

Karate Academy

April



From the Top!

There are people who will travel hundreds of miles to learn what you have on your doorstep. They recognise that other clubs or groups don't deliver what we have. Very rarely do our guys who go on to university find a club that they can train in that matches ours. Not just the special visitors, but the tuition from our regular instructors. They are all top quality. We ensure that by continuing our education and checking our methodology against the best that we can find.

Always interesting—having released the Kata & Application volume 21 UNSU DVD that the sales so far have all been from overseas. Prophet in his own land and all that...

Far from being a whinge about the lack of members' commitment in travelling far and wide the way we have, this is a recognition that what you have here is right, and that our members have good taste! Then that sounds like bragging...

John and Kim

Women Return

Our popular Women's Self Defence class returns to Newton Abbot dojo on Saturday April 20th at 1.30pm.

This class teaches ladies how to deal with bigger stronger attackers using no-frills techniques. No experience is necessary for you to take part, and it is perfect for the "non-martial artist". Despite the simplicity of what is taught (or perhaps because of it), many people return to do the course again and again, realising that only repetition keeps the skill alive.

You can book your place on 01626 360999, 3 hours training is only £10 per person.

DAN Grading

Taking your Black Belt is a difficult and strenuous test. The next one will be taking place on **Saturday 6th April 2013**, beginning at 10am. There will not be a normal class that day in Newton Abbot. The candidate will be tested on their skill in their basics, kumite, kata, and oyo; and their spirit is tested through stamina and attitude throughout the day. **All brown belt and black belt students should be there.** Apart from the very real nature of supporting the person who is taking the test, you will also experience the test and receive feedback as to your own progress from our examiners. Anyone hoping to take a Dan grading in October will need to hear what they should be working on. The opportunity only comes along a couple of times per year, not like the regular kyu gradings. There is no charge for those who are not grading, so don't miss out.

Hanshi Wingrove Visit

Once again, Karate's most senior practitioner in Great Britain came to visit us in Newton Abbot. Sunday 3rd March was a very painful day, in terms of the techniques taught, and hugely encouraging, in terms of our continued development

as martial artists. The meal out with Mr Wingrove was hugely educational too. The stories that he is able to tell really shed light on the history of Karate both in the UK and in Japan.

Practitioners came from Cornwall, Devon, and even flew in from Poland specially for this one day.

Despite the pain, we hope Mr Wingrove will be able to visit us again soon.

Kick-a-thon

There is only one month to go before this year's Kick-a-thon. I hope your fund-raising

efforts are going well, and if you are new to us then please note that sponsorship forms are available now. We are in training for performing 2,013 kicks to raise money for a charity. It will take place on **Saturday 4th May 2013** at Newton Abbot and Paignton dojo simultaneously.

Working with the cancer department of the local hospital, the **Olivia Holmes Foundation** aims to make life a little easier for those children in hospital and their relatives.

www.OliviaHolmes.co.uk.

Every penny helps. So please, ask your friends and family to sponsor you. Let's do an Excellent job.

Olivia Holmes Foundation

Brown & Black Belt/Advanced class

This class is a special lesson for those who are ranked 3rd kyu and above only. It is on Sunday at 4pm, with many members turning up early to make sure that when the class begins they are already warm. We look at advanced kata, sparring techniques, floor techniques, joint-locking techniques, and the 50 core Torite techniques of the Dragon Society. In April these classes will take place on 7th & 21st. Make use of these sessions for advanced training in addition to the regular classes full of basics, kumite, kata, and oyo. They will shed more light on your development.

Dojo Tip

"Manners maketh the man". Step back for yame. Stand no further forward than your seniors in line. Don't fidget with your gi or your belt. When you have to adjust your clothing face away from Sensei. No jewellery in training. These are simple things, but the discipline that they give us can help us out in every other part of our lives. They remind us of our posture when we are not in a gi. These manners remind us that we are not being weak when we let someone "cut in" while driving—merely safety conscious. "Karate begins and ends with courtesy".

Grading Results

At the kyu grading on Sunday 24th March 2013 - held at Newton Abbot dojo - the following students were recognised to have attained the required standards for the ranks listed:

3rd kyu	Peter Alderson, Laura Pattison, Sharon Keirman
4th kyu	Robin Davey
5th kyu	Eleanor Antcliff, James Antcliff
6th kyu	Cain Power, Eddie Pratt, Abigail Froom
7th kyu	William Przybylski, Ellie Pleass, Finn Pateman, Andrew Bellinger
8th kyu	Adam Faulkner, Ben Dobson, Walter Fisher-Barnett
9th kyu	Thomas Freeman, Peter Yaldren, Hazel Bourne, Tiago Ford, Jack Warren, Joel Pammenter

Congratulations to you all on your achievement, and may you have continued success and improvement with your training. Please note; invitation to grade only occurs when the student has trained and improved sufficiently to be eligible. You should aim for 26 lessons in a 3 month period.

Bunkai Theory Workshop

The booster was designed to remind people of the key concepts involved in Karate kata bunkai (or applications). It addressed the universal principles that apply to all Karate kata regardless of style, and served as a reminder of last year's Bunkai Bootcamp and a prelude to the one we are holding this August. Karate-ka travelled from Seaton, Cardiff, and even Penzance to take part. The afternoon of locks, takedowns, strikes and strangulation allowed for very few questions, but everyone got a chance to practice.



Bunkai Bootcamp & Summer School

Summer courses. For the *adults*, the Bunkai Bootcamp: Friday-Monday 2nd-5th August full of kata application training where we get right into the nitty-gritty of how Karate applications work, regardless of style or grade. There are people coming from Ireland and all over the UK to attend because they know how important this information is to the martial artist.

For *all ages*: Summer School. Monday-Friday 19th—23rd August. A month's training in one week, plus competition, games, and kobudo stuff that we don't normally have time to fit in. Please book your place on 01626 360999. Bunkai Bootcamp £250, Pay before end April £200, Summer School £75 (£15 per day) or £50 if booked and paid before 30th April.

Birthdays

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

2nd	Laura Pattison
4th	Tamzin Przybylska
7th	Doug Pratt
8th	Adam Faulkner
9th	Deborah Needham
13th	John Burke JR
15th	Jack Degnan, Lotte Minty
17th	Shannon Withers
18th	William Przybylski, Samuel Taylor
19th	Martin Carrick
20th	Eleanor Antcliff
21st	Clare Potter sensei
22nd	Sean Thompson
24th	Sharon Keirman, Dylan Barham
30th	Jacob Bellinger

Happy Birthday to You

New Members

The Karate Academy is pleased to welcome the following new members who joined during the month of March:

Newton Abbot: Damien Kitt, Shyam Singam,
Totnes Noah Taylor
Welcome one and all!

Dates for your Diary and Timetable exceptions

Monday 1st April	EASTER No classes
Saturday 6th April	Dan Grading —Black Belt test in Newton Abbot. No regular Newton Abbot class.
Sunday 7th April	No Totnes class.
Saturday 20th April	Women's Self Defence in Newton Abbot
Sunday 28th April	kyu grading, Newton Abbot
Saturday 4th May	Kickathon in aid of Olivia Holmes Foundation
Sunday 14th July	Chudfest Demo , Chudleigh
Sunday 28th July.	Demo at Bovey carnival. 1pm

Last Word



Sadly, the longer we go on the more people who are close to us we see pass on. With members suffering bereavement and instructors seeing some of our fellows and heroes leaving this world it brings our attention back again and again to what we are really here for. Not belts, not even skills in protecting ourselves, but camaraderie with people who understand us and the love of a few who really care.

In the dojo we learn to push each other, to motivate and the pressurise; and sometimes what we do isn't glorious and our ability (or lack of it) might even embarrass us—but even that is just one more test, with the result depending on our actions and ability to handle it rather than any physical prowess.

As Mr Wingrove says "Each day above the earth is a success". Enjoy while you are here, even when others cannot be with us, and never miss an opportunity to let our nearest and dearest know how much we care. Proud to be the Keikokai. See you in the dojo. **Oss**

**Karate
Academy**