

Class Schedules 2015

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, Sheddons Hill Road,
Torquay

FRIDAY 6pm-7.30pm

PAIGNTON

Paignton Community College, Waterleat Road,
PAIGNTON. Performing Arts Suite

MONDAY 6pm-7.30pm
WEDNESDAY 6pm-7.30pm

Parkfield Leisure Centre, The Esplanade,
Paignton

SATURDAY 10am-11.30am

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

First Third

There just isn't enough time. Some people find it hard to make time for Karate, but we find it hard to fit everything into the lessons that we have available—and that's 7 days per week. Our art contains so much that we cannot get around to all the facets of it that we would like to every week. We wouldn't want you to miss out, so we try to get the core practices in: Basics, Kumite, Kata, and Oyo, as they are what you are tested on. But there is still plenty of other stuff to do, too John and Kim

Happy Easter!

Sunday 5th April is Easter Sunday. It is an excellent time to celebrate new life and re-new commitments. No classes on Easter Sunday or Bank Holiday Monday so you can have some Family Time.

Out of Office

Apologies for any inconvenience, but there will not be anyone manning the phones until 8th April. It might take us a

Dojo Traditions

Makoto 誠 - Honesty. From the 7 Principles of Bu. Honesty was very important, as they believe that being honest in everything you do gives you respect and means you can be trusted. Honesty is about being honest with others, but also with yourself. Self-honesty is also known as integrity. In the dojo we talk about an honest partner being one who means what they are doing.

few days to respond to email questions, too.

Ladies Only Karate?

Could be. Some of our Ladies Self Defence participants who want more training are not yet ready to jump into a mixed class. Some issues need training without having to worry about who you'll partnered up with. These regular classes will be announced soon.

Tekki Workshop

From Oxon, Cornwall, and Cardiff they came, as well as our own students. Senior grades wishing to pick up on the wonders of Tekki Shodan kata. On Saturday 14th March John Burke renshi taught the applications to this fundamental kata. Students and teachers alike learned to control an opponent standing up and also on the floor. You know what he says, brown and Black Belts—Go and Have Another Look at Tekki.

Bassai Bunkai Workshop

ESSENTIAL TRAINING FOR ALL BROWN BELTS & BLACK BELTS

Saturday 18th April 1-4pm

£10 per person Newton Abbot Dojo



Dedicated to Black Belt Excellence



Grading Results

The kyu grading that took place on Sunday 15th March at Newton Abbot dojo was attended by people testing and by those who wanted to support their fellow students.

The following people were examined and promoted to the ranks shown here:

1st kyu

Tamzin Przybyska, Hannah Tribble

2nd kyu

Steve O'Brien, Olivier Petite

4th kyu

William Przybyski, Isaac Spurrier,
Carl Tilling

6th kyu

Luca Carrasco

8th kyu

Allanah Kerr

9th kyu

Elly Baxter, Josie Baxter-Hext,
Beckii-Claire Leggatt, Harley Leggatt,
Rachel Leggatt, Ben Rogers

Congratulations, now the hard work begins.

To be invited to grade requires nomination by your instructor. They will be happy to do this once they have seen in class that you have learned all the necessary requirements.

The Travels

March saw Sensei Natasha and Sensei Clare recovering from accompanying Renshi John up to Coventry. They all trained with Sensei Gavin Mulholland of GojuRyu fame, and then Renshi John taught his class.

People again travelled for many hours in order to train with Renshi on

his Tekki Bunkai Workshop in Newton Abbot.

Our students are very welcome to come to these seminars, and we put on courses like these at home, too, so that you don't miss out.

Looking ahead, you know that the **UK Martial Arts Show** is on May 9th & 10th at the Dome in Doncaster. It is a collection of teachers and trade stands. Anyone interested in going should contact Renshi John immediately. He has a limited number of tickets to get in to the Show available for free to people who purchase tickets to his seminar.

Free Magazine

There is a new magazine available on the internet, and it's FREE. **Martial Arts Guardian** is put out by noted Karate and Tai Chi man Steve Rowe sensei, and Simon Keegan sensei. A quality product, we advise you to look out for it.

Kick-a-Thon

The Kick-a-Thon is next month. That's right, it is getting very close now. Some people are already on their second set of sponsorship forms, but don't worry, there is still plenty of time for the rest of us to raise some funds before we actually do the endurance feat. The key is to make sure that we actually start and then add sponsors in a small regular way rather than rushing around at the last minute.

For those who are concerned about whether they will be fit enough to complete the 2,015 kicks, rest assured that with regular training we will get you there.

If anyone needs extra sponsorship forms, please just email
kim@karateacademy.co.uk
or call 01626 360999.



Birthdays

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

4th	Tamzin Przybyska, Doug Leggatt
8th	Adam Faulkner, Elly Baxter
9th	Deborah Needham
13th	James BurrIDGE
15th	Jack Degnan, Lotte Minty
18th	William Przybyski
20th	Amelia Hinds
21st	Clare Potter sensei
24th	Dylan Barham
27th	Orla Sloan
30th	Jacob Bellinger

Happy Birthday to You

Martial Arts Honours

On Sunday 26th April Renshi John Burke is attending the **Martial Arts Illustrated Hall of Fame Gold Awards**.

To help him celebrate at the "formal dress" dinner where past luminaries have included people like Terry O'Neill sensei, Bill "Superfoot" Wallace, and Ronnie Colwell sensei will be Clare Potter sensei, Natasha Barlow sensei, Paula Hickin-Botham, Janet Drew, and Lewis Barlow.

Last Word

It can seem overwhelming sometimes. I'll never understand people who say they are bored with Karate. Are they perfect yet? If not then it needs more work, right? You get your basics down and then find out that they can be refined further. Your kumite is okay but there is another layer. Working on your current kata? What about the old ones? You can't let them slip. Application against a straight punch/round punch? What about all the other types of attack that might come. What about the padwork? Fitness level? Historical research and that old chestnut "seek perfection of character"? There is so much to be done that sometimes people might look at it and say it is unachievable so why bother? Well, every journey begins the same way. One step at a time. If you want to get somewhere then you have to start somewhere. Right here. Right now. 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:

Reece Gibbins (Chudleigh)
Jack Gobbon (Newton Abbot)

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

Dates for your Diary and Timetable exceptions

APRIL

Wednesday 1st April NO CHUDLEIGH class

Sunday 5th April Easter Sunday No Classes

Monday 6th April Bank Holiday Monday No Classes

Saturday 11th April NO NEWTON ABBOT class, Paignton class as normal so please go along so you don't miss out.

Sunday 12th April NO NEWTON ABBOT class

Tuesday 14th April NO MORNING class, evening classes as normal

Wednesday 22nd April NO CHUDLEIGH class

When a class has to be cancelled due to hall not being available, please don't miss out on your training. You can attend a class at any of our venues, so when the above classes are not on try Paignton which has a class on both the Saturday and Wednesdays.

If travel is a problem, try a different day, talk to other members and arrange a lift. No need to miss out.