

Karate Academy

TWO THIRDS

Ah, the British Summer. Who knows what it will bring? Well, some things are certain at least; there will be Karate. We may have had to change a couple of classes recently, but Karate endures. There are still classes, even during the Summer Holidays. We've got a Bank Holiday coming up, and exciting events. As always, it is in your regular classes that you will make and embed your progress. Those repetitions of basic techniques are what will form the habits you come to rely on. Use them well.

John and Kim

Kick-a-Thon

Our submission of funds to YoungMINDs has now taken place, and including the money sent to them directly on Just Giving, but not including extras like the Royal Mail's contribution to Ruth Dungey's total (which went directly to the charity), we are pleased to announce that we raised £6079.16. Well done to everyone who took part. Heroes all.

Brecon

The core of the Brecon Summer Camp attendees were from Keikokai. We had a blast, training out in the field with that beautiful scenery around us. It's



Dedicated to Black Belt Excellence

important to know that when we go elsewhere and train we find out how high our standard and our team spirit really is. Once again, we stand proud.



Bunkai Weekend

Karate kata applications were looked at in depth over the course of Saturday and Sunday 8th and 9th July. Renshi John Burke will be teaching his seminars in Shetland and Denmark in October, as well as attending the Kaizen Martial Arts Expo in Nottingham



Dan Grading

The pre-grading test held in July was a sweaty affair, and some students have been put forward for grading in November. For anyone not grading in November, it is never too early to ask your instructor for your projects for your next Dan grading. You can start work on them before it is time to take the test. So those of you who might be tested next year, find out what you need to do now.

Bully Buster



You have a voice! You have a choice!

Saturday 16th September 2017

1-2pm 4-9yrs £5

2:15-4pm 10+yrs £7.50

Last Word

You'd like to think that putting out a Newsletter meant that all members would know about everything that is going on. Some people don't read it at all. Some forget. Some diarise the important points. Some events come up that are too late to get into the Newsletter in the first place. A hall calls on a Tuesday to tell you that it won't be available on Thursday. Or we make a booking and the caretaker never finds out about it. Or so they say. Stuff happens. In the main, though, running 22 regular classes plus the things we do with schools and private groups and having the Newton dojo open to other users throughout the year barring only Bank Holidays and very Special Events we don't do a bad job. Even if I do say so myself. So thank you, those of you who bear with us when things don't quite go right. Thank you, those who put up with the hiccups. Thank you, those of you who come to training through hail or heatwave, not knowing what the day will bring but trusting that it will be to your benefit. Thank you Instructors, for your efforts and your insights. And thank you Kim for getting it all together while still having to run a home and three demanding kids. Thanks. Proud to be the Keikokai. See you in the dojo. *Oss*

Club Competition

On Saturday 25th November we will be holding our club competition at the Newton Abbot dojo.

All students are invited to enter and trophies will be awarded to the winner from each category and medals to the runners up.

Categories will include (subject to attendees)

- Junior and Senior Freestyle Kumite (kyu grades)
- Junior and Senior Kata (kyu grades)
- Yudansha Kumite and Kata
- Junior 5 Step Kumite
- Senior Applications
- Yudansha Applications
- Little Warriors Basics, Fitness & Kata.

Class Changes

Please note that the following changes have taken place to our schedule of lessons.

Paignton is now

Fridays 6.30pm-7.30pm

in the Drama Studio, Waterleat Road site.

Cranbrook is now

Wednesday 6-7pm

Totnes is now

Wednesday 6-7pm

Other classes are unaffected.

New copy of the timetable is included with this newsletter for you to put on your fridge/noticeboard.



Dates for your Diary and Timetable exceptions

Monday 7th August—Friday 11th August

Summer School at Newton Abbot dojo. 10am-3pm daily.

Tuesday 8th August No morning class in Newton Abbot due to Summer School

Thursday 10th August No morning class in Newton Abbot due to Summer School.

Sunday 13th August kyu grading 10am

Monday 28th August Bank Holiday, no classes.

Demos

The last demo of the "season" was at Buckfastleigh, where we taught an inclusive session at 2pm and 3pm on Sunday 16th July at the Football Ground. Thanks to everyone who supported the demos and helped to arrange them. There's simply no telling who we have inspired or helped by doing these events. It's great to get the Academy seen by the community.



Birthdays

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

- 2nd John Drew
- 3rd Sue Jones
- 4th Lilly Russ
- 6th Harvey Johnson
- 8th Ruby Hewings
- 10th Sam Williamson
- 13th Charlie Tonepohl
- 15th Thomas Flannery
- 16th Richard Carrick tasshi
- 17th Paula Hickin-Botham
- 24th Freya Wallwork
- 28th Conrad Bird
- 31st Zac Cutler

Happy Birthday to You

Future events



2018 still seems a long way off, however we are already starting to fill the diary with events.

If there are any special events, guest instructors, extra lessons, etc that you would like us to consider putting into the schedule next year, please email Kim@KarateAcademy.co.uk with your suggestions/requests.

Summer School

We cram one month's training into a week during Summer School. This course, open to all ages and grades, gets through basics, kumite, kata, oyo, padwork, and kobudo due to the immersive nature of training for 5 hours per day. It takes place in Newton Abbot 10am-3pm Monday—Friday 7th-11th August. We have a short lunch break each day, and social interaction between members is fostered too. There are 3 places available for those prepared to work hard. Call 01626 360999 to book.

Ambassador

Best wishes to **Charlotte Pitchford**, out on an educational exchange in Thailand. No sooner had she arrived that she was required to show them how to kick and punch...



New Members

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

James Nguyen, Richard Nguyen, Joshua StuckeyHoward, Samuel Edge, Samuel Fursdon, Ursula Salter and Dylan Tutty (Newton Abbot)
Niji Bellchamber, Freya Wallwork and Dylan Hone (Little Warriors)
Mark French (Ashburton)

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