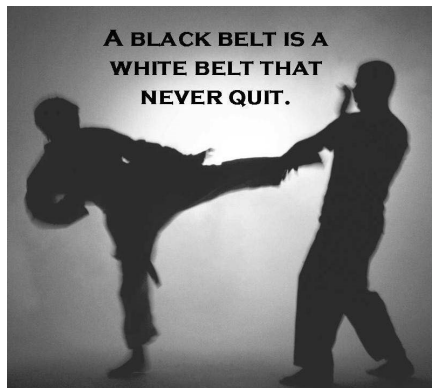


Little Stars

Our Little Warriors are recognised in class as to who has the best attention or most improvement in class each lesson. Our Star of the Day is awarded a certificate.

In the past month we have had:

- 2 Megan
- 4, the whole class
- 7, the whole class
- 9 William
- 11, Joseph Curnow
- 14, Mia and Dexter
- 16, Peter
- 18, Finley Imeri
- 25, Jamie
- 28, Mia
- 30 Wolfe



Feedback please

Who would be interested in a kids only class (6-11 yrs), an adult only class and a below brown belt class being added to the class schedules?

Most of our classes are open "family" classes, is there a demand for age specific classes? How about grade specific classes?

Let us know your thoughts either by email to info@karateacademy.co.uk or write them down and give them to Debbie on reception.

Thank you

Last Word

What we hear and what we think we heard are often different. We thought it was a personal attack, but actually it was just feedback. We thought we were denied entry, when actually we just had the requirements explained to us. We thought something was nasty or discriminatory when actually it was factual. When we are "offended" we are the only ones suffering. The "offender" isn't cut down by us being offended. The offence isn't rectified by us being offended. What should we do, then? How about explaining what you think is wrong and seeing what can be done about putting it right? Much better than a temper tantrum, don't you think? If we genuinely care about something enough to be "offended" by someone's actions or words then perhaps the issue needs to be addressed. And it won't be solved with a Facebook post, either. Some of us remember the days when people used to talk things out. Have a conversation where people listened to varying points of view rather than just waiting for their turn to speak. Why don't we do things the old way?

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



**Dedicated to Black Belt
Excellence**

Volume 12 Issue 8 August 2018

Karate Academy

夏を楽しむ

Summer Holidays are here! People are away, people are looking for things to do. Normal classes are on, bar Bank Holiday Monday, and we also have some special events to keep us even busier than usual. Please remind the exuberant youngsters in your life to stay safe and beware of people with less awareness than trained Karate-ka. And when it comes to training, the dojo is a special place and not a playground. We enjoy it more because there are rules and standards as to how we use it.

John and Kim

Little Warriors Summer School is on **1st** August and the **15th**, at a cost of just £15 per person.

Hokama

Trekking to Reading for training is undertaken when warranted, and for Hokama Tetsuhiro 10th dan Hanshi some made the trip. 70 people altogether gathered for training in Naha-te, kobudo, and to witness masterful demonstrations of Shodo (the way of the brush).



Summer School

August once again sees our intensive training that we call Summer School. It's not just for kids. It is like getting a week's training in a day. All the basics, kumite, kata, and oyo that you would expect, but we also find time for history, kobudo, and even the odd game or two. If you fancy it, book now. 10am-3pm each day, £60 for the week or £17.50 per day. Limited spaces available.

Bully Buster

Saturday 29th September. 1pm start for those up to 9 years old. 2.30pm for those 10 and up. Dealing with issues that affect each age group, Sensei Tasha will be going through the issues and what to do about them

Kumite Workshop

We all need help with our sparring. Whether we are worried about doing it or we'd just like to be better at it, the best thing is to get taught by people who know what they are doing. Sensei Richard and Sensei Nicola are teaching a special workshop on Saturday 1st September, 1-3pm in Newton Abbot. It's only £10 to take part. Book in to learn control and ferocity, and how to deal with tough opponents.

Little Warriors Summer School!

A first for the Karate Academy, we're trialling single day Little Warriors classes. 10am-1pm, with a short lunch break built in, these classes will feature Little Warriors Karate, games, and activities (design your own headband etc) and are led by Sensei Clare and Sensei Natasha.

Coming Up:

We try to let you know about future events with plenty of notice so that arrangements can be made for work/travel/etc.

Special events are enhancements to your regular training, and it is regular training that should form the bulk of your training plan.

Optional extras include:

- **Summer School.** Our "month in a week" training during school holidays, 6th-10th August. £60 per week/£17.50 per day
- 1st September, Kumite Workshop 1-3pm Karate Academy, Newton Abbot. £10
- Doncaster 15th September. Bunkai course with John Burke renshi.
- Wrawby 16th September. Bunkai Course with John Burke renshi.
- 29th September Bully Buster 5-9 yrs 1pm-2pm £7.50. 10+ yrs 2.30pm-4pm £10
- Holland 29th-30th September, Bunkai Weekend in Schoonover.
- Okinawa. 4-18 November. Some of us are off to Japan for training.
- Friday 14th-Sunday 16th December: Training and Dan Grading with Kyoshi Anthony Blades.
- Sunday 16th December. The Special Lesson. Times TBC

New Members

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

Rowan Manson & Sylvia Daborn

(Newton Abbot)

Liam Francis

(Ashburton Little Warriors)

& Welcome back to Newton Abbot

Brook Brailey

Recommendation is the highest compliment we can receive.

Welcome one and all!

Dates for your Diary

AUGUST

Wednesday 1st	Little Warriors Summer school
Saturday 4th	Little Warriors stripe test
Sunday 5th	kyu grading
Monday 6th-Friday 10th	Summer School No 10am Classes
Wednesday 15th	Little Warriors Summer School
Monday 27th	Bank Holiday no classes.
SEPTEMBER	
Saturday 1st	Kumite Workshop 1-3pm
Saturday 22nd & Sunday 23rd	Ladies Self Defence 1-4pm
Saturday 29th	Bully Buster Sessions 1-2pm & 2.30pm-4pm

Birthdays

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

2nd	John Drew, Pearl Macafee, Wolfe Macafee
5th	Oliver O'Brien
6th	Harvey Johnson
8th	Ruby Hewings
13th	Charlie Tonepohl
15th	Thomas Flannery, Ashton Fenwick, Zac Jary
16th	Richard Carrick tasshi, Oliver Williams
23rd	Tom Sykes (18th)
24th	Freya Wallwork, Archie Panks
28th	Conrad Bird
31st	Liam Francis

Happy Birthday to You



Perran

Still recovering from the Perran course, our attention has already been directed to 2019. Due to all the positive feedback and requests for it to be repeated we shall do it again. Same venue, same weekend Same instructors. Slight change to the training times.

We are currently waiting for final costs from Perran Sands, and will post all the details as soon as they are available. We will be taking bookings for 3 or 7 nights with training Friday 31st May to Sunday 2nd June.

Keep an eye on the Facebook page and notices going up on the boards in Newton Abbot for the full details.

Brecon

What a weekend! We got together on Friday 27th August, 7 weeks into a heatwave that miraculously turned into the wettest weekend this year. It looked dire, but just as the 10am session was due to start on Saturday, the rain ceased! We went ahead with our plan for training outside in the beautiful Brecon countryside. Saturday morning, the waterfall, then Saturday evening.



However we were kept inside on Sunday morning and Sunday afternoon.

Anthony Blades kyoshi was teaching for the first time alongside **Martyn Skipper sensei** and **John Burke renshi** in Brecon. Keeping the group together instead of splitting them up meant that each of the teachers joined in with the sessions taught by the other teachers, so they got some training too.

The group included Karate-ka from Scotland, Manchester, and of course the Devon contingent. Bendy straws forever.

STOP PRESS!

The feedback about the course has been so positive that we are going to do it all again next year. We've gone for Friday 30th August 2019 to Sunday 1st September 2019. Once again, the fee will include evening meal on Friday and Saturday, Breakfast and packed lunch on Saturday and Sunday, and all your training before evacuation on Sunday. Just £140 per person.

Places in the shared accommodation are limited, so anyone who definitely wants to come must get their place booked asap.