

Karate Academy

FOUR!

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Happy Easter!

The time of Chocolate! The sudden burst of clement weather has meant that there have been plenty of people out in their gardens, lapping up the sunshine. Karate continues anyway. The dojo are warm, and we have the energy to bring life to this antique art.

There are busy times ahead, and although we don't train on bank holidays, you will notice that the regular training sessions are continuing throughout the holidays. There are a few exceptions for special events, but not across the whole group of clubs. We tend to harp on about the special events, but as is usually discovered too late; without the regular training the special events become intellectual exercises without the ability to administer whatever special skill it is we're training. It's the regular classes that get you fit—mentally and physically. It's the regular classes that hone your reaction skills and your awareness. It's in the regular classes that we develop our stoicism.

You need to get your regular classes in.

We, as a team of instructors, are always here to help with private sessions, facebook notifications, email and phone advice, if you need support or just to check you are doing the technique right, talk to us. Our contact details are 01626 360999, info@KarateAcademy.co.uk or join us on Facebook (look up Karate Academy).

John and Kim

Bunkai Bootcamp

This special course is available for the last time this summer. A week with John Burke sensei teaching exactly how to work out the applications to your Karate kata. There will not be many people on the course. Most people can't take the high level of information. Those who can find that the world of Karate is suddenly opened up to them like a deciphered book.

For your place on the course we would discount for our members to £150. Please call 01626 360999 to reserve your place.

DAN Grading

When the brown belts seek to become Black Belts the grading is a little bit different to the coloured belt grading. There still has to be basics, kumite, kata, and oyo, but there is a lot more to it as well. On Saturday 7th April the Brown Belts and Black Belts are encouraged to train all day, starting with the 10am class in Newton Abbot which will proceed as normal, but then when those below 3rd kyu have left we will continue so that the Dan Grade candidates can have the rest of their test. We expect it to finish somewhere around 3pm.

All Brown Belts and Black Belts should attend.

- 1) for practice.
- 2) to support those taking the test.
- 3) because it is the right thing to do.

See you there.

Sainsbury's Demo

The demonstration for Sport Relief that was held at Sainsbury's Newton Abbot went down well. Many thanks to those who came along and supported the event, and we even got some parents out there jingling the money buckets for the charity.



TMAS

Tickets for the Martial Arts Show are now available through Sensei John. £15 for one day or £25 for the weekend. On March 5th the ticket price went up from this "early booking" price. If you reserved a ticket, they need to be paid for by Monday 16th April. If you did not reserve a ticket and would like one, call John or email info@karateacademy.co.uk your request no later than 16th April. Any requests for tickets after the 16th cannot be guaranteed.

The Martial Arts Show has stands with all sorts of goodies for sale, demonstrations from of all sorts of martial arts, and a competition zone for those who want to try their hand at winning a medal or two.

There will be celebrities on hand, including **Gok Wan!** John Burke sensei's *Bunkai Workshops* during the show are free for those who come along. We are booking a minibus for travel on the Sunday, if you would like a seat they are £17 per person and early booking is essential, only 3 seats left. Sensei Ross will be driving. Pick up points in Torquay and Newton Abbot. Payments for the minibus required by the end of April.

Summer School

This summer there will be one month's training in one week, plus extra activities like bo staff, kata and self defence. The confirmed dates are Mon 6th August to Fri 10th August. 10am-3pm each day, Newton Abbot dojo, at a cost of only £60 for the whole week. Booking forms now available. £10 deposit secures your place. Open all ages and grades. Call 01626 360999 for family discounts.

We are also looking at running an alternative Summer School at our Paignton dojo on each Thursday 10.30am-2.30pm for the six weeks of the summer holiday. The cost for the six weeks will be £45. If you, or anyone you know would be interested in this option, please register your interest by emailing kim@karateacademy.co.uk



Grading Results

On the 25th March the Kyu Grading that was held at Torquay dojo saw the following promotions:

4th kyu

Olivier Petit

5th kyu

David Alderson
Luke Alderson
Peter Alderson
Sue Bailey
Frederic Leach
Tabitha Morgan
Archie Williams
Jack Zheng

6th kyu

Kit Hughes-Johnson
Sharon Keirman
Henry Morgan
Connor Patmore
Laura Pattison

8th kyu

Harry Jenkins
Finn Pateman
Eddie Pratt

9th kyu

Tamzin Przybylska

Well done, and remember, the work towards that next grade is *on-going*. Let's make it happen.
Next kyu grading is scheduled for Sunday 6th May.

New Members

The following student joined the Karate Academy in the month of March:

Newton Abbot: Linsey Budge, Kerry Hicks, welcome back to Tim Boyd sensei

Paignton: Jacob Bellinger

Torquay: Matthew Wattis, Kieran Blake, Thomas & Jessica Bryant, Phil Hale, Francesca Keirman & Jake Hollingshead

Welcome one and all.

Ladies Self Defence

It was an absolutely lovely class at Torquay dojo on Saturday 24th March 2012 as Clare Potter sensei taught once again. With apologies to Ross Chesterton sensei for the lack of a headguard being available, the quick releases and escapes that were shown were lapped up by the attendees, who all seemed to get something positive from the experience.

Masterclass 6 Important Update

JUST IN Sensei Wingrove has needed to postpone the Masterclass scheduled for 14/15th April due to his hectic travel schedule.

We will keep you informed of new arrangements as soon as we know what they are. Regular classes will now be on as normal.



Dedicated to Black Belt Excellence

Buddy/Intro Day in Paignton

Sensei Ross has arranged a buddy day to be held on Saturday 28th April 10.30am-12.30pm at our Paignton Dojo. If you would like to take a friend along to Paignton for a taster session you are very welcome to. If you need directions, talk to John, Kim or Ross.

Timetable Exceptions

The following are exceptions to the regular timetable during the month of April:

Sunday 8th No classes. Easter Sunday

Monday 9th No classes. Easter Monday

Classes

A tiny reminder that over the Easter School holidays our classes do not stop except for Bank holidays, and that means that the morning classes that many of you usually cannot come to are also available to you at no extra cost. Use the holidays to get ahead in your training rather than slacking off. Come and get some!

Birthdays

The following students celebrate their Birthday this month (April):

2nd Ali Cobb sensei, Laura Pattison, Matthew Wattis

4th Tamzin Przybylska

7th Doug Pratt

9th Deborah Needham

12th Rachel Edwards

15th Jack Degnan sensei, Lotte Minty

17th Shannon Withers

18th William Przybylski

19th Martin Carrick sensei

20th Eleanor Antcliff

21st Clare Potter sensei (landmark)

22nd Sean Thompson

24th Dylan Ferro, Sharon Keirman

30th Jacob Bellinger

Happy Birthday to You

Coming-up

Saturday 7th April Black Belt grading.

Saturday 12th & Sunday 13th May The Martial Arts Show at Birmingham NEC

Last Word

A lot of the time I feign a certain abrasiveness. It is deliberate, most of the time, to allow me to cope with my job. You see, I'm expected to know it all, be able to do it all, and be able to teach it all.

In truth, I'm very humbled that dedicated and determined people wish to train with me. I know that most people jump on the nearest club to them and I know that most people wouldn't know good Karate from bad when they start out. What keeps me going is how many people keep going. How many people "get it" and want more.

How many people get an inkling that there is sooooo much more still to learn, and how wonderful the art of Karate is.

So I'm grateful.

Thank you. Because without you I would not be here. I'd still be doing Karate, but maybe somewhere peaceful.

Proud to be the Keikokai.

See you in the dojo. **Oss**