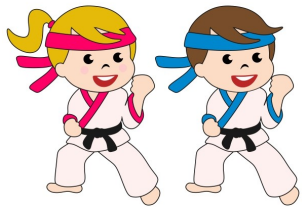




Our Little Warriors are recognised in class as to who has the best attention or most improvement during that lesson. Our Star of the Day is awarded a certificate. In the past month we have had:

- 2nd Alfie Cromwell & Jack French
- 4th Federico Forti
- 5th Tommy Thompson & Hugo Fitzell
- 6th Dexter Beverley
- 13th Brody Simpson
- 18th Finlay Russell
- 19th Tommy Thompson
- 20th Isla Perry for helping out
- 23rd Iris Carrick
- 25th Finlay Russell
- 26th Hugo Fitzell
- 27th Nathan May



Last Word

It should be simple, shouldn't it? You show up, do some training, go home. Those of you who can do that are in an enviable position. Others will make friends, build experiences, travel together, and immerse themselves in Karate. It can be hard to remember that we're all just human beings trying to get along. We are all fallible. And our first port of call is in checking ourselves and fixing ourselves. We can't fix others. We can help them. We can support them. We might even argue with them. In the end though, they have their lives to live just as we must live ours. Moving zen in your classes? It is if that's what you go looking for. Fractious experiences? They are if that's what you go looking for. Whatever you give attention to, that's what will grow. So why not give attention to the good things that you want to achieve?

Proud to be the Keikokai.

See you in the dojo.

Oss

Dates for your Diary

April

- 8th Chudleigh class in Woodway room
- 8th New 10am class starts
- 10th New 10am class starts, Ladies class new time 6-7pm, New Pad class starts 7-8pm
- 12th Final Paignton class
- 19th Good Friday, No Kingsteignton class
- 21st Easter Sunday, no classes
- 22nd Easter Monday, no classes
- 27th Little Warriors stripe test 9am
- 28th Kyu grading 10am

May

- 4th & 5th UK Martial Arts Show, Doncaster
- 6th Bank Holiday, no classes
- 10th New Kickboxing starts, time tbc
- 12th Keikokai 20th Anniversary Training Day. Times tbc
- 14th Keikokai is 20
- 19th Essex seminar
- 25th Kickathon
- 27th Bank Holiday, no classes
- 31st No classes. Dan Grading in Perran.

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Happy Easter! We're already that far along. Spring is upon us and our thoughts turn to renewal and a refreshed outlook. The good news is that you don't need to pick the 1st of the month, or the 1st day of spring, or New Year or your birthday in order to refresh and restart. You can do it any time. A new year starts when you say it does, so if things haven't gone your way then it might be time to take a breath, close your eyes, and when you open them again it will be a new you.

Happy New Year.
John and Kim

Happy Easter

Classes continue through the school holidays

Easter Holidays are coming up, and although there are some exceptions, our range of classes continues over the Easter Holidays.

See the "Dates for your Diary" box for full list of exceptions/changes.

Timetable Changes

Our 10am weekday morning classes have been on Tuesday and Thursday for a little while now. We have experienced some disruption to our timetable with other groups booking the dojo and so for the foreseeable future those classes will move to Monday and Wednesday, beginning with Monday 8th of April.

You will also be aware by now that the Adults Only Monday evening class in Newton Abbot has now ceased. Paignton classes, sadly, will come to an end on Friday 12th April.

The Ladies only class also has a new time of 6pm-7pm, starting on 10th April. This give us space to put on a pads training session from 7pm-8pm starting on the same day.

There are plans for a new Kickboxing class in Newton Abbot, but this will not begin until May.

Bunkai 2 - Tuite

On 23rd March Renshi John taught his Bunkai 2—Tuite seminar in Newton Abbot. Participants came from Essex, Cornwall, and Wales as well as locally. The course seemed to go down well, with 3 hours of hands-on work laying out just how the art of twisting hands applies to the moves from our kata.

Some terrific feedback was sent praising the course and asking when the next one will be, but as May is so busy with events we just don't know what the

answer is at the moment. It is humbling that some will drive 5 hours each way to come and train with Renshi.



Dedicated to Black Belt Excellence



Perran Sands
Perranporth, Cornwall
31st May - 2nd June



THE big weekend course at the beautiful Perran Sands! A fantastic weekend for both training and family time.

Group accommodation is now almost full. We only have a room in a shared caravan left. This can only be allocated to a single male or a couple. Cost for the room is £150 single/£225 couple, and includes training fee. If you are interested in this accommodation, call or message Kim for more details.

The cost of training only for the whole weekend is £75 per person or £40 per day if you cannot make it down for the whole weekend.

Members who are booking their own accommodation at a different site, or travelling down for the day are welcome to use the facilities at Perran Sands (pool, evening entertainment) but would need to purchase an entertainment pass from reception.

New Members

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

William Searle, Kristina Tinker, Sam Schafer
 (Newton Abbot)

Jax Digby, Cameron Farrer, Finlay Russell
 (Little Warriors Newton Abbot)

Hugo Fitzell
 (Little Warriors Torquay)

Cathan McMullan, Danny Monzel
 (Torquay)

Sophia Jones
 (Little Warriors Ashburton)

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



Back by popular demand

5th-9th August 2019
10am-3pm each day

our very popular Karate Summer School. A month's worth of training, games, history and more packed into one week!

Still only £60 for the week or £17.50 per day. Early booking discount is £50 for the week paid by 31st May 2019.

Little Warriors Activity Days will return in the summer, too. £15 per day, dates to be confirmed soon.

Grading Results

On Sunday March 17th 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** Thomas Flannery
- 2nd kyu** Ethan Kirkbride
- 3rd kyu** Elisha Stretton
- 4th kyu** Helena Stuckey-Howard, Ruby Hewings
- 5th kyu** Christopher Flannery, Elliott Speer
- 6th kyu** Harley Leggatt
- 7th kyu** Alwyn Manson, Isla Perry
- 8th kyu** Yanick Hrycyszyn, Riley Whitefoot, Sylvia Daborn, Rowan Manson, Ryan Paul, Timothy Riggs, Steven Sharp, Charlie Pitchford and Jasper Howarth Yates
- 9th kyu** Peter Flannery, Rebecca Green, Michael Riggs, Theo Shepherd, Aria Froom, Olivia Martin and Finlay Crossley.

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 16th March 2019, 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** Joseph Curnow, Sunny Weedon, Ayrton Sharp
- Yellow Stripe** Alfred Beale, Maddox Robbins, Ayrton Sharp, Megan Underhill, William Underhill,

Red Stripe

Roo Chadwick, Peter Chadwick, Finley Imeri,

Orange Stripe

Jack French, Oliver Russell, Dexter Beverley, Thomas McCoy, Lucas Kirkbride, Liam Francis, Eva Batho, Ollie Imeri

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

NEW classes

Wednesday 10th April sees the return of "Pad Night", 7-8pm in Newton Abbot. Not many people will remember our Kickboxing classes. We used to run them, and with these gaps in the timetable it has become possible again. So next month we'll begin **Friday night Kickboxing** in Newton Abbot with Sensei John (he's a 2nd Dan in Kickboxing). Just £6 per session. T-shirt and tracky wear for this session.

Birthdays

The following students celebrate their Birthday this month (April)

- 1st Eliza Kubien
- 4th Doug Leggatt
- 5th Andy Tran
- 8th Adam Faulkner
- 9th Deborah Needham sensei
- 14th Riley Whitefoot
- 15th Andrea Whitefoot
- 20th Amelia Hinds, Joshua Adams
- 21st Clare Potter sensei, Alfie Gill, Anthony Ward
- 23rd Topias Henry
- 26th James Ellis
- 27th Anya-Mae King
- 28th Theo Kimble
- 29th Aria Froom



Happy Birthday to You