

# Class Schedules 2014

Private Sessions are held on Saturday afternoons at Newton Abbot, by appointment only.  
To book your appointment call 01626 360999 or email kim@KarateAcademy.co.uk

## NEWTON ABBOT

All classes held at Karate Academy,  
8 Signal Buildings, Brunel Road,  
NEWTON ABBOT, TQ12 4PB

**TUESDAY** 10am-11am  
5pm-6pm  
6pm-7pm  
7pm-8.30pm

**THURSDAY** 10am-11am  
5pm-6pm  
6pm-7pm  
7pm-8.30pm

**SATURDAY** 10am-12noon

**SUNDAY** 10am-12noon  
Brown & Black Belts Only

## KINGSTEIGNTON

All classes held at Kingsteignton OAP Club,  
Oakford Lawn, Kingsteignton

**FRIDAY** 6pm -7.30pm

## TORQUAY

St Martins Church Hall, Barton Hill Road,  
Torquay

**TUESDAY** 6pm-7.30pm

St Lukes Lower Hall, Sheddon Hill Road,  
Torquay

**FRIDAY** 6pm-7.30pm

## PAIGNTON

Christchurch Hall, Torquay Road, Paignton  
**MONDAY** 5pm-6pm  
6pm-7pm

Palace Avenue Methodist Church Hall,  
Paignton

**WEDNESDAY** 6pm-7.30pm  
7.30pm-8.30pm

Parkfield Leisure Centre, The Esplanade,  
Paignton

**SATURDAY** 10.30am-12pm

## ASHBURTON

All classes held at Ashmoor Leisure Centre,  
ASHBURTON

**TUESDAY** 6pm-7.30pm  
**THURSDAY** 6pm-7.30pm

## TOTNES

All classes held at TOTNES Pavilion Leisure  
Centre

**TUESDAY** 6pm-7.30pm  
**THURSDAY** 6pm-7.30pm

## CHUDLEIGH

All classes held at The Town Hall, CHUDLEIGH

**MONDAY** 5.30pm-7pm Large Hall  
**WEDNESDAY** 6.15pm-7.30pm  
Woodway Room

www.KarateAcademy.co.uk  
info@KarateAcademy.co.uk  
01626 360999 or 08000 155152

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# Karate Academy

yongatsu

Happy Easter! One quarter of the way through 2014 and things are moving apace. There are special events galore, and yet it is your regular classes that you need the most. But then how often do you get to train with a real-life Renshi? This seminar is important. It's the first time in a good few years that Renshi Blades has been down to teach us rather than invigilate a grading. Enjoy the holidays, and don't eat tooooooo much chocolate...  
John and Kim



## Seminar

Saturday 12th April will have our normal morning classes. It will also feature a seminar in the afternoon with our Renshi, **Anthony Blades**. For his recent visits have always been attached to Dan Gradings. This visit, however, is all about the advancement of the Keikokai Brown Belts and Black Belts. Training. All Brown Belts and Black Belts should be there. Costs are being kept especially low so that finance is not the reason to miss out. £10 per person. 1pm onwards. Book your place now.

## Dojo Traditions

**On Ko Chi Shin.** Study the old is to understand the new. Classical forms of self defence and classical methods of movement. We don't just go through the motions but carefully study every part, and as we reach understanding of it we discover that we understand new things that we encounter, too. The English phrase "He who does not learn from History is doomed to repeat it" comes close.

## Picture Perfect

Quality portraiture (as opposed to the snaps you take with your own camera) can be hard to come by at an affordable price. We work hard at our Karate, and it can be great to commemorate your current stage in the martial arts journey with a properly lit and posed portrait. Some people will want formal and some will want action poses. Whichever it is for you, Photos by Ross will be at the Newton Abbot Dojo during the Easter holidays. Any student in karate uniform who would like a professional piece of art for their home, complete with back-drop choices please come along. Wednesday 9th April 10am-12noon and Friday 18th April 1-3pm will be drop-in sessions, no appointment necessary, and if you require a specific time-slot then please call us to arrange it. Because of our special arrangement with the photographer, there will be great deals on photo packages that can be ordered.

# Warrior Workout

ULTIMATE FITNESS CLASS

Fridays 6.30pm-7.30pm Newton Abbot Dojo  
£5 per session or £50 for 12 sessions  
**First Session Free**



**Dedicated to Black Belt Excellence**



## Kyu Grading

The next kyu grading is on Saturday 19th April. The lesson begins at 10am, and anyone can attend, whether they are grading or not.

New students wonder how they will know if it is time to grade. Your instructor will present you with a "grading notice" (an invitation to take the test) once you have demonstrated in class that you have learned the syllabus with the right attitude. That means you have permission to take the test. It is conditional on you continuing to work on, and improve, your skills leading up to the test. Approximately 26 lessons or three months' worth of training twice per week is usually what is required. Everyone is judged on their merits; 3 months? 4? When you are ready.

The previous kyu grading was held on Sunday 9th March- held at Newton Abbot dojo - the following students were recognised to have attained the required standards for the ranks listed:

### 1st kyu

Andrew Power, Laura Pattison

### 3rd kyu

Tamzin Przybylska

### 4th kyu

Luca Martinez

### 5th kyu

Eachann Shiels

Jack Burley

### 6th kyu

Martin Burrige

### 7th kyu

Tiago Ford

### 8th kyu

Maria Parsons-Antomnilli

### 9th kyu

Bill Reeves, Jamie Turner

St Michaels' Primary School members who graded on 19th March included Isaac Spurrer (now 6th kyu) and Ruby Hewings (now 7th kyu).

Congratulations to you all on your achievement, and may you have continued success and improvement with your training



## Planning Ahead

The Summer Camp in Brecon, Wales, has had its dates set as **25th-27th July 2014**. Please contact Martyn Harris sensei directly as all places should be booked by now (sensei@KarateCardiff.com)

We spend the weekend training in a field surrounded by beautiful scenery and eating and imbibing together.

No age or grade limits, though juniors will, necessarily, need an adult with them.

The training is multi-style with tuition from Martyn Harris sensei, John Burke sensei, and Martyn Skipper sensei (who is current kumite world champion).



## WOMEN!

Clare Potter sensei's Women's Self-Defence class took place on Sunday 23rd March 2014 from 2-5pm. The class was attended by people who had done it before and by people who were completely new. In the current climate this practical session is invaluable. The attendees left having a better understanding of what they need to help them in a violent ordeal.



## The Sword is Drawn!

The Art of Drawing the Sword— **iaido** (ee-eye-doh) - course continues this month, and it isn't too late to join in.

The 12 kata of the sword are being taught on Saturday 19th April at Newton Abbot dojo. This is the last in this series of sessions.

You will need a bokken (wooden practice sword) and up-to-date martial arts insurance. Karate students should have this anyway (your licence) but others can get a temporary licence (lasting this course) for £10.

The cost is £7.50 per lesson.

If there are any questions please call 01626 360999 or speak to Sensei Ross.

Please book your places on 01626 360999.

If iado is something that you would like to study regularly then please make your interest known. If enough people want it then we are happy to oblige.



## Dates for your Diary and Timetable exceptions

Sunday 20th April No lessons. Easter Sunday.

Monday 21st April No lessons. Easter Monday

Saturday 3rd May. Parkfield Centre, Paignton closed for the day.

Sunday 4th May Demo at Torquay Football Club 2pm

Monday 5th May No lessons. Bank Holiday.

Saturday 28th June Demo at Buckland & Milber FC 2pm followed by Workshop at 3pm

## Last Word

As we come up through the grades we will have times where everything is a trial. Training. Travel. Other commitments. How we overcome or endure our trials marks us out as successes or not. These trials will occur, and some of them are even invited. Some of them we cannot control the outcome of in any way whatsoever. In ALL of them we can govern our attitude towards them. We can govern whom, why, and if we lay blame. We can govern how we receive criticism and whether we perceive it to be personal or constructive. The advice may be the same, it is our perception that alters. Be yourself. Deliberately rather than programmed by instinctive reactions to what others say or do.

Proud to be the Keikokai.

See you in the dojo.

Oss

## New Members

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

Totnes: Trystan Frampton Good

Torquay: Summer Wright (welcome back)

Recommendation is the highest compliment we can receive. Welcome one and all!

## Birthdays

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

- 2nd Laura Pattison (18!),  
Alastair Cobb
- 4th Tamzin Przybylska
- 8th Adam Faulkner
- 9th Deborah Needham
- 15th Jack Degnan  
Lotte Minty
- 18th William Przybylski  
Samuel Taylor
- 19th Martin Carrick (sweet 16)
- 20th Eleanor Antcliff
- 22nd Sean Thompson
- 24th Dylan Barham  
Sharon Keirman
- 30th Jacob Bellinger

Happy Birthday  
to You

