

Dates for your Diary and Timetable exceptions

Sunday 3rd August

No classes due to kyu grading

Friday 8th-Monday 11th August

Bunkai Bootcamp No regular Newton Abbot Classes. Torquay, Kingsteignton & Paignton as normal

Friday 15th August 6-8pm Flex & Trick

Workshop, Newton Abbot. £10 per person. Learn jumping kicks and the secrets of flexibility to help stretch you out. Spinning techniques like you see in the movies.

Monday 18th-Friday 22nd August

Summer School NO regular morning sessions

Sunday 24th August 1-3pm Breakfalls

Workshop, Newton Abbot £10 per person.

Landing safely and how to roll.

Monday 25th August Bank Holiday no classes

Tuesday 26th August No Ashburton lesson

Thursday 28th August No Totnes lesson

Friday 29th August No Warrior Workout

Saturday 30th August 1-3pm Iaido Workshop, Newton Abbot. £10 per person. Continuing the series of sword kata training classes.

Sunday 7th September kyu grading

Saturday 13th September 1-3pm Bully Buster Workshop, Newton Abbot. £10 per person.

Confidence for the new school term, and how to avoid nasty situations.

Sunday 14th September 10-1pm Pre-Dan

Grading. Anyone expecting to take a Black Belt in the next year must be there for assessment.

Sunday 12th October kyu grading

Last Word

Self defence, fitness, confidence. There are lots of reasons that people start coming to Karate. The reason that people stay is invariably that they enjoy the company of their fellow students. Some of us are painfully shy, and some of us remember what it felt like to be the "new guy" in class. Sensei will always urge beginners to get a high grade partner on the basis that it can help them more with their technique than a fellow beginner, but there is another benefit, too. It is the start of the sempai-kohai relationship. Often, that is all about the respect that the senior should be shown. It is also about the education and inclusion of the beginner. When you see someone new in the dojo, please remember, they don't know what the "right" thing to do is. They have to be helped. Jewellery? Hair? Where to stand? How to bow? Who to talk to? (Anyone? Sure, but some are more helpful than others...) Are *you* going to help them to come out of their shell? Proud to be the Keikokai.

See you in the dojo.

Oss

Birthdays

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

2nd John Drew

5th Levi Lezemore, Peter Alderson

9th Samantha McCarthy-Patmore, Ben Dobson

10th Laura Plumb

14th Lexy Taylor

15th Thomas Flannery

16th Richard Carrick sensei

17th Paula Hickin-Botham,

20th Elliott Ford

27th Finn Pateman

30th Isobel Burridge

31st Mike Daniels sensei

Happy Birthday to You

New Members

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

Nikita Clarke, Anna Hinds, Finley Curtis
(Newton Abbot)

Recommendation is the highest compliment we can receive. Welcome one and all! Don't wait for a "Buddy Day" to bring a friend along.

Volume 8 Issue 8 August 2014



hachigatsu

School holidays can seem so loooooong—and that's just for the parents... As a martial artist you have no good reason to ever be bored; there is always something that you can get better at, something you can train. If the weather is good then there is the garden or the park (always with an eye on your surroundings and company) and if the weather is British there are always martial arts books and DVDs to peruse. John and Kim

Thanks

Thanks to all those who came along to support the demonstration at White Rock Primary School in Paignton and in Ashburton. There are extra "classes" available 1pm in Totnes on Tuesdays over the summer as Sensei Ross takes a session at "Giant Camps".

Dojo Traditions

Gasshuku - 合宿 Special training camp.

Often training outside, the martial artist has the terrain and the weather to contend with as well as training technique and spirit. The bonds between us are often reinforced when they are taken out of their usual context.

Bunkai Bootcamp

The Final Bunkai Bootcamp will be held at Newton Abbot dojo August 8th-11th. This course, Friday to Monday, features the theory of Karate kata application and practical practice. Classes run 10am-4pm (except the Monday when we will finish early (2pm) so that those who travel distances can begin to make their way. John Burke sensei has taught this course for 5 years now, produced a 12-part DVD course on the subject and participants have taken away a minimum of 3 hours of video coverage. This one is the last one. It is suitable for any grade of adults and note-taking is highly encouraged.

The course is £150 to members. Please call 01626 360999 to book your place.



Summer School

We are now taking bookings for the Karate Academy Summer School 2014.

There will be 1 month's training in the space of 1 week. There will be basics,

kumite, kata, oyo, plenty of pad work, and extra *kobudo* and even a game or 2 across **Monday-Friday 18th-22nd August**. Places are available at £60 for the week 10am-3pm daily. Please book early to avoid disappointment as we are advertising outside for the course and places are limited. Do book your place, don't just assume you can come along because you have a free day. Booking forms are included with this newsletter. Immerse yourself.



Dedicated to Black Belt Excellence

Kyu Grading

The next kyu grading is on Sunday 7th September. Letters will be sent out to students who are invited to grade with your allocated timeslot.

New students wonder how they will know if it is time to grade. Your instructor will present you with a "grading notice" (an invitation to take the test) once you have demonstrated in class that you have learned the syllabus with the right attitude. That means you have *permission* to take the test. It is conditional on you continuing to work on, and improve, your skills leading up to the test.

Approximately 26 lessons or three months' worth of training twice per week is usually what is required. Everyone is judged on their merits; 3 months? 4? When you are ready.

The previous kyu grading was held on Sunday 3rd August - held at Newton Abbot dojo - the following students were recognised to have attained the required standards for the ranks listed:

1st kyu

Lee Barber

3rd kyu

Deborah Needham

5th kyu

Jack Hemus,
Martin Burrige

6th kyu

Tiago Ford,
Garry Hewings,
Toby Wright

8th kyu

Luca Carasco,
Heather Wells,
Hope Wells

9th kyu

Allanah Kerr

Congratulations to you all on your achievement, and may you have continued success and improvement with your training



Wales Summer Camp

Thanks to Paula Hickin-Botham's generosity, one lucky member got to take her place on the course when she could not make it for personal reasons. We had a great time in Brecon, Wales over the weekend of 25th-27th July 2014.

We had *Wando* kata with Martyn Harris sensei, *kumite* and kicking drills with Martyn Skipper sensei, and pressure points and *bunkai* with John Burke sensei and wonderful socialising opportunities meant that the course was a huge success.



This year's course saw **Jim Harvey** sensei promoted to *Sandan*. Congratulations, Jim. The waterfall was powerful and cold this year, and it was a joy to watch Martyn's student Mike and the activities he had going on with the children round the campfire. If you would like to be involved with next year's camp, please let Martyn Harris sensei know at your earliest opportunity. sensei@KarateCardiff.com



Women's Self Defence

Clare Potter sensei once again delivered a knockout course on 6th July 2014. Ladies filled up Newton Abbot dojo and learned the essentials of self protection. Noticeably, Karate students like Deborah Needham stood out with impressive technique and spirit to the newcomers in the group. Hopefully the ladies will realise that our regular Karate classes help their chances of surviving a nasty encounter no end.

Richard Carrick 50th Birthday Celebration

There's a party! It's on Saturday 16th August and it is being held at the Scouts Hut, Homers Lane, Kingsteignton. Bring food for the barbecue and something to drink and we can celebrate the big fella turning the big Five-Oh!

Tricking and Flexibility Workshop

Learn jumping kicks and the secrets of flexibility to help stretch you out. Sensei Ross has put together a special class to help you with your flexibility so that you can do spinning techniques like you see in the movies. Friday 15th August 6-8pm **Flex & Trick Workshop**, Newton Abbot. £10 per person. Please call 01626 360999 to book your place.

Breakfalls Workshop

The art of falling safely, blending with an opponent's energy is called *ukemi*. Mostly, they are just called break-falls. Aikido people and Ju jutsu people do them a lot. Karate people can be quite disadvantaged in this respect. To help students with their break-falls, Sensei Ross will be teaching a special workshop on Sunday 24th August 1-3pm.

The cost is a mere £10, but please book early on 01626 360999 as I'm sure you can appreciate, space will be limited.

Iaido Gets Another Shot

Continuing the series of sword kata training classes, Sensei Ross will be taking the group through the workshop to help develop the skills and ensure that we don't forget our sword-work. Saturday 30th August 1-3pm **Iaido Workshop**, Newton Abbot. £10 per person.

Grading Requirements Help

Did you know that we produce DVDs for each grade? When you want to check over your basics, your kumite, your kata, or your oyo these DVDs contain all the requirements for your grade. You can get hold of them through your instructor, or as a download from the website. Normally retailing at £15 (£12.50 to members) anyone who wants one on grading day can have it for just £7.50. They are a great aid with your training at home.

Black Belt Grading

Looking ahead to Sunday 14th September we will have the last Pre-Dan Grading. Anyone expecting to take a Black Belt in the next year must be there for assessment. 10am-1pm.