

Karate Academy

EIGHT!

Volume 6 Issue 8 August 2012

August Augments!

If you let it. The summer holidays usually see people falling in to one of two camps—"I'm away too much to train" or "I now have more time for my training". Well, those who are around are due to get an awful lot out of us this summer. For a start, there are the regular classes, and with no school the next morning we quite often see students stretching out their training sessions or simply doing more of them. Then you have the special events, like Bootcamp, Summer School, and Gasshuku just gone by. Training continues with just a couple of exceptions.

Our contact details are info@KarateAcademy.co.uk or call 01626 360999 or join us on Facebook (look up Karate Academy).

John and Kim

PAIGNTON and CHUDLEIGH Hall Refurbishment

PAIGNTON—Methodist Church, Palace Avenue, Wednesday 6-7pm, 7-8.30pm. The hall is being redecorated, so the church has cancelled all bookings from 11th-31st August. We tried to book an alternative venue with the short notice we were given, but could not find any availability, so we have no choice but to cancel the sessions on **15th and 22nd August**. The Monday sessions at Christchurch and the Saturday session at Parkfield continue as usual. Student are advised to go to Totnes on the Wednesdays (6pm-7.30pm) as an alternative. If transport is an issue, please talk to Sensei Ross and we will try to arrange lifts.

CHUDLEIGH—Town Hall, Monday 5.30pm-7pm. The town council have told us that the hall will not be available on Monday **6th August** as the floor in the large hall is being refurbished. Students are encouraged to attend an alternative session from the timetable.

New Members

The following student joined the Karate Academy in the month of July:

Newton Abbot: Peter Yaldren, Carl Tilling, Connor Edwards

Torquay: George Lawrence, Jack Blatchford, William Blatchford, Nicolos Palmas

Paignton: Luca Martinez, Jasmine Martinez, Jacob Bulmer-Lindsay, Adam Faulkner, Dylan Barham, Jamie Barham

Welcome one and all.

Summer School


We still have a few spaces left on this years summer school. The course will cover a month's training in one week, all the usual basics, kata, kumite, and oyo, plus extra activities like bo staff, kata and self-defence. A fantastic, faster way to get to your next belt

The course will be held on Mon 6th August to Fri 10th August. 10am-3pm each day, Newton Abbot dojo, at a cost of only £60 for the whole week. Some day sessions are available at £15 per day

Open all ages and grades.

Call 01626 360999 to reserve your place or email Kim@KarateAcademy.co.uk

Karate - SNAP into Summer



OUR summer camp scores an A+

Summer Special
One Months Training in Just One Week

Accelerate your learning

Limited Spaces
Book Now. 01626 360999

Monday 6th August to Friday 10th August 2012
10am to 3pm each day

Karate Academy, 8 Signal Buildings, Brunel Road,
NEWTON ABBOT

All for only £60

Complete your booking form to reserve your place.
Spaces are limited.

01626 360999

Did you know that Karate helps children and adults build greater confidence, improved self-esteem, and a disciplined mindset, and it's FUN too.
No need for summer boredom blues

Karate Academy Summer Course 2012

Monday - Friday

10:00	-	12:00	Training session 1 (Water Break half way through)
12:00	-	12:30	Lunch Break
12:30	-	3:00	Training session 2 (Water Break half way through)
3:00	-	3:00	Competitions/Games of the Day

Course Content

This course satisfies the 10th Kyu

- Basics
- Kata
- Kumite
- Oyo
- Free sparring
- Weapons
- Kata Bunkai
- Mini competitions
- Grading examination (Eligible students only—additional examination fee will apply)
- Martial arts games
- And More

The Course will be led by
Senior Instructor Sensei John Burke
plus his team of instructors

Places are limited so book NOW Call 01626 360999

Grading Results

Members who are considered to be of the right standard are tested in an exam, and on Saturday 14th July we had one such test at the Newton Abbot dojo.

The results are as follows:

1st kyu: Ryan Bovey

3rd kyu: Lewis Tribble, Samantha McCarthy-Patmore

4th kyu: Samuel McCarthy, Robert Patmore, Zoe Brown, Poppy Angelos, Liam Payne

5th kyu: Laura Pattison, Robin Davey, Mia Haynes-Warren

6th kyu: Andrew Power, Cameron Greenwood, Grace Mitchell, Jazmine Wheeler

7th kyu: Eleanor Antcliff, James Antcliff, Jack Burley

8th kyu: Jake Lee, Melanie Baker, Rebecca Baker, Abigail From, Tamzin Przybylska, Corey Edworthy, Connor Cox, Alisha Grove, Isabel Kime, Jayden Grice, Nikita Clarke, Kerry Hicks, Abraham Perera

9th kyu: Benjamin Dobson, Connor Lee, Toby Wright, Jacob Bellinger, Andrew Bellinger, Jake Hollingshead.

Congratulations one and all. Now the hard work starts as you move forward towards your next test.

In order to be sent a grading notice (the only way that you can take part is to receive and return one of these) you must show that you are eligible in class. Your instructor will give you a notice when you are good enough to take the test. Your job is to make sure you are good enough.

Gasshuku

On Friday 27th July a small group of us travelled to Brecon in Wales to join forces with Martyn Harris sensei for his Summer Camp. For a few years now we have



been going to train amongst the wonderful scenery with our friends in the Welsh peaks and valleys. The friendship and experience is always a treat. This year we had the added bonus of Martyn Skipper sensei joining

Martyn Harris sensei and John Burke sensei for teaching duties. Different styles and different places but one martial heart.

We always have a good time in the evenings too, and this year was no different. A small group went off to train in the waterfall, and we had a good time there. We look forward to seeing Martyn in October for the BAMA seminar in Newton Abbot.

Bunkai Bootcamp

The course is now underway. The attendees are learning exactly how to work out the applications to kata, both from Shotokan and other karate styles.

Sensei John is filming part of the course, and a DVD of the instruction will be made available to purchase in approximately 2 weeks time. The cost of the set of DVD's will be £60. Students on the course will receive their complimentary copies asap.



Next year we will not be holding a week long course. The exact format for next year is still to be decided. It may be a weekend course, or a residential course, or we may decide to put it on hold for a year. If you are interested in this specialist course, please let us know, as if we know who is interested it will be easier to decide on the format/length/venue of the course

Birthdays

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

2nd John Drew
5th Peter Alderson, Nicolos Palmas
8th Hugo Edwards
9th Samantha McCarthy-Patmore, Benjamin Dobson
16th Richard Carrick sensei
17th Paula Hickin-Botham sensei
18th Lucas Moore
20th Elliott Ford
24th Maria Higginson
27th Finn Pateman
31st Jessie Bailey
Happy Birthday to You



Dates for your Diary and Timetable exceptions

Mon-Fri 30th July-3rd August Bunkai Bootcamp £150
Mon-Fri 6th-10th August Summer School £60

Thurs 2nd August	No Newton Abbot morning session
Mon 6th August	No Chudleigh session
Tues 7th August	No Newton Abbot morning session
Thurs 9th August	No Newton Abbot morning session
Weds 15th August	No Paignton Sessions
Sun 19th August	No Newton Sessions
Weds 22nd August	No Paignton Sessions
Sat 25th August	Kyu Grading
Mon 27th August	Bank Holiday No Sessions
Weds 29th August	No Paignton Sessions
Sat 8th September	Buddy Sessions in Newton Abbot, Torquay and Paignton
Sun 9th September	Buddy Session in Totnes
Mon 10th September	Buddy Session in Chudleigh
Tues 11th September	Buddy Session in Ashburton
Sat 13th-Sun 14th October	BAMA Seminar and Black Belt Grading

Last Word

This month leads to next month. Next month is a new academic year. As we consider what we do to be the mixture of physical and academic—the concept of *bun bu ryo do*, the Japanese phrase for pen and sword in accord, we see September as a very important time. For one thing, there tend to be some new people in the dojo. We've seen what happens when there are no new people—classes get cancelled. So when we see an influx we can add classes. You can help that to happen. Just bring some people in to try out Karate. If they have a good time and enjoy what we're doing then they, like you, will want to train.

Who should you invite? People who are polite but have a sense of humour. People who are not afraid of hard work but don't necessarily come across as physically gifted.

Who should you not invite? Rude people who are lazy. You don't want to be stood next to them in class and neither does anyone else.

When should you invite them? Now. Do it today and your friends will be slightly ahead of the September in-comers.

Proud to be the Keikokai.

See you in the dojo. **Oss**



Dedicated to Black Belt Excellence