

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 debbie@KarateAcademy.co.uk

NEWTON ABBOT

All classes held at Karate Academy, King Street Studios, King Street, NEWTON ABBOT, TQ12 2LG

TUESDAY 10am-11am
5pm-6pm
6pm-7pm
7pm-8.30pm

WEDNESDAY 4.30pm-5.15pm LITTLE WARRIORS
6.30-7.30pm LADIES ONLY

THURSDAY 10am-11am
5pm-6pm
6pm-7pm
7pm-8.30pm

SATURDAY 9am-9.45am LITTLE WARRIORS
10am-12noon

SUNDAY 10am-12noon
BROWN & BLACK BELTS ONLY



PAIGNTON

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

SATURDAY 10am-11.30am
WEDNESDAY 6pm-7.30pm

Note: From January 2017 the Wednesday class will be in the Dance Studio (Borough Road site) 6.30pm-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

TORQUAY

St Martins Church Hall, Barton Hill Road, Torquay

TUESDAY 6pm-7.30pm

EXETER

CRANBROOK Education Campus

WEDNESDAY 6-7.30pm



Zanshin Seminar with Andrew Power sensei

In our busy lessons we skip over some aspects of our martial arts, but in this seminar we are going to delve into awareness, or *zanshin*...

- ◆ What is meant to be happening in *mokuso*?
- ◆ Why am I tense?

- ◆ How can I deal with fear?
- ◆ How can I breathe better?
- ◆ What does 'no mind' really mean?

All these questions and more will be looked at...

(Suitable for all adults and mature, older children able to cope with sustained concentration.)

Sunday 12th February 2017. 1-3.30pm. £10 per person.
Newton Abbot dojo.



Volume 10 Issue 12 December 2016

Karate Academy

One



One whole year. **Merry Christmas!**

It has been another whole year at the Karate Academy. We hope you've met your targets. If you haven't you have another opportunity coming up. We call it 2017. We look forward to seeing you there.

A quick reminder that if you miss class due to all the Seasonal activities you always have the chance to make up your training time in the other classes on offer.

John and Kim

Yara Kusanku

The final seminar of 2016 is on **Sunday 11th December 2016**.

We will be hosting **Martyn Harris** *renshi* teaching the version of Kanku Dai kata 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 10am-2pm at a cost of £25 per person.

Dojo Traditions

Kin 金 - Metal. Not an element that perhaps is easily recognised in the west. The idea is of hot liquidity and cool sharpness, forged under pressure in extremely testing conditions. It can be pliable but also extremely solid.

Dedicated to Black Belt Excellence

The Special Lesson!

We used to call it "The Karate Party", but when we did that people came along wearing velvet dresses, and as there is going to be exercise and silly stuff going on, dresses can be a bit embarrassing during the wheelbarrow races... So now it's called The Special Lesson. Sunday 18th December, starting at 11am at the Newton Abbot dojo. There will be warm-up, and basics, and kata, and sparring, and some strange person invented a tradition called "Knock Down Sensei", and all kinds of other stuff.

Now, there is an entry fee. You have to bring something for the table. You see, after the sweaty stuff we like to sit down and share the food and drink that people bring with everyone who is there. (The best people bring lasagne with no mushrooms, hint hint)

This occasion also marks our annual Awards, where we give out an award for those things that are not so easily represented by grades.



- **Most Helpful Sempai;**
- **Most Dedicated Student;**
- **Most Improved Student;**
- **and The Student of the Year.**



It is a wonderful opportunity for us to have some fun, get together, and get to know each other.

We look forward to seeing you there. Estimated finish time for parents who want to go shopping while we entertain the kids is 2.30pm. Parents and students should park in Cricketfield Car Park (free Parking on Sundays) and take the very short walk to the studios.





Ladies Self Defence

Clare Potter sensei's popular Ladies Self

Defence workshop had it's most popular and successful session yet on Sunday 20th November. A great group, working hard, learning lots, with a great attitude. Well done Sensei.

The next workshop will be announced in the new year and may be split into two sessions, one for newbies and one for the more advanced students.

Christmas Timetable

Some of us would quite happily continue to run classes throughout the festive period. However, few people show up to cover the 23 classes per week that we usually have. So, between Christmas and New Year we just put on two classes, and those of us who want to train will make provision to be at them if we can. The exceptions run as follows:

- ◆ **Tuesday 6th December** there is no Torquay class due to hall availability.
- ◆ **Sunday 11th December** we have the Yara Kusanku seminar with Martyn Harris renshi. 10am, Newton Abbot.
- ◆ **Saturday 17th December** Little Warriors Stripe Test 9am, kyu grading 11am Newton Abbot.
- ◆ **Sunday 18th December** The Special Lesson 11am Newton Abbot
- ◆ The normal timetable continues until Sat 24th December (no Paignton on the Saturday, Newton Abbot only)
- ◆ Then regular classes are off.
- ◆ **Wednesday 28th** 4-6pm we have a class in Newton Abbot.



- ◆ **Friday 30th 10am-12noon** we have a class in Newton Abbot.
- ◆ **Tuesday 3rd January** 2017 regular timetable resumes.



So don't miss out, use us as much as you can on the run up to Christmas. Stay limber over the holiday, and use the two extra classes to make sure you don't seize up.

Perfect Presents

With martial arts in mind, we are happy to recommend books and DVDs for students. You could order things off ebay, but would they be the right things to get?

Copies of Funakoshi's "My Way of Life" make an excellent stocking filler, as do our Karate Academy **drinks bottles** (£5 each or £9 for two). Flashlight Keyrings only £2.50

A new gi? A heavyweight gi? Kickshield? Focus mitts? **Syllabus DVD? Bunkai books and DVDs?** A **Karate Academy fleece** (adult sizes only, at the moment, now only £15). Just call for quotes, but please don't leave it too late to order.

An embroidered black belt needs to be ordered no later than 5th December to guarantee Christmas delivery.

Travels

As you will become bored with hearing, John Burke renshi visited Okinawa in November, and trained with **Hokama Tetsuhiro** (10th Dan) sensei. This was a research trip to help enable the 2018 group trip to Funakoshi sensei's memorial on his 150th anniversary of his birth.

Birthdays

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

- 2nd Eric Farrelly, Lindon Bush
- 4th Janet Drew, Leah Watson, Tim Crout
- 7th Jack Zheng
- 8th Isaac Hinds, Deabra Stuart, Michael Barnes, Alexander Shilston
- 10th Samuel Racey, William Wrathall
- 16th Phil Hale
- 17th Kate Osborne
- 19th Kieran Osborne, Ian Perry
- 23rd Morton O'Reilly
- 24th Eva Perry

Happy Birthday to You



Dates for your Diary and Timetable exceptions

Tuesday 6th December—no Torquay lesson due to carol service in our hall.

Sunday 11th December—Martyn Harris renshi teaching *Yara Kusanku* in Newton Abbot.

Saturday 17th December—**Little Warriors Stripe Test and kyu grading** Newton Abbot

Sunday 18th December—The Special Lesson 11am Newton Abbot

Saturday 24rd December—Last regular class of 2016 in Newton Abbot, No Paignton class

Wednesday 28th December—4-6pm extra class

Friday 30th December—10am-12noon extra class

Tuesday 3rd January 2017—Normal timetable resumes.

Sunday 12th February—Zanshin Seminar, Newton Abbot. 1-3.30pm



New Members

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

Brodie Simpson and Dylan Rousell (**Little Warriors**) (Newton Abbot)
Joshua Hartshorne, Samuel Hartshorne, Corey Summers, Riley Meadows (Torquay)

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

Last Word

Merry Christmas. As we give thanks for the events that 2016 has given us, and reflect on the lives of those no longer here, we choose to celebrate at this time of year. We celebrate what we have and are grateful. We celebrate what we have achieved. We are grateful for the people around us and the events which have forged our swords. So now we get to relax a little, unwind. Enjoy. We know there are still challenges ahead and this small respite will give us the renewed strength that we will need. Smile when you see those who have stood beside you in the past, standing there still. We all have our wobbles—our moments when everything is not as it should be—and yet it is the long haul that gives us our truest picture. Celebrate, then, the long haul, firm friendships, and the martial arts that have revealed them and us. Proud to be the Keikokai. See you in the dojo. **Oss**



www.KarateAcademy.co.uk
info@KarateAcademy.co.uk
01626 360999 or 08000 155152

