

# Karate Academy

August

**Tuck your tailbone.** One piece of advice that can sometimes get missed in class is that when you train you should tuck your tailbone in. Instructors sometimes feel silly showing the “pelvic thrust” and there is so much Political Correctness around these days that very rarely will an instructor move your hips for you to indicate what you are missing. Especially the children. Much of our power is said to come from the “hara”, “tanden” or “dantien”. We know we have to swing the hip around an axis on the vertical plane, but quite often the horizontal plane is missed. It’s easily done, though. Simply tuck your tailbone in.

## From the Top!

Oh Summer! What a time. Enjoy the sunshine, enjoy the family time. The passage of time dictates that it will soon be winter again. That’s why you have to enjoy the summer while it is there. When you are on the beach don’t berate yourself for not being at Karate. When you are at Karate don’t berate yourself for not being at the beach. Family. Work. Karate. In that order. There are 168 hours in a week. Please give 3 of them to Karate. It might permeate your awareness when you are elsewhere. It might colour how you look at the world when you are at work or the beach, but you only need to make 3 hours of training each week. Preferably with a recovery day in between sessions so that your body has a chance to assimilate the exercises. Two “hour-and-a-half” lessons? Three “one hour classes”? A 2 hour and a 1 hour (you get the idea, right? Different permutations of the timetable). The only thing you don’t want to do is “take a break”. Then the hard work gets undone...

John and Kim

## The Summer schedule

Please keep an eye on the availability of lessons over the summer, as some strange events are occurring.

At the end of a July a group of us went off to train in the wild hills of Brecon in Wales, at Martyn Harris sensei’s summer camp. We had a great time, and it shouldn’t have affected your regular classes too much.

Imminent is the **Bunkai Bootcamp**. The in-depth kata applications course runs from **Friday-Monday 2nd-5th August** and will mean that the Saturday morning class in Newton Abbot will still take place, and will take a decidedly “bunkai” theme. The Sunday class in Newton Abbot will not take place, however, as the attendees should all be on the Bootcamp anyway.

We then have a week where our morning classes are not available, and our 5pm Newton Abbot classes will start promptly, just as the group that’s booked our dojo for the week finish their session, so be prepared for a little turmoil.

That same course also disturbs our weekend of 10th & 11th August in Newton Abbot. Don’t miss out, classes are still in place for Paignton and Totnes.

There will then be relative normality, as Summer school will only affect the morning classes in Newton Abbot. **Summer School. Monday-Friday 19th—23rd August.** A month’s training in one week, plus competition, games, and kobudo stuff that we don’t normally have time to fit in. And the Saturday 24th Newton Abbot lesson will be part of a kyu grading exam, but even if you are not grading you are still welcome at the lesson.

We lose classes to a Bank Holiday on Monday 26th August.

The two special courses that are taking place still have places available. Please book your place on 01626 360999. Bunkai Bootcamp £250. Summer School £75 (£15 per day).

## Demos



Thanks to everyone who came along to support the demonstrations that the Karate Academy put on at Chudfest and in Bovey Tracey. Your help is noticed and appreciated. We also notice who didn’t come along... As well as being promotion and publicity for your club, demonstrations serve to put us through our paces in public, thereby helping us with our self esteem and challenging us to maintain high standards. We were not let down.



## Brown and Black Belt class

The class is only on Sunday 18th & 25th August at it's regular time. On Sunday 11th we will have a class, but it will run from 6-8pm due to other users of the dojo.

During July we took the class down to Shaldon beach for training in the water!



## TMAX

The Martial Arts Expo is taking place in Coventry this year. The Ricoh Centre is the venue, and the dates are the 19th & 20th October 2013. John Burke sensei has been invited to teach a Bunkai Workshop (free to event attendees) on Sunday 20th. All welcome.

## BAMA Seminar is coming

The dates have finally been set—Saturday 28th & Sunday 29th September 2013. Renshi Blades, Sensei Howe, Sensei Ellison, and Sensei Harris will be joining Sensei Burke for a weekend of Biomechanical Principles, WadoRyu ippons, Xing Yi, Okinawan Kempo, and bunkai. There will also be a dan grading opportunity.

The seminar will run from 10am-3pm each day at a cost of £25 per person. Reserve your place NOW. Open to all grades and ages.



## Water

As the weather has been so glorious, may we remind students that it is wise to bring your own water to class. It saves getting a drink from a strange tap if you have your own water with you.

## Kingsteignton Class!

There are now even more training options available, with classes having just begun at the KOAPA building, **Oakford Lawn, Kingsteignton**. The new classes are at 5pm & 6pm on Thursday evenings at the moment, and offers a basic-level class as most of the members are brand new!

# Karate Academy

## Birthdays

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

5th Peter Alderson  
9th Samantha McCarthy-Patmore  
10th Laura Fontaine  
14th Lexy Taylor  
16th Richard Carrick  
17th Paula Hickin-Botham,  
20th Elliott Ford  
24th Maria Higginson  
27th Finn Pateman  
30th Isobel Burridge  
31st Jessie Bailey

**Happy Birthday to You**

## New Members

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

**Newton Abbot:** Sarah Baker & Mandi Davison  
**Ashburton:** Charlotte Pitchford  
**Oakford Lawn, Kingsteignton:** Mike Bilson, Billy Bristow, Steve Bristow, Chloe Fletcher, Kevin Foss, Esme Grace, Seth Grace, Grace Gubby. Gary Hewings, Ruby Hewings, Anna Lee, Eva Lee, Connor Merrisieh, Alisha Smith, Marshall Tozer

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

## Dates for your Diary and Timetable exceptions

**Friday 2nd August-Monday 5th August**

**Bunkai Bootcamp.** 10-4 (1 on Monday).

**No Sunday Newton Abbot class.**

**Tuesday 6th August** No morning class

**Thursday 8th August** No morning class

**Saturday 10th August** **NO NEWTON ABBOT CLASS**

**Sunday 11th August** Brown & Black belt class 6-8pm

**Monday 19th-Friday 23rd August**

**Summer School** 10am-3pm each day.

**No normal morning classes on Tuesday and Thursday**

## Last Word

When you miss one lesson, you know it. When you miss two, Sensei can see it. When you miss 4 everyone can see it. Sometimes missing a lesson is impossible to avoid. You are on holiday. When you get back, make up for it. Grab our timetable and use it to the best of your ability. We keep going over the summer, we keep going over the winter. Karate is not seasonal. We say "Karate-do" - The Way of the Empty Hand. A Way of Life. You don't have to become a monk, but for all these life lessons and skills to stay a part of you they need constant training. Karate is like water, if you stop applying heat it goes off the boil... Karate is like a pond, if it does not have fresh supply it becomes stagnant.

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

