



Kenbu Dojo Club Newsletter

December 2025



WELCOME EVERYONE

As this year has zipped past at a phenomenal speed, we thought it would be nice to finish off the year with a newsletter of all the wonderful things we have done and what is to come! This is our first time to do the newsletter digitally and we would love your feedback or suggestions for future newsletters. We hope you enjoy reading through this issue. As always, any questions please let us know.



IMPORTANT



DATES FOR YOUR DIARY

- Fri 5th Dec** – Board Game Night
- Sat 13th Dec** – Adult Members Japanese meal
- Thurs 18th Dec** – End of year party after class
all members welcome. 8pm onwards
- Sat 20th Dec** – Last day of classes for 2025
- Mon 12th Jan 2026** – Classes all reopen



CLUB ORDERS

All recent orders have been coming and handed out at classes this past week. We are just awaiting the printed clothing and training folders to be complete.

Please ensure your equipment order is correct as soon as you receive it, as we have a limited window of just 7 days to return any items that do not fit.

Membership Cards

We are super sorry that our membership cards never came out on time this year. Shidoshi Sinéad has had a very difficult year and put all her time and efforts into lesson planning and teaching whilst some paperwork fell a little behind.

We are handing them out at class this week though, as we want everyone to take advantage of having a look at the QR code member's link! This will be the space we update all our info and will make it easier for everyone to follow updates throughout the year. Including all our policies and procedures, which we require all members/parents to read through.

The QR code on the card is for members only, and not to be shared with anyone else. If you wish to share our general club link for people interested in joining, please note we have a different link for this!

Scan or share this QR code for non-members



CLUB LEVEL GRADING WEEKEND SEPT 2025

After great preparation and hard work, there was a huge amount of positive energy flowing the weekend of the grading. With students showing that standards are getting better each year for belt testing. There were students testing from first belts right up to senior green belts on the weekend and each and every one of them did wonderfully!

Shidoshi Sinéad commented on the team spirit being high and there being a real hunger in the groups to impress and put their best foot forward. As always, she spoke highly of just how proud she is of each student. Its no easy feat to stand up in front of a scary panel of black belts, keep your calm and perform your best. It takes great work and bravery, with each rank getting harder along the way!

Do you understand how our belt system works at Kenbu Dojo? [CLICK HERE](#) to read more!



STUDENT OF THE MONTH

Throughout the year we award student of the month in each of our class groups. For a whole host of reasons from showing improvement in training, to great attitudes and team work right down to overcoming challenges or obstacles. What ever the reason, the award is truly earned! Please see below those who won the award throughout 2025.

	Mon Beg	Mon Inter	Mon Adv	Thur Beg	Thur Inter	Thur Adv	Saturday	Ladies
Jan	Toby	Pippa	Jay	Kian	Khyan	Freya	Layla R	Maryam
Feb	-	-	-	Edan	Rowan	Evelyn	-	-
Mar	Dakshith	-	James	Archie	Isla	-	-	-
May	-	Derrin	Grace R	Frank	Alex	Sky	Ezri/Nate	Gayle
Jun	Amaan	Rabiah	Evelyn	Jonathan	Osian	Jay	Aniah/ Oliver L	Yuko
Jul	Adelina	Grace	Leo	Sofia	Khyan	James	Nalain	Zoe
Aug	Isabel	Elijah	Eden	Amina	Rowan	Grace R	Koishi	Chantal
Sep	Amaan	Ethan	Zubayr	Florence	Jack	George	Samuel	Frances
Nov	Evie	Oliver M	Leyla H	Frank	Hector	Ana	Abel/Aman	Agapi
Dec	Bethany	-	-	-	Jeremiah	Noa	Muhammed /Sarah	-

VOLUNTEERS

A huge thank you to each & every student/parent who has volunteered this year, from classes to events. We couldn't do what we do without your help! Thank you from the bottom of our ninja hearts!



POINT FIGHTER CHALLENGE 7/7/25

Incredibly early on a Sunday in September a small team of 4 competitors took to the road driven by Chantal, enter a national kickboxing tournament in Swansea, Wales.

Nerves were high as we stepped into the ring for a first of its kind tournament for us, but as always, the team spirit was high and we had nothing to lose and everything to gain!

In some really hard categories, we had some podium finishes with Leo Bishop claiming 2nd place and making friends with the enemy, Ezri Sunter also claiming a 2nd place after taking an impressive kick to the face and carrying on in true warrior spirit and the icing on the cake as Evelyn Quick fought her heart out and came away with 1st place! Legend says the girl she fought in the last round still doesn't know what happened in the final point call! The debate continues of whether Evelyn kicked her in the face or if she landed her face on Evelyn's foot.

Coach Sinead was in awe of each of the team for taking part and giving it their all. We have much to learn from this experience and hope to build on it in 2026. Although judging by the singing in the car on the way back, we may need some singing lessons in the club lol



NEW MEMBER ALERT

Please join us in welcoming some of our newest members at Kenbu Dojo!

Ana	Evie	Jason
Richard	Guy	Bethany
Lily	John	Muhammed

We hope you enjoy the start of your martial arts journey with us and we for one cannot wait to see where it leads you!



YORK 16/08/25

Instructors Sinead and Chantal took to the road to attend an international seminar weekend "The Calling" hosted by UK instructor Damian Abbott, to train with some fantastic instructors and students.

The seminars were very well taught with instructors from as far away as the USA teaching. All that was shown on the day, Sinead and Chantal took back and shared with the advanced students in Kenbu Dojo.

Sinead was also presented with a beautiful glass award for her active and positive participation in the event by Mr Donnie Jeffcoat, USA.



CLUB COMPETITION / AWARDS NIGHT

We postponed our usual annual tournament as we prepare to move it to a spring event instead! As December is just so jammed packed for everyone. Keep an eye on our socials and notice boards for updates soon as we have them! This event is compulsory to all members.



50/50 GENDER SPLIT

Who said martial arts wasn't for girls? They were wrong that's for sure, as Kenbu Dojo is breaking down barriers and creating a safe space for all who wish to train, it has resulted in our club currently having a perfect 50/50 split of Male/Female students!! We cannot wait to build on this even more very soon!!

Who will top the table in 2026, the male or female students?

Quick sign up your friends in January and let's see which gender is in the lead in 2026. We have even created a graph on the wall at class to keep track!



VOTE FOR STUDENT OF THE YEAR

We ask that all students start to think hard about who they are going to nominate for student of the year this year! You will get to place your votes very soon and remember they are completely secret until our awards evening in the new year.

You should be voting for a student you feel has stood out, who has improved in their training, given everything their best, overcome difficult challenges or who has shown any other positives! Remember you cannot vote for yourself!

CHARITY SEMINAR EVENT

A small team of students travelled to Swansea G&K Kickboxing club to take part in the 100 Strong event raising money for SANDS. Hosted by Sinead's coach Matt.

Sinead, Chantal, James and Evelyn (With Freya supporting from the sidelines) took part in 4 seminars with some of the current world champions and they were a lot to take in. From high kicking sessions to strong fitness-based ones there was so much to learn and challenge us.

James commented afterwards on how much he enjoyed the sessions and how much it inspired him. He also loved getting his gloves autographed by all the instructors at the end, which was a real highlight for him too.

Safe to say everyone's bodies ached for days after the event, but gradually we shared what we learned during the sparring sessions on Saturdays.

Well done everyone for taking part, and for such a great cause too!



sands



GLOUCESTER CHAMPIONS 2024

Ok it was last year, but we never truly celebrated the amazing achievements of our students in taking part in one of the biggest Kenpo events in the world. With X Gold medals, X Silver and X Bronze the results spoke for themselves! We also took the title of largest team at a European event in the last 5 years. Showing that Kenbu Dojo is a force to be reckoned with. As always, our sportsmanship was commented on and our positive interactions with each member of our team supporting each other.

What was bigger and better than any medal was the stories of each of our members and their triumph in overcoming challenges and barriers to take part in something completely out of their comfort zone. Throughout the day there was one brave ninja after another, took to the floor, gave it their absolute all and regardless of the results they showed true champion spirit.

Forever those students can say they represented Team GB at a European championship level, and nobody can ever take that honour away from them.

Check out our team photo below! What a group!



After a year out in 2025 from international competition. Kenbu Dojo is gearing up once again to take to the international stage as the event takes place in Greece in October 2026! Our squad applications will go out soon; we are currently awaiting confirmation of the dates. This application process will be open to every single member of Kenbu Dojo and will require a written application, if selected students will enter a 12-week training programme, to be officially selected for the European Team Squad training. We will host a meeting with further info for parents and students who are interested in the new year.

We like to give as much info as possible on training requirements/equipment/costs etc. so parents/students can make an informed decision before committing fully. The 12-week training programme also allows students to take part and see what its all about, before committing to a full year of training. Keep an eye on your email's for information over the Christmas break.





CLUB POLICIES AND PROCEDURES

Did you know that most martial arts are unregulated? Meaning that anyone can technically teach martial arts without any qualifications or training? Scary right? That's why we pride ourselves on being ahead of the game in keeping all the paperwork up to date for the benefit of everyone at Kenbu Dojo.

At Kenbu Dojo we work tirelessly to keep on top of all modern standards in sports, to keep all our instructors, students and members as safe as possible.

To do this we have a whole host of policies and procedures in place. We require that all members read through these and become familiar with them. Should any problems ever arise we will always do our very best to rectify any situation with as positive an outcome possible.

We regularly go on training days, do online courses and keep important things like DBS checks and First aid qualifications all up to date. If there is something new to learn, we will be one of the first to sign up. We also keep our martial arts sharp by attending regular seminars when ever possible.

If you scan the QR code on your membership card, it will take you to our menu where you will find all our policies and procedures. If you have any questions, please email us or equally if you feel there is something we are missing, please let us know!

REGISTERED INSTRUCTORS AND VOLUNTEERS AT KENBU DOJO



Head Instructor
Sinead Byrne



Senior Instructor
Chantal Sunter



Assistant Instructor
Jay Tyler



Assistant Instructor
James Probert



Volunteer
Oliver Langley



All of those listed have been officially registered with BMABA and have completed all national level course requirements and training. Please note, Chantal is also our official Lead Safeguarding Officer at the club too.

KENBU DOJO BIRTHDAY BASH

As Kenbu Dojo reached its teenage years and turned 13, what better way to celebrate then to get together and fight each other to the death.... Well maybe not quite so dramatic but we sure did have a great night!

With students from our beginners right up to our advanced ranks, they went head to head on either the Blue or the Green team, giving it their absolute best as they kicked, punched and popped balloons mid fight to win the rounds.

With the Blue Team leaving with the title and the solid gold trophies... well kinda gold.... Well maybe they were plastic.... But shhhhhh nobody needs to know that! The blue team floated out the door while the green team soaked up all the tissues with their tears from defeat.

A huge thank you to Shidoshi Sinead for putting it all together, but also to all the older students who helped out by running the tuck shop, taking tickets at the door and of course for refereeing on the night. Oh and young Oliver who could not take part due to injury who assisted on the score table on the night too!

Should we do it every birthday? What team will win it next time? Can we knock the Blue team off their pedestal? Can the Green team claim the victory they dreamt of? Let's see in 2026!!



HALLOWEEN BUDO

What a spooktacular event was had by all! From the young to the not so young, we had some serious spooky fun!

From apple bobbing to spider relay racing, right down to the world's most competitive games of musical chairs, it was a lot of laughs.

The snack table was one of the best in history, with home made treats from Jay, Sky and the Sunter family right down to the spooky brains and eyeballs in a skeleton head from Oliver. We are still trying to get through the snacks a month later.

Massive thank you to all who helped set up and clear up! The hall looked amazing.



PRACTICE WHAT YOU PREACH

In June this year Sinead stepped out for her first national level kickboxing competition under her kickboxing coach Matt Roberts. She stormed through her first-round opponent in her points division before watching a very tough opponent dismantle her opponent with a stoppage, to set up a final with her.

Nervous, apprehensive and only her coaches' words for comfort she stood in front of her much taller opponent. She took some moments to settle and apply strategy to the fight before showing total poise and composure to hold a slender lead throughout the fight.

As the fight entered the final moments, she pulled away to open an unassailable lead and took gold in her division. She then stepped out and faced the same opponent in continuous, again the nerves were present but again she handled the occasion wonderfully. Sinead got tight to the leg, forcing mistakes and made the most of her close-boxing skills. Overpowering her opponent up close and out scoring her, taking the gold.

Coach Matt said of Sinead's performances, 'Sinead showed exactly what a champion is that day. She overcame her nerves; she used the energy positively to perform under pressure and kept her cool. I watched a skilled athlete grow, develop and ultimately her smile said it all. She was beaming ear to ear and naturally, it made me do the same! I'm so proud of her'



ADULT MEMBER MEAL

On Saturday 13th December we are off out for our annual Japanese meal in Wakame, Cheltenham to end the year on a high with great food!

Meeting at 7pm, this evening is strictly for our members 18+ and if you have not already, please let us know you'd like to join us and we will keep a seat for you.

END OF YEAR BRING AND SHARE

As is tradition on the last Thursday of the year we will all come together after the lesson at 8pm till late for some xmas music and a sit down chat, laugh, eat and drink.

All members, including parents are welcome to come and join us for the get together!

Please bring your own drinks and a snack to share with everyone (if you can)

Xmas jumpers, hats or anything else crazy a must!

