

Karate Academy

Merry Christmas!



availability. £24.95
Keikokai pins. They are really nice and only £3.95

Equipment?

Fist protectors
Kick shields (did you know you can get them in pink?)
Focus mits
Gum shield.

Lessons?

Yes, this could be the best gift you could give someone. How about treating a friend or a member of your family to some lessons? Just contact Kim and she'll make out a voucher for them so that they can come and join us. You would be helping them towards greater fitness, confidence, and ability to protect themselves.

Give someone Karate for Christmas.

All you have to do is phone through to Kim on 01626 360999 and she will confirm a price and delivery time for you. You can even arrange to pick up outside of lesson time so that the "certain someone" doesn't see you getting the item.



December Does it!

Season's Greeting to you all. 2012 is nearly gone, and 2013 is looming strong. What a year! Thank you to everyone who has supported the Karate Academy over the past year. That includes the teachers and

the students without whom none of this would be possible or even necessary... We're not done yet.

Training continues until 23rd December, and then the regular timetable takes a break until 2nd January 2013. Even then we will have a "keep limber" session on Saturday 29th December for those of us who "balloon" during the festive season.

Try to stay safe out there. Apart from the dangers of Christmas shopping, the evenings are dark and drivers have other things on their minds than your safety. We don't want to lose someone just because they were distracted by (or during) the festivities.

Oh, and we already have plans for 2013... <hee hee>
John and Kim

Christmas Presents

Those of you thinking of getting Karate related gifts, please order early. It can be terribly disappointing if something doesn't arrive before the "big day". What might you order?

Books?

Peaceful Mind—Heian kata bunkai

Iron Horseman—Tekki Shodan kata bunkai

Fortress Storming—Bassai Dai kata bunkai

The Pressure Point Guide for Martial Artists.

The Bubishi by Patrick McCarthy.



DVDs?

Syllabus DVDs—one per belt.

Bunkai DVDs, explaining what your kata does.

Pressure Point 2-disc set.



Clothing?

A new gi.

Student weight or heavyweight?

A new belt. Embroidered with your name/style/rank.

Karate Academy Fleece. The official jacket with Karate Academy written across the back, the Keiko logo on the left breast, available in Grey, Pink, or Dark Blue, men's or women's cut. S, M, L, or XL. Subject to

The Karate Party

No, we don't call it that anymore. Nowadays it's called "**The Special Lesson**" on account of how, when people think it's a party, they tend to come dressed in red velvet dresses and the like, which can be very embarrassing during the wheelbarrow races. So now we let everyone know that it involves sweat and strain. We will do a warm up, there will be basics, there will be *kata* (on the spot, and backwards), and there will be *sparring* (on piggy-back). We'll also have the traditional "*knock down Sensei*" and a few other exercises. For those who haven't been before, come along ready for fun, but don't wear anything precious because it will get wrecked.

The fee for taking part? **Bring something** that we can share when we sit down after the madness. Sandwiches, drinks, cocktail sausages, crisps, cakes, biscuits or **lasagne with no mushrooms**. And we'll end our session with a feast of all the things you guys bring in. 2pm start at Newton Abbot dojo.

December Break

Let's try to have that not be about anyone's bones, shall we? Training in December continues right up until the 23rd. The Special Lesson will be our last session before Christmas. The normal timetable is then suspended until 2nd January 2013. During that holiday period, there will still be a class, it just won't be from the "regular timetable". This is because lots of you are away and involved in family get-togethers (as is natural), but some of us need to stay limber during the season or we will seize up.

Come and train whenever you can.

New Members

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

Torquay: Samuel Taylor

Paignton: Emily Skitch

Totnes: Leo Hillfon-Richardson

Welcome one and all!



Dedicated to Black Belt Excellence

Women's Self Defence

As usual, Clare Potter sensei ran a fine course on Saturday 24th November at 1.30pm. The 3 hour course had a great group of people who all seemed to get lots from it. If there is to be another one then we require that you express your interest.

To this end we have created a special Ladies Self Defence **Facebook** page to keep people up to date with goings on and allow confidential questions to be asked away from the big lads in white pyjamas. Just let Clare know that you would like to be included on the page, as it is a "closed group".



Honoured

Martial Arts Pulse magazine, available on kindle etc and



edited by Andrew Banks (3rd Dan) recently announced their 2012 Hall of Fame awards. In the category

"Martial Arts Motivators" the award went to **John Burke** sensei, chief instructor at the Karate Academy, for continued services to the Martial Arts.

TMAX

Following the situation between Paul Clifton, of Combat magazine and Kwoklyn Wan, the founder of TMAX, the Martial Arts Show, the event has been re-named the Martial Arts Expo (**T-MAX**) and will take place in October in 2013, moving from the slot that causes friction with other shows in the spring.



NEW DVD

We've just released **Kata & Application volume 20—SOCHIN** on DVD and download. It's £19.95 from your instructor and features more than 90 minutes of tuition on the principles of application for the kata's moves. John Burke sensei is featured in more than 40 DVDs, 5 books, and multiple magazine articles with his take on kata bunkai. Sochin is a 3rd Dan kata. The previous ones are all available at www.bunkai.co.uk and at the dojo.

Dates for your Diary and Timetable exceptions

Tuesday 11th December no Torquay class due to prior hall booking
Saturday 15th December kyu grading at Newton Abbot.
Sunday 23rd December The Special Lesson, no Totnes or Newton class.
Monday 24th December 2012-Tuesday 1st January 2013 inclusive, no regular lessons
Saturday 29th December 11am-1pm Newton Abbot class
Wednesday 2nd January 2013 Normal timetable resumes

Birthdays

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

1st Joe Trott
 2nd Daniel Williams
 3rd Steve Thomas sensei
 4th Tabitha Morgan, Leah Watson, Janet Drew
 7th Jack Zheng, Alison Brend (*milestone*)
 11th Stephen Brand
 12th Corvan Elliott
 14th Archie French, Liam Trott
 16th Phil Hale
 17th Tilly Hughes-Johnson
 19th Kieran Osborne
 21st Thomas Bryant, Amber Edwards, Connor Edwards, Anna Warren, and Peter Yaldren
 27th James Smith
 30th Tim Boyd (18!)
 31st Jessica Alger, Jack Hemus

Happy Birthday to You



Last Word

'Tis the season to be Jolly. So let's enjoy it. Try to put aside those things that have plagued us and move ahead so that we can make better use of 2013. Take time to see your family. Think more of what you give than what you receive. Then be thankful if you receive anything at all. Karate has been around for a long time. It will be around for a long time to come. There is still plenty to learn and plenty to strive for. And right now is the time to breathe. To not panic about grades or anything else. Just enjoy what you are doing and see what you can learn from it. Some of the things that we were promised and that we promised ourselves did not come about in 2012. Some other things came as a nice surprise. You can already see that 2013 has lots in store for us to enjoy. Proud to be the Keikokai. See you in the dojo. **Oss**



Hanshi Wingrove in Cornwall

Well done to those who travelled down to St Austell to come and train with Terry Wingrove (9th dan) hanshi.

His next visit to the area is now scheduled as 2nd March 2013 St Austell and 3rd March 2013 Newton Abbot.



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