

# Class Schedules 2017

Private Sessions are held on Saturday afternoons at Newton Abbot, by appointment only. To book your appointment call 01626 360999 or email [debbie@KarateAcademy.co.uk](mailto:debbie@KarateAcademy.co.uk)

## NEWTON ABBOT

All classes held at Karate Academy  
King Street Studios, King Street,  
NEWTON ABBOT, TQ12 2LG

<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-12noon BROWN & BLACK BELTS ONLY

## PAIGNTON

All classes held at Paignton Community  
College

<b>SATURDAY</b>	10am-11.30am Performing Arts Suite (Waterleat Road)
<b>WEDNESDAY</b>	6.30pm-7.30pm Dance Studio (Borough Road)

## TORQUAY

St Martins Church Hall, Barton Hill Road,  
Torquay

<b>TUESDAY</b>	6pm-7.30pm
----------------	------------

## KINGSTEIGNTON

Kingsteignton OAP Club,  
Oakford Lawn, Kingsteignton

<b>FRIDAY</b>	6pm-7.30pm
---------------	------------

## ASHBURTON

All classes held at Ashmoor Leisure Centre,  
ASHBURTON

<b>TUESDAY</b>	6pm-7.30pm
<b>THURSDAY</b>	6pm-7.30pm

## TOTNES

All classes held at TOTNES Pavilion Leisure  
Centre

<b>MONDAY</b>	6pm-7pm
<b>WEDNESDAY</b>	6pm-7pm

## CHUDLEIGH

The Town Hall, CHUDLEIGH

<b>MONDAY</b>	5.30pm-7pm Large Hall
---------------	-----------------------

## EXETER

Cranbrook Education Campus

<b>WEDNESDAY</b>	6pm-7.30pm
------------------	------------

## Last Word

You just never know when events in life or when a bereavement will take us away from training. That's why it is important to get to events and learn from the seniors when you can. Take every opportunity possible. Some times it is not possible, you have other commitments. Some times people don't come to an event or even regular training with no reason at all. Get there. Those classes are there to help. We've got to eradicate our bad habits and build good ones, and we can't do that on the x-box. Those regular classes only build you if you are in them regularly. There are no sudden fixes or miracle cures. It will take work, yes, and that is what we are all there for. None of us is perfect, and if the instructors seem so much more advanced it is because they have been where you are now and they kept on going. They still have faults, and they are working on them. We just don't know what tomorrow will bring, so seize the day. Grab your gi. Go train.

Proud to be the Keikokai. See you in the dojo. **Oss**

Volume 11 Issue 4 April 2017

# Karate Academy

## The First Third

イースター、おめでとう

Happy Easter! Only the British celebrate Easter with this level of chocolate! Enjoy. Celebrate the season and the incoming Spring. You know you are going to eat chocolate this Easter. You also know that chocolate doesn't do you a lot of good. Earn your right to eat chocolate with plenty of exercise to avoid adverse effects.

There are a few things going on this month, and during the Easter holidays we are not having our usual weekday morning classes in Newton Abbot due the Renshi John and Kim's holiday, Evening classes are on as normal, so please make use of all the other sessions on offer.  
John and Kim

## Bully Buster

There are lots of ways to deal with Bullies. On **Saturday 1st April** Natasha Barlow sensei will be teaching 2 sessions to introduce what we feel are the best ways to get things done. This practical course deals with de-escalation of situations. With verbal judo, and with physical confrontation. There will be a session from 1-2pm for the 5-9 year olds, and then the 10 years plus group from 2-3.30pm will also include cyber-bullying issues. Book your place for just £7.50 per person. Our members' friends who do not take Karate classes are just as welcome as anyone else, because this isn't strictly a Karate class.



**Dedicated to Black Belt Excellence**

## Kick-a-Thon

We hope your fundraising activity is going well. Don't forget that every penny helps. Concern for young people's mental health has become a huge issue recently. This year's Kick-a-Thon fundraiser is for **YoungMINDS**. Sponsorship forms are available from the instructors. Every little helps, and the more we raise, the more help the charity can be, with counselling and information for those who have to deal with mental health issues, particularly amongst the young.

## Leaflet Distributors Wanted

We urgently need someone to distribute Leaflets in Torquay and Paignton. The classes in Torbay are very light and need new members to keep going. Totnes classes could also do with a boost. If you, or someone you know would be interested in this post, call us for details.

## Disability Martial Arts Seminar

On Sunday 19th March, John Burke renshi taught and trained at the Disability Martial Arts Seminar in Basingstoke. Other teachers there taught Wing Chun Kung Fu, competition kata, Judo throws, Cane self defence, and Tai Chi. Well done to Sensei Jim, Sensei Clare, and Sensei Natasha, and to Janet Drew and Rachel Leggatt for travelling all that way to attend, train, and support the event.

## PiYo

Classes starting 10th April, Mondays & Fridays 10-11am at King Street Studios, Newton Abbot.

A low impact, high intensity stretch and strength class with a fully qualified and insured instructor. First class free then special price to the Karate Academy family just £4 per session (normal rate £6 per session). Contact Zoe for more info and to book on 07867 781988

\*\*\*Coming Soon Les Mills BodyPump\*\*\*



## Hanshi McCarthy

Our 9th Dan guest from Australia will be teaching for us across 2 evenings, 30th & 31st May 2017. However, demand for this course is so high that the Tuesday portion is now fully booked. So anyone who wants to get involved in the Wednesday session, please let us know now so that we can reserve your place. Wednesday evening is £30 per person. Pre-booking is essential, NO just turning up on the day expecting a place.

## Summer School

It might seem crazy, when we are only just coming in to Spring, to be talking about Summer School, but the more notice you have the better organised you

can be. Plus, we've already been asked about the Early Bird discount. So what is Summer School? One month of training in one week. Only better. Because of the immersive nature of training from 10am-3pm each day, the body and the mind tend to retain information better. And we'll even get the chance to do some of the things that there just isn't time for normally. Kobudo, and few games, etc. It will be Monday 6th-Friday 11th August at the Newton Abbot dojo.

The cost on the website is £60 for the week. Our Early Bird offer is for those who want to pay in full before the end of June: £50 only.

### Dates for your Diary and Timetable exceptions

**Saturday 1st April**—Bully Buster sessions

**Tuesday 4th, Thursday 6th, Tuesday 11th and**

**Thursday 13th April**—no morning (10am-11am) lessons in Newton Abbot

**Friday 14th April**—Good Friday, no Kingsteignton class.

**Sunday 16th April**—Easter Sunday, no classes.

**Monday 17th April**—Easter Monday, no classes.

**Sunday 23rd April**—Next kyu grading, Newton Abbot.

**Monday 1st May**—May Day bank holiday, no classes.

### New Members

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

**Ruby Hewings, Jeswright Awerije, Callum Harris, Jez Knight, Jakub Kubien, Archie Pimley, Helena Stuckey-Howard**  
(Newton Abbot)

**Daniel Murphy, Oliver Murphy** (Cranbrook)

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

## Training by the Sea

Don't miss the opportunity. We need to get our caravan allocation finalised for this training course in Cornwall, so anyone who wants to come along who hasn't already booked, please confirm your place now. Our high-grade Black Belt examiner, **Anthony Blades** *kyoshi* will be joining John Burke *renshi* to teach at Perran Sands in Cornwall for a weekend's training on the beach. Getting feedback from Kyoshi Blades is very important for your Black Belt.

Members will be allocated rooms in caravans for the duration of Friday 2nd-Sunday 4th June (the end of Half Term week). We'll be enjoying the sand between our toes and getting good and grubby in our gi as we train outdoors and in the sea.

Places are available at £125 per person. This includes 2 days of training, accommodation and Pizza night on Saturday evening. Easy payment plans are available, just call Kim on 01626 360999.

Caravans are available from 2pm on the Friday and need to be vacated by 10am on Monday 5th, although we will be leaving on the Sunday evening due to the kids being at school on the Monday, however, anyone who does not have commitments on the Monday is welcome to stay and leave Monday morning.

Full use of Haven facilities (swimming pool, club house, etc) is included in the price. Families welcome

## Grading Results

On Saturday 11th March 2017, the following Little Warriors (4-7 year olds in our pre-martial-arts class) were recognised at the next stage of their development:

### Green stripe

Eric Farrelly

### Yellow Stripe

Isabella Chombunchuay

Isla Perry

Charlie Pitchford

### Red Stripe

William Harvey

### Orange Stripe

Esmee Kenny

Joshua Sharp

At the kyu grading on Sunday 12th March 2017 - held at the Newton Abbot dojo - the following students were recognised to have attained the required standards for the ranks listed:

### 2nd kyu

Luca Carasco

### 3rd kyu

Paul Thompson, Daisy Graysmark

### 5th kyu

Sarah Baker, Alex Doyle,

Ruth Dungey, Thomas Flannery,

Jack Harding

### 6th kyu

Harvey Johnson

### 7th kyu

Yokesh Ganesan

### 8th kyu

Matthew Daborn, Charlotte Leslie,

Elliot Speer

### 9th kyu

Joshua Adams, Mick Jones,

Charlie Martin, Morton O'Reilly,

Chloe Roberts, Korben Simpson,

Ross Smith

Now the hard work begins. Grading examinations may be attempted when your instructor nominates you to take part.

The instructors base their decisions on what they observe in class.

## Birthdays

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

4th Doug Leggatt

6th Quinlan O'Connell

8th Adam Faulkner

9th Deborah Needham,  
Reuben King

10th Sophie Bentley

14th Riley Whitefoot

20th Amelia Hinds,  
Joshua Adams

21st Clare Potter sensei,  
Alfie Gill

26th James Ellis

27th Thomas Sinclair,  
Katie Parker

### Happy Birthday to You

## Instructor Training

Have you ever fancied teaching or assisting a class or taking 1-2-1 sessions? Are you over 14 years old and a brown or black belt?

If you would be interested in a place on our next Instructors Training Program, let us know by email to [info@KarateAcademy.co.uk](mailto:info@KarateAcademy.co.uk)

Intro Session to be held on Sat 13th-May, book now to attend.

## Studio Hire

Here at King Street the Studios are also available for Private Hire. If you, or someone you know, would be interested in booking one of the studios for a regular class or one-off event, please speak to Kim on 01626 360999 or email [Kim@KarateAcademy.co.uk](mailto:Kim@KarateAcademy.co.uk)

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