

# Class Schedules 2016

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

<b>TUESDAY</b>	10am-11am 5pm-6pm 6pm-7pm 7pm-8.30pm
<b>WEDNESDAY</b>	4.30pm -5.15pm LITTLE WARRIORS 6.30-7.30pm LADIES ONLY
<b>THURSDAY</b>	10am-11am 5pm-6pm 6pm-7pm 7pm-8.30pm
<b>SATURDAY</b>	9am -9.45am LITTLE WARRIORS 10am-12noon
<b>SUNDAY</b>	10am Brown Belts and above only.

## TORQUAY

St Martins Church Hall, Barton Hill Road,  
Torquay

**TUESDAY** 6pm-7.30pm

St Lukes Lower Hall, Shedden Hill Road,  
Torquay

**FRIDAY** 6pm-7.30pm

## PAIGNTON

All classes held at Paignton Community  
College, Waterleat Road, PAIGNTON.

Performing Arts Suite  
**SATURDAY** 10am-11.30am  
**WEDNESDAY** 6pm-7.30pm

## KINGSTEIGNTON

Kingsteigton OAP Club,  
Oakford Lawn, Kingsteigton

**FRIDAY** 6pm-7.30pm

## 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

**MONDAY** 6pm-7pm  
**WEDNESDAY** 6pm-7pm

## CHUDLEIGH

The Town Hall, CHUDLEIGH

**MONDAY** 5.30pm-7pm Large Hall

Looking for a great way  
to spend  
Summer?



Don't get bored during  
the School Holidays,  
STAY active this summer

### Summer Special.

One week of Karate Summer School Training,  
Fitness Training, Bully Buster Training, Martial Arts  
Games, all to help build Confidence, Self-Esteem,  
Coordination, Listening Skills, Balance, Awareness, all the  
while having fun.

**Monday 1st-Friday 5th August 2016 10am-3pm  
each day**

**£60 for the week**

Open to all ages from 8 years

Karate Academy, 8 Signal Buildings, Brunel Road,  
NEWTON ABBOT, TQ12 4PB 01626 360999

Call or email now to reserve your place

**Early Booking Discount: Book and pay by end of  
May and get the week for just £50**

Volume 10 Issue 4 April 2016

# Karate Academy

## The First Third

The year is flying by. Easter has gone and by the end of this month we will have spent a third of the year. So how are you doing? If things are on track for you then Congratulations! If things are not on track then Now is the time to take action. Have a chat with the teachers about what you need to do to get back on target. Decide that your goals are going to be achieved and then put a plan together to get to them. We all have life-events that can interrupt our intentions, yet what we really like about Karate people is their determination to get back in action. John and Kim

## Applied Karate!

On **Sunday 6th March** the **Bunkai Workshop** was very well attended. Participants from Penzance to Bournemouth travelled to Newton Abbot to learn about the principles of kata application. 5 hours just flew by, as we looked at technique after technique, and how to use them.



**Dedicated to Black Belt Excellence**

## Dojo Traditions

**Keikokai** 稽古会 - The name of our club. It can be translated as "Practice Club", but when we analyse the elements of the term we can see that Keiko is "to study the Old Ways". So, incorporating more than just the modern sport, our art is complete Karate.

## Ladies Self Defence

On Sunday 13th March Clare Potter sensei taught her phenomenally popular **Self Defence** for women class. It was great to see Becki and Emma from Cardiff joining in, and with 30 people present it made quite a crowd.

## Kung Fu Panda

Our private screening of Kung Fu Panda 3 sold out. 120 of us got together at the Alexandra Cinema in Newton Abbot for an exclusive Karate Academy Members Only screening of the new film on it's opening weekend. Great atmosphere, and thank you to all participants for exemplary behaviour and housekeeping.



## Pre-Dan Grading

The Sunday 3rd April pre-grading assessment is an Invite Only event. 3rd kyu and above will be considered for how close they are to their next Dan grading from 10am-2pm.

## New Members

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

**Molly Mahy, Samuel Racey** (Chudleigh)  
**Nicola Parker** (Newton Abbot)  
**Luke Elliott** (Paignton)  
**Elisabeth Cazier** (Totnes)  
**Zachary Cutler, Callum Evans, Charlie Pitchford** (Little Warriors)

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

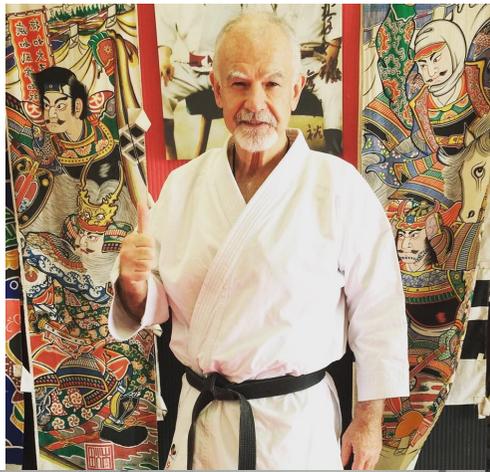
## Butlins

Yes, we've been mentioning it for months now, but of course there are always new members who aren't aware of just what is going on here. So, once more, we'd like to offer you the opportunity to take part in **The South West Karate Experience** (June 3rd-5th) at Butlins Minehead. **Anthony Blades 7th dan kyoshi, John Burke 5th dan renshi, and Martyn Harris 5th dan renshi** will be teaching on the beach, and we will have the use of an indoor venue if the weather lets us down. Please ask for details if you are interested in coming to this special weekend of training. We may still be able to get rooms at a good rate for you if you book early. Currently £150 per person which includes accommodation, buffet breakfast and evening meal and training. This event will also be the site of a British Association for Martial Arts Black Belt grading under Kyoshi Blades.



## Koryu Uchinadi

On Wednesday 8th June we have a very special guest instructor at Newton Abbot dojo. The translator of the Bubishi **Patrick McCarthy 9th dan hanshi** is coming to Devon to teach his brand of Karate (Koryu Uchinadi) flow drills from 6pm onwards. We have been privileged to host Hanshi McCarthy on previous trips and we can definitely say that his course is popular and informative. The session costs £25 per person. Spaces are limited so book soon. People travel from all over the UK to meet this well-travelled instructor.



## Hall of Fame

The Martial Arts Illustrated Hall of Fame Black Belt Awards have nominated John Burke renshi for an award.

The ceremony will be in Burton-on-Trent on Sunday 24th April. Tickets are £40 per person. Please let us know if you would like to attend.

**Karate Academy**

## Grading Results

The **kyu grading** that took place on Sunday 20th 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

Isaac Spurrier, Carl Tilling

### 3rd kyu

Charlotte Pitchford, Catherine Flannery

### 4th kyu

James Ellis

### 6th kyu

Danail Karaivanov

### 7th kyu

Anna Hinds, Douglas Leggatt

### 8th kyu

Jack Gibbon, Gareth Saunders

### 9th kyu

Michael Barnes, Christopher Flannery, Harvey Johnson

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. You are under continuous assessment and will only be put in for the grading examination once your instructor feels you are ready.

## Last Word

We try hard not to have injuries. Drawing blood in the dojo indicates a lack of control. However, these things will happen when we're talking about an art that has kicks and punches and locks and throws and more... How we deal with it is important. It defines how we deal with other element of our life that are difficult. The simplest thing with any injury is to steer well clear of things that cause it. In a car crash? Right, we'll never drive again. But of course this doesn't help you to recover. Our mental state is best helped by trying to do the exercise again. Slow it down, get it right, then speed it up til we're happy with it. Don't repeat the error that caused the injury, just the act that went wrong the first time, but now without the wrong bit. Research has shown that our physical health is also regained faster after injury if we are mentally sure that we did everything we could. Accidents happen, but how we move on from them is what's important. Proud to be the Keikokai. See you in the dojo. **Oss**



## Dates for your Diary and Timetable exceptions

**Sunday 3rd April**—Pre-Dan-Grading Assessment at Newton Abbot dojo, 10am-2pm. By Invite Only.

**Sunday 24th April**—Martial Arts Illustrated Hall of Fame Black Belt Awards, Burton on Trent.

**Monday 2nd May**—Bank Holiday. No classes.

[www.KarateAcademy.co.uk](http://www.KarateAcademy.co.uk)  
[info@KarateAcademy.co.uk](mailto:info@KarateAcademy.co.uk)  
**01626 360999 or 08000 155152**

## Birthdays

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

4th Tamzin Przybylska, Doug Leggatt  
8th Adam Faulkner, Elly Baxter  
9th Deborah Needham  
10th Sophie Bentley  
13th James Burridge  
15th Jack Degnan  
18th William Przybylski  
20th Amelia Hinds  
21st Clare Potter sensei, Alfie Gill  
26th James Ellis  
27th Thomas Sinclair  
30th Jacob Bellinger

**Happy Birthday to You**