

## Notifications

Most people are on Facebook these days, or so it seems. If you are training with us or are the parent of someone training with



us then please consider joining our **Keiko Karate** Facebook group. It is a private group, but we have included the question "where do you train and who is the instructor" to clarify that only our people can be part of it. That means that we often share notifications directly to the group because the Karate Academy pages can be viewed by anyone. Like "we've had a cancellation for a private lesson at 2pm, who would like it?" and other notes on training and events.

Please use it to help "stay in the loop". Apply to join the group, stating where you train and who your teacher is and we will approve you.

3/3 Ryan Paul, Brody Simpson, & James Sherry  
5/3 William Bath  
7/3 Isla Coxal & Aria Froom  
10/3 Dylan Hone  
12/3 Lucas Daborn  
14/3 Joseph Curnow  
21/3 Jessica Power  
24/3 Oliver O'Brien  
28/3 Aria Froom  
31/3 Dexter Allen

## Little Stars

Our Little Warriors are recognised in class as to who has the best attention or most improvement in class each lesson. Our Star of the Day is awarded a certificate. In the past month we have had:

- 3/3 Ryan Paul, Brody Simpson, & James Sherry  
5/3 William Bath  
7/3 Isla Coxal & Aria Froom  
10/3 Dylan Hone  
12/3 Lucas Daborn  
14/3 Joseph Curnow  
21/3 Jessica Power  
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## Ladies Self Defence

One more time. The no-nonsense techniques that people can do regardless of size or strength are being taught again on Clare Potter sensei's popular Ladies Self Defence course. This time, on **22nd April 2018**, we are holding two classes. **10am-1pm**, and **2pm-5pm**. Please



## Last Word

Surprises hit us every day. Some are good. Some are not. How long do we carry our reaction to events around? It is a choice. We can carry a memory without carrying the weight of it. We don't have to re-live experiences daily to benefit from the message they gave us. We do need to actively choose to proceed in this manner, though. Because if we don't the world will grind us down. Whether we like it or dislike, the event occurred. Whether it was a good event or a bad one; it happened. It is what it is. How we respond from now on is up to us. The emotion that manifested at the time of the event is not who we are, sad or happy, it is just how we felt at that moment. Do you remember the "Choose Life" t-shirts? They may have been created with something else in mind, but the motto is a good one, isn't it? We choose life because we can, and because it is such a tremendously daring thing to do, and we want to see what else will come of it. Eyes open, and willing to experience. Easter is a time of renewal.

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

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# Karate Academy

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Happy Easter! We are about to enter a period of manic activity, with courses, seminars, and all the regular lessons too. We know that we said this last month, but it remains true: it's the regular classes that get you to the point where you can cope with the courses. So after the snow stress we now have Easter Holidays from school. Grab some lessons, earn that chocolate, and when you are enjoying one be present in that moment, and then when you are enjoying the other you don't have to feel bad about it...  
John and Kim

## Snow Good

Who knew? This part of the world is normally pretty lucky when it comes to bad weather. We're sorry that there have been days in the last month when snow has forced us to cancel classes. We really hate to do that, and it isn't very often, but that Beast From the East really took us by surprise. Should you have missed out then please make sure that you get extra lessons in to make up time.



## Easter

It's here! We traditionally don't have classes on Bank Holidays, however no-one can quite make up their mind about Good Friday, so we will run our Kingsteignton class as usual. No classes on the Easter Sunday or Easter Monday. The other days of the school holidays will have a normal timetable.



**Dedicated to Black Belt Excellence**

## Coming Up:

We try to let you know about future events with plenty of notice so that arrangements can be made for work/travel/etc.

Special events are enhancements to your regular training, and it is regular training that should form the bulk of your training plan.

Optional extras include:

- **South West Karate Experience 2018.** A weekend of training on the beach at **Perran Sands** in Cornwall. 1st-3rd June. This one should be at the top of your list. **Anthony Blades** kyoshi, **Neil Ellison** renshi, and **John Burke** renshi, teaching together on the beach is an opportunity that you don't want to miss. If you haven't already booked, please do so asap as spaces are now very limited. £150 per person for accommodation and training, Day training is also an option if you are unable to stay on site, £35 one day/£60 weekend. Full schedule of events will be advised in event booklet.
- 5th-6th May UK Martial Arts Show, The Dome, Doncaster. Train with many different masters of different arts. **DEAL: £79 weekend entry and training tickets are available from Sensei John at £30. Almost sold out, book soon.**
- 16th June Kaizen Martial Arts Expo, Nottingham. Outdoor training with different instructors including Terry O'Neill sensei. **DEAL: £17 tickets are available from Sensei John at £15**
- **Spring Weekend with Patrick McCarthy.** Flow drill training— 30th June & 1st July. **Newton Abbot Leisure Centre because it is too big to fit in our dojo.** £95 per person both days or £50 for one day.

- Brecon Training Course, Danywenalt, Wales 27-29th July. Outdoor training. £125 per person. Instructors John Burke sensei and Martyn Skipper sensei.
- **Summer School.** Our "month in a week" training during school holidays, 6th-10th August. **DEAL: Early Bird pricing until 30th June £50 for the week. £60 per week/£17.50 per day thereafter**
- Wrawby 16th September. Bunkai Course
- Holland 29th-30th September, Bunkai Weekend in Schoonover.
- Okinawa. 4-18 November. Some of us are off to Japan for training.

Plus workshops on Kumite, Bunkai, Bully Buster, Ladies Self Defence, Pressure Points. A busy year ahead. If there are any workshops or guest instructors you would like added to the schedule let us know and we will see if we can arrange it.

## Dates for your Diary

|                             |   |
|-----------------------------|---|
| Friday 30th March           | Good Friday   |
| Sunday 1st April            | Easter Sunday,<br>no classes.                                     |
| Monday 2nd April            | Easter Monday,<br>no classes.                                     |
| Sunday 22nd April           | Ladies Self<br>Defence classes 10am-1pm &<br>2pm-5pm Newton Abbot |
| Sunday 29th April           | kyu grading   |
| Saturday 5th-Sunday 6th May | UK Martial Arts Show  |
| Tuesday 8th May             | No Torquay<br>class - Church using hall                           |
| Friday 1st-Sunday 3rd June  | Perran Sands course and Dan<br>Grading                            |
|                             | No regular classes this weekend.                                  |

## Grading Results

On Sunday March 18th we held a kyu grading at Newton Abbot dojo.

The following people were recognised to have attained the required standard for new grades:

**1st kyu**  
Kelly Turney

**2nd kyu**  
Ruth Dungey, Lennon Lemar

**3rd kyu**  
Harvey Johnson

**5th kyu**  
Josh Adams

**6th kyu**  
Emily Dungey

**7th kyu**  
Leillanii-Rosa Mejias-Evered

**8th kyu**  
Isla Perry, Archie Pimley, Theo Kimble

**9th kyu**  
Charlie Pitchford, Nathan Dungey,  
Serena Worth

In order to take a grading examination, the student must be nominated by an instructor. This happens when the student has proved competent in their regular lessons. On the day of the test they still need to demonstrate just why they should pass. The result depends on the student and their effort.

On Saturday 17th March 2018, 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**  
Lucas Daborn, Ethan Sansom

**Yellow Stripe**  
Brody Simpson, William Bath

**Red Stripe**  
Emily Bath, Dylan Hone, Oliver Williams,  
Aiden Draper

**Orange Stripe**  
Thomas Oram, James Sherry,  
Megan Underhill, William Underhill

Instructors nominate Little Warriors to graduate to the next stripe when the students have learned what they have to do.

## Birthdays

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

1st Eliza Kubien  
4th Doug Leggatt  
5th Andy Tran  
6th Sam Edge  
8th Adam Faulkner  
9th Deborah Needham (21st)  
14th Riley Whitefoot  
15th Andrea Whitefoot  
20th Amelia Hinds,  
Joshua Adams  
21st Clare Potter sensei,  
Alfie Gill  
26th James Ellis  
28th Theo Kimble  
29th Aria Froom

## Happy Birthday to You

## New Members

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

**Alana Corben, Archie Panks,**  
(Newton Abbot)

**Joshua Beams, Curtis Poynton**  
(Torquay)

**Harry Dear, Aria Froom**  
(Little Warriors)

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

## Coffee & Cake

Debbie is running a Coffee and Cake Day on Saturday 21st April 10am-4pm, to help raise funds for Elsie's Big Stride. Come along and have a hot drink and slice of cake for a donation to help Elsie get the operation she needs to improve her mobility.