 Cubs jr/snr 5.30- 7pm 4-5.30pm One for all hall Juniors Cubs 5-5.30pm Side entrance	Church Hall PAR, Cornubia Hall Cardinham 6.30.- 8pm Junior 3.45-5.15 Cubs 3.15 Cubs 6-6.30pm Upstairs	St.A Rugby club Grampound Rd Vge hall Truro School 10.30am – 12.00 1.30 – 3pm 4.00-5.30pm (Mixed age 7 – Adult) Squash court Cubs 1-1.30pm SBA squash court
5 th As Normal	6 th As Normal	7 th Dance suite	As Normal	1 st As Normal Hall for All	3 rd As Normal As Normal As Normal	
12 th As Normal	13 th As Normal	14 th Dance suite	As Normal	8 th As Normal Hall for All	10 th As Normal As Normal As Normal	
19 th As Normal	20 th As Normal	21 st Dance suite	As Normal	22 nd As Normal Hall for All	17 th As Normal As Normal As Normal	
26 th As Normal	27 th As Normal	28 th As Normal	As Normal	29 th As Normal Hall for All	24 th GRADING Fowey Sports Hub. 9.45 – 4PM	

March 2024

No cubs ATM					1 st As Normal As Normal	2 nd As Normal As Normal As Normal
4 th As Normal	5 th As Normal	6 th Dance suite	As Normal	7 th As Normal Hall for All	8 th As Normal As Normal	9 th As Normal As Normal As Normal
11 th As Normal	12 th As Normal	13 th Dance suite	As Normal	14 th As Normal Hall for All	15 th As Normal As Normal	16 th As Normal As Normal As Normal
18 th As Normal	19 th As Normal	20 th Dance suite	As Normal	21 st As Normal Hall for All	22 nd As Normal As Normal	23 rd As Normal As Normal As Normal
25 th As Normal	26 th As Normal	27 th As Normal	As Normal	28 th As Normal Hall for All	29 th As Normal As Normal	30 th As Normal As Normal As Normal

Diary correct as far as I can tell, you will be told of any updates ASAP

Last Count for 2023. Calculated every 2 months. 1st 2024 leader board count Mar 2024 newsletter

Class Key *Wadebridge *St Columb Major *Fowey *St Austell Wed *Lostwithiel *Lanivet *Cardinham *Par *St. Austell *Grampound Rd *Truro *Truro HSG

Cubs

Rank	Name	Points
1 st	Fredrick Camps	139
2 nd	Arthur Holmes	132
3 rd	Archie Saunders	72
4 th	Frankie Rae-Rae Archard	71
5 th	Jake Ashley	58
6 th	Eren Vardy	57
7 th	Luca Hunkin	29
8 th	Jess Stebbings	25
9 th	Stanley Holmes	12
10 th	Ra Cameron	11
11 th	Dexter Hodges	11
12 th	Amber Doney	11
13 th	Leaon Elson	11
14 th	Harry Davis	11
15 th	Albie O'Dell	11
16 th	Ruan Parr	10
17 th	Charlie Walker	8
18 th	Alex Wobus	4
19 th	Oscar Lagor	4
20 th	David Moraru	2

Juniors

Rank	Name	Points
1 st	Mia Chubb	266
2 nd	Ollie Ashley	201
3 rd	Jake Long	200
4 th	Leo Ashley	171
5 th	William Richards	171
6 th	Zico Snook	169
7 th	Harry Butler	165
8 th	Hannah Chappell	161
9 th	Fred Holmes	159
10 th	Amber Chapman	159
11 th	Florence Butler	152
12 th	Robbie Winkle	146
13 th	Daisy Charnock	139
14 th	David Young	137
15 th	Mila Coggon	134
16 th	William Spring	132
17 th	Oscar Weake	128
18 th	Sasha Lavrinets	126
19 th	Ben Veerasingam	125
20 th	Brooklyn Ferreira	125
21 st	Jacob Morrin	122
22 nd	Thomas Buchanan	122
23 rd	Sarah Burris	120
24 th	Annabel Buchanan	106
25 th	Emilv Challoner	100
26 th	Demi Rose Liddicoat	90
27 th	Amelia Fielding	90
28 th	Annika Lumby	88
29 th	Barnaby Keast	88
30 th	Ava Bray	85
	Izaak Bray	84

Seniors

Rank	Name	Points
1 st	Ellie Hoskin	290
2 nd	Corey Faux	215
3 rd	Tom Weake	205
4 th	Simon Trebilcock	197
5 th	Raven Trebilcock	185
6 th	Zola Snook	181
7 th	James Williams	174
8 th	Thomas Bale-Singh-Hide	165
9 th	Noa Veerasingam	162
10 th	Charley Ferreira	137
11 th	Jack Toms	137
12 th	Solomon Ababio	132
13 th	Suzanne Bailey	129
14 th	Ariana Menezes	127
15 th	Diana Tatarulyeva	120
16 th	Robyn Bords	117
17 th	Marley Pound	94
18 th	Brendan Diogo	91
19 th	Sofia Gall	86
20 th	Joseph Fox	83
21 st	Tamsin Chapman	69
22 nd	Vadym Hryhoriev	61
23 rd	Alex Peters	30
24 th	Fei Phoon	22
25 th	Honey Hodson	22
26 th	Gorqon Croft	19
27 th	Sam Eveleigh	12
28 th	Paul Eveleigh	10
29 th	Scarlet Bayley	8
30 th	Jade Peters	2

Be the best you can be! Go for the Kevin Davey Challenge. Aim at the floor, hit the floor, aim high, score high!

104 students training in Jan. Welcome to new students. Invite anyone you'd like to join you. Keep up your attendance so your class becomes more successful.

2023 race ends with heroic efforts!

Cubs 1st place Fredrick Camps, 2nd place is Arthur Holmes & in 3rd Archie Saunders. Juniors 1st Mia Chubb & Ollie Ashley steals 2nd place & 3rd is Jake Long. Seniors 1st Ellie Hoskin, Corey Faux 2nd & Tom Weake 3rd with Simon Trebilcock knocking on the door in 4th. Raven Trebilcock did consolidate 5th place.

Well done all in the race for student of the year. So now the challenge starts a fresh for 2024. Who will take top slots in March newsletter?

If your name is highlighted YELLOW then you improved your place.

TIME now to get excited over getting up high on 2024 leaderboard!

Maximise points with full attendance (1 point every lesson attended), practice so you score more on knowledge, answer quiz, get more bonus points every chance you get.