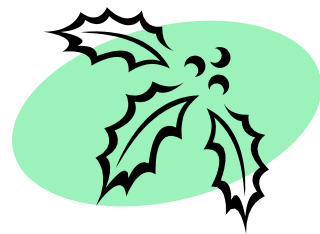




# Karate Academy

December



## Merry Christmas!

The start of 2013 was only yesterday, wasn't it? And here we are looking at the end of it... The year has just flown by. There have been tragedies this past year, and there have also been huge successes. Our hope is that your experiences have made you stronger. There's plenty of fun to be had this season, and you just need a little time for your training, too. Please read the situation in the dojo. Some times are for being silly, and some times are for hard, serious training. Part of our training is our ability to enjoy both for what they are worth, and to be able to switch between them. After all, self defence is only necessary when someone catches us unawares...  
John and Kim



## Season's Training

We all enjoy the special atmosphere at Christmas. You will have all sorts of school and work events to attend. Some clubs shut entirely over the Christmas period. We don't. Our lessons will continue as planned (with just one or two exceptions—see overleaf) right upto and including Monday December 23rd. Then the normal timetable is suspended and recommences on Thursday 2nd January 2013. In the meantime we will have **two** classes at Newton Abbot dojo - one on Saturday 28th 10am-12noon, and one on Monday 30th 2-4pm.

So many people are away or visiting relatives or spending quality family time together over the holiday that it really isn't worth running the 27 different sessions that we currently offer for that week. So please try to make it to the two which are on offer as it stops us from seizing up or getting too out of shape.



**Dedicated to Black Belt Excellence**

## Prepare

In order to give the 1st kyu and current Dan grades their very best chance at grading success there will be a pre-grading/preparation lesson on Sunday 8th

December from 3pm-6pm. If you expect to take a Black Belt grading in 2014 you need to be at this lesson. All Brown Belts and Black Belts have this potential available to them.

## The Special Lesson

Anyone who hasn't been training for more than a year won't know about "**The Special Lesson**"... Oh, boy, are they in for a treat!

We used to call it the "Karate Party", but red velvet dresses don't work so well when we get to the wheel-barrow races; so now it's called The Special Lesson. You need to wear something you can train in, but not necessarily your formal gi. We've seen people in red gi with white fur trim, angel wings, werewolves, and all sorts. Don't wear anything precious, though, the class is quite strenuous.

There will be exercise, and kata (**on the spot**), and sparring (**piggy-back sparring**) and other traditional activities (**knock-down sensei**). There is an entry fee, too. Bring something. Someone will bring Fanta and someone else will bring

chocolate fingers. Triangle sandwiches. Cakes. **Lasagne** (with no mushrooms;-) and after the silliness we put it all out as a buffet to be shared amongst the members.

This year, the Special Lesson is on Sunday 22nd December **11am-2pm** (ish) at Newton Abbot dojo. There are no other lessons that day. We hope you can join us. It's a chance to meet your fellow students in a slightly less formal environment. Oh, it's also the day we give out our awards for the year. We have 4 categories that the instructors nominate students for.

## Dojo Tip

**Continuity.** Many people will immediately think that this refers to training two times per week (or more). While that is something to keep in mind, this principle refers to the idea that once something has been taught in one lesson, we must try to carry on doing it in the next lesson. So if we lift the knee high for kicks in one lesson, the same idea must go forward to our next training session. In this way, the picture builds up rather than just getting more new things to practice each time that seem unrelated.



## Kyu Grading

The next kyu grading is on Saturday 21st December. There will be no Christmas presents in this grading. All grades are earned!!! The lesson begins at 10am, and anyone can attend, whether they are grading or not.



New students wonder how they will know if it is time to grade. Your instructor will present you with a "grading notice" (an invitation to take the test) once you have demonstrated in class that you have learned the syllabus with the right attitude. That means you have permission to take the test. It is conditional on you continuing to work on, and improve, your skills leading up to the test.

Approximately 26 lessons or three months' worth of training twice per week is usually what is required. Everyone is judged on their merits; 3 months? 4? When you are ready.

The previous kyu grading was held on Sunday 10th November- held at Newton Abbot dojo - the following students were recognised to have attained the required standards for the ranks listed:

### 1st kyu

Lewis Tribble  
Jack Zheng

### 2nd kyu

Andrew Power  
Laura Pattison  
Sharon Keirman

### 3rd kyu

James Antcliff

### 4th kyu

Amy Clark  
Hannah Tribble  
Aidan Hawlor  
Steven O'Brien  
Tamzin Przybilska

### 5th kyu

Jacob Bellinger  
Andrew Bellinger  
William Przybylski  
Phil Hale  
Ewan Hale  
Corey Edworthy

### 6th kyu

Fergus Lloyd

### 7th kyu

Adam Faulkner  
Eleanor Freeman  
Samantha Bowles  
Martin BurrIDGE  
Charlie Taylor  
Lexy Taylor

### 8th kyu

Scarlett Bellinger  
Thomas Freeman  
David Stuart  
Noah Taylor

### 9th kyu

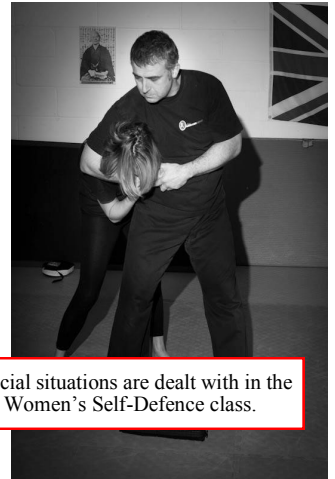
Maria Parsons-Antonilli  
Jamie Griggs



Congratulations to you all on your achievement, and may you have continued success and improvement with your training

## Ladies Self Defence

Clare Potter sensei taught a great class on Sunday 3rd November. It was great to have a good-sized group, and it was great to see people get stuck in so heartily. Boundaries were broken down and every participant was left with just a little more empowerment than they started with.



Crucial situations are dealt with in the Women's Self-Defence class.

With these kinds of course you really have to catch them when they are offered. No experience in the martial arts is necessary, and most of the ladies who attended had never trained before.

## Planning Ahead

The Summer Camp in Brecon, Wales, has had its dates set as **25th-27th July 2014**. Please contact Martyn Harris sensei directly to book your place. (sensei@KarateCardiff.com)

We spend the weekend training in a field surrounded by beautiful scenery and eating and imbibing together. No age or grade limits, though juniors will, necessarily, need an adult with them.

The training is multi-style with tuition from Martyn Harris sensei, John Burke sensei, and Martyn Skipper sensei (who is current kumite world champion).

This year we return to the wonderful (flatter) site by the reservoir that we last used 4 years ago. As we go to press, Sensei Martyn tells me there are 12 places left.



**Karate**  
Academy



## The Return of the Sword!

The Art of Drawing the Sword is called **Iaido** (ee-eye-doh), and it heralds back to the techniques of the samurai in ancient Japan. In the past we have run courses by the UK's most experienced Iaido Sensei, Vic Cook, and Ross Chesterton sensei has taught a regular study group.

Now you have the opportunity to "taste" the art of Iaido in a Workshop at the Newton Abbot dojo.

**Saturday 4th January 2014 2-4pm**, at the cost of just £5.

You don't need any special equipment, but should wear your gi as the belt is useful. If you already possess an Iaito or Bokken, please bring it, otherwise you can use one of ours for the day. The art consists of 12 set kata. You cannot do sparring with swords. Even a wooden practice sword is dangerous. Someone would definitely get hurt.

To book your place and experience this contemplative martial art, suitable for all ages and fitness levels, please call 01626 360999.

Spaces are limited to 10 participants so you must call, or speak to Sensei Ross to reserve your place.



## New Members

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

Paignton: Jamie Turner, Bill Reeves

Ashburton: Heather Wells, Hope Wells

Torquay: Adam Craig

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

## Birthdays

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

3rd Martyn Harris sensei, Emma Harris (Milestone), Steve Thomas sensei

4th Tabitha Morgan, Leah Watson, Janet Drew

5th Sean Kelly

7th Jack Zheng

8th Deabra Stuart

11th Stephen Brand

12th Corvan Elliott

16th Phil Hale

19th Kieran Osborne

21st James Smith, Thomas Bryant, Connor Edwards, Anna Warren, and Peter Yaldren

31st Jessica Alger, Jack Hemus

**Happy Birthday to You**

## Dates for your Diary and Timetable exceptions

December 10th No Torquay Session

December 21st Kyu grading

December 22nd No normal lessons.

The Special Lesson, Newton Abbot 11am-2pm

December 23rd Normal Lessons

December 24th 2013—January 1st 2014 No regular lessons

December 28th Newton Abbot class 10am-12noon

December 30th Newton Abbot class 2-4pm

January 2nd 2014 Return to normal Timetable

## Last Word

**Thanks.** Thanks for your support over the past year. Thanks for your energy and your enthusiasm. Thanks for trusting that we are working to help you. Thanks for the recommendations and the people you have brought in to our family. Thanks for the sacrifices you made in order to get to training when it wasn't convenient and it would be easier to sit at home. Thank you.

2013 is coming to an end, and we haven't accomplished all the things that we set out to do this year. We have done a lot, though, haven't we? The brilliant thing about this cyclical calendar that we have is that there is another year coming up. It will be here soon. Don't wait for it to pass before we do the things we love. Don't wait for it to pass before you look back with regret at the missed opportunities.

Take those chances now. Tell someone that you care for how you feel. Organise those trips and events. Say thanks to the people who mean something to you.

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



# Class Schedules 2014

Below are the Class Schedules starting from 2nd January 2014. The only change from the current schedule is Torquay will only have one session per evening.

Private Sessions will continue to be held on Saturday afternoons at Newton Abbot. To book your appointment call 01626 360999 or email [kim@KarateAcademy.co.uk](mailto:kim@KarateAcademy.co.uk)

## NEWTON ABBOT

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

<b>TUESDAY</b>	10am-11am 5pm-6pm 6pm-7pm 7pm-8.30pm
<b>THURSDAY</b>	10am-11am 5pm-6pm 6pm-7pm 7pm-8.30pm
<b>FRIDAY</b>	5pm-6.30pm
<b>SATURDAY</b>	10am-12noon
<b>SUNDAY</b>	4pm-6pm Brown & Black Belts Only

## TORQUAY

St Martins Church Hall, Barton Hill Road, Torquay

**TUESDAY** 6pm-7.30pm

St Lukes Lower Hall, Sheddons Hill Road, Torquay

**FRIDAY** 6pm-7.30pm

## PAIGNTON

Christchurch Hall, Torquay Road, Paignton

**MONDAY** 5pm-6pm  
6pm-7pm

Palace Avenue Methodist Church Hall, Paignton

**WEDNESDAY** 6pm-7pm  
7pm-8.30pm

Parkfield Leisure Centre, The Esplanade, Paignton

**SATURDAY** 10.30am-12pm

## TOTNES

All classes held at TOTNES Pavilion Leisure Centre

<b>WEDNESDAY</b>	6pm-7.30pm
<b>SUNDAY</b>	10.30am-12noon

## ASHBURTON

All classes held at Ashmoor Leisure Centre,  
ASHBURTON

<b>TUESDAY</b>	6pm-7.30pm
<b>THURSDAY</b>	6pm-7.30pm

## CHUDLEIGH

All classes held at The Town Hall, CHUDLEIGH

<b>MONDAY</b>	5.30pm-7pm Large Hall
<b>WEDNESDAY</b>	6.15pm-7.30pm Woodway Room

## KINGSTEIGNTON

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

<b>THURSDAY</b>	5.30pm-6.30pm 6.30pm-8pm
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[www.KarateAcademy.co.uk](http://www.KarateAcademy.co.uk)  
[info@KarateAcademy.co.uk](mailto:info@KarateAcademy.co.uk)  
**01626 360999**

**CALL OR EMAIL TO BOOK YOUR 2 FREE TRIAL  
SESSIONS**

## Warrior Workout

ULTIMATE FITNESS CLASS

Fridays 6.30pm-7.30pm Newton Abbot Dojo  
£5 per session or £50 for 10 sessions  
**New Course starts Friday 11th January 2014**  
**First Session Free**

