

# Class Schedules 2015

Private Sessions are held on Saturday or Sunday afternoons at Newton Abbot, by appointment only. To book your appointment call 01626 360999 or email kim@KarateAcademy.co.uk

## NEWTON ABBOT

All classes held at Karate Academy,  
8 Signal Buildings, Brunel Road,  
NEWTON ABBOT, TQ12 4PB

**TUESDAY** 10am-11am  
5pm-6pm  
6pm-7pm  
7pm-8.30pm

**WEDNESDAY** 4.30pm – 5.15pm **LITTLE WARRIORS**  
6.30-7.30pm **LADIES ONLY**

**THURSDAY** 10am-11am  
5pm-6pm  
6pm-7pm  
7pm-8.30pm

**SATURDAY** 9am -9.45am **LITTLE WARRIORS**  
10am-12noon

**SUNDAY** 10am—12noon  
Brown & Black Belts Only

## TORQUAY

St Martins Church Hall, Barton Hill Road,  
Torquay

**TUESDAY** 6pm-7.30pm

St Lukes Lower Hall, Sheddon Hill Road,  
Torquay

**FRIDAY** 6pm-7.30pm

## PAIGNTON

All classes held at Paignton Community  
College, Waterleat Road, PAIGNTON.

Performing Arts Suite

**SATURDAY** 10am-11.30am

**WEDNESDAY** 6pm-7.30pm

## KINGSTEIGNTON

All classes held at Kingsteignton OAP Club,  
Oakford Lawn, Kingsteignton

**FRIDAY** 6pm-7.30pm

## ASHBURTON

All classes held at Ashmoor Leisure Centre,  
ASHBURTON

**TUESDAY** 6pm-7.30pm

**THURSDAY** 6pm-7.30pm

## TOTNES

All classes held at TOTNES Pavilion Leisure  
Centre

**MONDAY** 5pm-6pm

**WEDNESDAY** 6pm-7pm

## CHUDLEIGH

All classes held at The Town Hall, CHUDLEIGH

**MONDAY** 5.30pm-7pm Large Hall

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# Karate Academy

## Two Thirds

School's out for summer. But we carry on. In fact, as people have different times available to them during the holidays we might well see you using lessons that you aren't normally able to get to. Daytimes in Newton Abbot? Later classes than usual? Away on holiday? Pick up extra classes around your away time. Get involved in Summer School where we do a month's training in a single week.

All of these are opportunities to make use of your membership and improve your training. Don't miss out.

## Mighty Martyn

On Saturday 18th July we had **Martyn Harris** renshi from Cardiff teaching the kata Wando at the Newton Abbot dojo. It was a well supported seminar and the extra-curricular Kata was very interesting. Well done everyone who came along.

## Dojo Traditions

**Gi 義** - Justice. From the 7 Principles of Bu. When we train to have these skills that can potentially inflict harm, we must also ponder and decide that we will only use them to support rectitude. It's right there in our promise in our licence books. We uphold the idea of what is right. We don't use our skills needlessly. The extension of this concept is that if it is *just* that we should act then we cannot hesitate to do so. That would be a betrayal of our promise.

## Kick-a-Thon

We managed to get into the MidDevon Advertiser on Friday 17th July. Twice...

### Cashing in on karate kicks

THE Devon Air Ambulance Trust received the perfect kick on Saturday - £3,000.41 worth. That was the total raised by members of Newton Abbot's Karate Academy which has raised funds for the charity in Ashburton, Paignton, Torquay and Totnes.

The task was accomplished by the young and the not-so-young. Then they faced the hard part of collecting the money while recovering from the pain and pain of the marathon.

Devon White, of the Devon Air Ambulance Trust, who is a retired glider, attended the seminar on Saturday to receive the cheque and explain the work of the air ambulance and the desperate situation it operates in.

Details about the trust for donations and information can be found at [www.daat.org](http://www.daat.org), while for details about the group of karate clubs go to [karateacademy.co.uk](http://karateacademy.co.uk) or call 01626 360999.



GETTING THEIR KICKS: John Burke, of the Karate Academy, presents the cheque in front of his students in Derek White, of the Devon Air Ambulance Trust.

### KARATE



KARATE Academy students attended the Martial Arts Illustrated awards ceremony, held at the National Brewery Centre, Burton-on-Trent. The students from the Newton Abbot-based school who were nominated by sensei John Burke are - from left - Janet Drew, Adam Castle, Natasha Barlow, sensei John Burke, Clare Potter, and Lewis Barlow.



## 1-2-1s

Members can make great use of personal training with an instructor at the Newton Abbot dojo. Private lessons are available - usually held on Saturday afternoons—you just have to call 01626 360999 to book yours.

A couple of things—for us to deal with your appointment it's best to call between 9.30am and 3pm. If you leave a message we'll call you back should you ring at other times, but you'll understand that when we're teaching or picking up the kids from school then there will inevitably be delays. Alternatively email [Kim@KarateAcademy.co.uk](mailto:Kim@KarateAcademy.co.uk) with your request and we will email you back with available slots to choose from.

This is a free service to students who pay monthly or for the year. Pay per session students, the fee for a private session is £15.



## 2016 Training by the Sea

Minehead's Butlins resort is the site for our **South West Karate Experience**. It will be taking place at the end of the Half Term Holiday in May next year—**June 3rd (arrive, settle and social) 4th & 5th (training on the beach), and 6th**. We're mentioning this now because we already have bookings for the rooms. We got a good rate to be able to offer the beds at £150 per person including training or £125 per person for family members who just want to come along for a mini break, however, there are only 10 left. After that the price will go up because it won't be part of the same offer that we have taken advantage of. So get your booking in now. A deposit of £30 per person needs to be paid now to secure your booking, the balance can be paid in instalments or in full by 28th March 2016.



We will be arriving on a Friday evening for a social get-together. Saturday morning is a buffet breakfast, then we're training. Short break. Afternoon training. In the evening there is a buffet meal and you can make use of the Butlins entertainments. Sunday morning breakfast, training, then a short break. Afternoon training, evening meal, and then some people will be able to stay on for Monday morning breakfast before departure, but those of us with children needed back in school will probably need to return home Sunday evening.

We have a great package lined up, with excellent tuition, both from Renshi John and the guest instructors. Booking forms can be picked up at the Newton Abbot Dojo, downloaded from the Facebook page, or call to have one sent to you.

## Parents Please Note

As classes end at church halls, school halls etc it is vital that children are picked up on time. The same is true at our own venue in Newton Abbot. We know you appreciate that the instructors have other appointments and classes that they must go to and staying on to look after your children might make them late. Thanks for your understanding and co-operation.

## New Classes

The new classes in Newton Abbot are proving very popular. **Little Warriors** pre-martial arts training for small children. These short classes are fun and aimed at 4-7 year olds, getting them ready for Karate classes. Weds 4.30-5.15pm and Saturdays 9-9.45am in Newton Abbot. £4 per class or £25 per month. Plus: The **Ladies Only Karate** class on Wednesday evenings 6.30-7.30pm in Newton Abbot. £5 per class or part of your monthly membership.

## Wales

A group of us went to train at the MHKA Summer Camp in Brecon, Wales. As usual, we had a great time, learning from Martyn Skipper sensei, Martyn Harris renschi, and of course, John Burke renschi.



## Birthdays

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

2nd John Drew  
3rd Benjamin Rogers  
9th Samantha McCarthy-Patmore  
10th Laura Plumb  
15th Thomas Flannery  
16th Richard Carrick sensei  
17th Paula Hickin-Botham,  
20th Elliott Ford  
24th Evie Faulkner  
26th Calantha Ashworth-Harris  
30th Isobel Burridge

**Happy Birthday to You**

## New Members

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

**Amy Lee (Paignton)**  
**Ellie Mejias-Evered, Logan Phillips,**  
**Ryan Paul, Elesha Stretton,**  
**George Goodenough, Thomas Sinclair**  
**and Wil Hodlinson-Reeves**  
(Newton Abbot)

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

## Last Word

How does Karate change a person? The answers you would expect would include helping their self-control, their self-confidence, fitness, and of course self-defence skills. The answers that don't tend to be verbalised are things like—because it's there. Because we go there. Being in class helps us to sort things out in our heads. Being at Karate gives us stress-relief, and hopefully that makes us more capable of showing less stressed versions of ourselves to our family and friends. Being confident in our ability to whack a pad means that we don't have to be nervous so much. Experiencing the small trials that a lesson presents us with helps us to get beyond the fear of facing trials in the rest of our lives. How does Karate change a person? By being somewhere for us to go to do these things. Of course, then you actually have to go there... Proud to be the Keikokai. See you in the dojo. **Oss**



## Dates for your Diary and Timetable exceptions

**Sunday 9th August** Kyu Grading  
**Monday 17th-Friday 21st August** Summer School, Newton Abbot Dojo, 10am-3pm each day, £60 for the week or £15 per day.  
**NO REGULAR MORNING CLASSES in Newton Abbot on Tues 18th and Thurs 20th August**  
**Monday 31st August** Bank Holiday. No classes.

## Demo Season

Thanks to everyone who helped out with the Demonstrations over the last month.



[www.KarateAcademy.co.uk](http://www.KarateAcademy.co.uk)  
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**01626 360999 or 08000 155152**