

# Class Schedules 2016

Private Sessions are held on Saturday 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,  
King Street Studios, King Street  
NEWTON ABBOT, TQ12 2LG

<b>TUESDAY</b>	10am-11am 5pm-6pm 6pm-7pm 7pm-8.30pm
<b>WEDNESDAY</b>	4.30pm -5.15pm LITTLE WARRIORS 6.30-7.30pm LADIES ONLY
<b>THURSDAY</b>	10am-11am 5pm-6pm 6pm-7pm 7pm-8.30pm
<b>SATURDAY</b>	9am -9.45am LITTLE WARRIORS 10am-12noon
<b>SUNDAY</b>	10am Brown Belts and above only.

## TORQUAY

St Martins Church Hall, Barton Hill Road,  
Torquay

<b>TUESDAY</b>	6pm-7.30pm
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## PAIGNTON

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

Performing Arts Suite

<b>SATURDAY</b>	10am-11.30am
<b>WEDNESDAY</b>	6pm-7.30pm

# Looking for a great way to spend Summer?



Don't get bored during the School Holidays,  
**STAY active this summer**

## Summer Special.

One week of Karate Summer School Training, Fitness Training, Bully Buster Training, Martial Arts Games, all to help build Confidence, Self-Esteem, Coordination, Listening Skills, Balance, Awareness, all the while having fun.

**Monday 1st-Friday 5th August 2016 10am-3pm  
each day  
£60 for the week**

Open to all ages from 8 years  
Karate Academy, 8 Signal Buildings, Brunel Road,  
NEWTON ABBOT, TQ12 4PB 01626 360999

Pay on the day available for last minute bookings

## EXETER

CRANBROOK Education Campus

**WEDNESDAY** 6-7.30pm

## KINGSTEIGNTON

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** 6pm-7pm  
**WEDNESDAY** 6pm-7pm

## CHUDLEIGH

The Town Hall, CHUDLEIGH

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

Volume 10 Issue 8 August 2016

# Karate Academy

## Two Thirds

We're up to our noses in it. Not only are the kids off school, we have our own Summer School, the move of Newton Abbot dojo, and the planning of all our events all happening at once. That isn't going to stop our regular classes though. Throughout the Summer Holidays we are doing our best to keep our schedule, despite holidays and other commitments. If you have to miss a week due to holidays, why not get more lessons in with the weeks surrounding your break?  
John and Kim

## King St Studios

Once more, the Newton Abbot dojo is moving. Totally our choice and for positive reasons. From **Saturday 6th August,**



Newton Abbot Karate classes and Little Warriors will take place at King Street Studios, King Street, Newton

Abbot. This is also our office for correspondence and paperwork. Our telephone number 01626 360999 remains the same.

The new venue has TWO training areas on the first floor, each measuring 12mx7m. One we have matted and the other we have chosen to leave as a sprung-wood floor. Parents will now have to view

## Dojo Traditions

**Zori 草履** - Sandals. Unfortunately the least enforced item of a Karate-ka's uniform. Our bare feet on the mat should not touch the floor off the mat, particularly in potentially unhygienic places like the lavatory. So when you step off the mat, step into your zori. You protect the mats, your health, and your training partners.

classes from the ground floor waiting area, as there is no provision for observers in the two dojo. The ladies changing room is much larger, and we look forward to having the facility to run simultaneous classes in each dojo. We look forward to welcoming you to our new facility. Please excuse the mess while we get moved in and get everything arranged.

## Back from Brecon

As usual, Martyn Harris renshi put on a great course in Brecon. A group of Keiko members and friends of Keiko joined the MHKA members for an adults only training camp on Friday 22nd-Sunday 24th July, where they were taught by Renshi Martyn, plus John Burke renshi and Martyn Skipper sensei.

It was great to see our contingent making up half of the group. Richard Carrick tasshi, John Burke renshi, Clare Potter sensei, Nicola Carrick sensei, and John and Janet Drew were recognised for attending every Brecon course.



**Dedicated to Black Belt Excellence**

## Next Dan Grading

Kyoshi Anthony Blades will be returning to Devon on October 1st. He will be teaching two separate classes. At 10am the kyu grades (coloured belts) can train with him until 11.30am. The cost of this session will be £10 per person. This is an excellent opportunity to meet your future Black Belt Examiner. At 12noon those who are taking Dan Grades will begin their test. At 1pm the Brown belts and above will join us for a seminar until 3.30pm. The cost of this session will be £15 per person. Students attempting a dan grade only need to pay for the grading. Results will be given out during the seminar.

## Neil's Internals

Broadly speaking, the martial arts tend to be classified as either external (using force) or internal (developing internal energy). Some people look at the internal arts and think it impractical. On this day long course, **Neil Ellison renshi** will be teaching **neigong** internal energy exercises, and then their practical applications. This course is suitable for all adult members, whatever their grade. It will take place at Newton Abbot dojo on Saturday 3rd September 2016, 10am onwards. The cost is £25.

## Yara Kusanku

Most of Shotokan Karate is related to movements found in the Kanku Dai or Jion kata. On Sunday 11th December 2016 we will be hosting **Martyn Harris renshi** teaching the version of Kanku known as **Yara Kusanku**. This provides us with some interesting differences and similarities, so that we might gain further insight into our own kata. Even the Heian kata are based on Kanku Dai movements. This course will take place at Newton Abbot dojo at a cost of £25 per person.

## The South West Karate Experience 2017!

We've only gone and booked it. 2nd-4th June 2017, Perran Sands Holiday Camp. We'll be training on Perranporth beach, where we know there is a tide, sand, and surf. The Haven centre has Archery and Golf, Swimming, and evening entertainment, and on Saturday night we will get together for a pizza party where the Karate Academy supplies the pizza. We'll have a weekend's training, and down-time. The caravans are self-catering, and we'll be booking people in to make best use of the space we have. It's only £125 per person. You can book your place with a £10 deposit.

## Grading Results

The **kyu grading** that took place on Sunday 17th July at Newton Abbot dojo was attended by people testing and by those who wanted to support their fellow students. The following people were examined and promoted to the ranks shown here:

<b>2nd Kyu</b>	Samantha Bowles, Tiago Ford, Charlotte Pitchford
<b>3rd kyu</b>	James Ellis, Noah Taylor
<b>5th kyu</b>	Danail Karaivanov
<b>6th kyu</b>	Alex Doyle, Thomas Flannery, Douglas Leggatt
<b>7th kyu</b>	Benson Bijou, Catherine Drinkall, Gareth Saunders
<b>8th kyu</b>	Michael Barnes, Sophie Bentley, Harvey Johnson
<b>9th kyu</b>	Ethan Kirkbride, Olivia Lamare, Eva Perry, Eleanor Randle-Jones, Samuel Williamson

Congratulations, now the hard work begins. To be invited to grade requires nomination by your instructor. They will be happy to do this once they have seen in class that you have learned all the necessary requirements. You are under continuous assessment and will only be put in for the grading examination once your instructor feels you are ready.

## Dates for your Diary and Timetable exceptions

**Monday 1st-Friday 5th August—Summer School**  
**Tuesday 2nd August**—No morning class  
**Thursday 4th August**—No morning class  
**Saturday 6th August—Newton Abbot classes relocate to King Street Studios.**  
Monday 22nd August—No Totnes class.  
Tuesday 23rd August—No morning class  
Wednesday 24th August—No Totnes class.  
Thursday 25th August—No morning class  
**Monday 29th August**—Bank Holiday, no classes

## New Members

The Karate Academy is pleased to welcome the following new members who joined during the month of July:  
**Morton O'Reilly, Kazimierz Russ, Anthea Stretton, Holly Kirkbride** (Newton Abbot)  
**Aidan Draper, Ben & Thomas Knights** (Little Warriors)  
**Benjamin Quick** (Chudleigh)  
And **Mick & Gethin Jones** (Ashburton) who joined us in June but were missed off last months newsletter, apologies  
Recommendation is the highest compliment we can receive. Welcome one and all!

## Last Word

Those days where you can't seem to get it right are part of the journey. If it was all easy everyone would be doing it. So we know that those who strive past their limitations and succeed in spite of what life throws at them must indeed be special people. The Japanese saying "knocked down 7 times, get up 8

times" 七転び八起き is something that we take to heart. We try to avoid being knocked down in the first place, but how we battle on is what makes us. Courage is not doing what comes easy, but doing what is right even when it is hard. Every lesson. Every kick where you could slack off. Every punch where no-one's watching. Doing those things right though it would be easier not to. They are the making of you.  
Proud to be the Keikokai. See you in the dojo. **Oss**

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

## Birthdays

The following students celebrate their Birthday this month (August):  
2nd John Drew & Kate Osment  
3rd Sue Jones  
4th Lilly Russ  
6th Harvey Johnson  
9th Samantha McCarthy-Patmore  
10th Sam Williamson  
15th Thomas Flannery  
16th Richard Carrick tasshi & Olivia Lamare  
17th Paula Hickin-Botham,  
20th Elliott Ford  
23rd Tom Sykes  
24th Evie Faulkner  
25th Ashton Richardson  
27th Paul Hula  
31st Zac Cutler

**Happy Birthday to You**

## Friday Torquay

The final class at St Luke's Church hall, just off Shedden Hill Road in Torquay was on Friday 29th July. We would encourage the members to make use of Tuesdays at St Martin's Church all and the Paignton classes rather than miss out.

**Karate Academy**

