

Club Competition

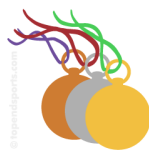
Thanks to everyone who supported and took part in the competition on Saturday 18th November. Good spirit and good attitude is what won the day. Those who came away with medals and certificates in each category are listed below:

Our winners were:

- **Junior Freestyle Kumite** (kyu grades) Gold Tyrese Harris, Silver Daniel Turney, Bronze Joe Budd, Honourable Mention Alfie Gill
- **Senior Freestyle Kumite** (kyu grades) Gold Kelly Turney, Silver Alex Stuckey Howard, Bronze Lennon Lemar, Honourable Mention Ian Perry
- **Junior Kata** (kyu grades) Gold Harley Harris, Silver Joshua Adams, Bronze Helena Stuckey Howard, Honourable Mention Lucy Turney
- **Senior Kata** (kyu grades) Gold Alex Stuckey Howard, Silver Ian Perry, Bronze Lennon Lemar, Honourable Mention Kelly Turney
- **Yudansha Kumite** Gold James Drake, Silver Andy Power, Bronze Cas Power, Honourable Mention Catherine Flannery

- **Yudansha Kata**
Gold Cas Power, Silver Andy Power, Bronze Shana Osborne, Honourable Mention Tom Potham
- **The 5 Step Challenge** Gold Janet Drew, Silver Kelly Turney, Bronze Thomas Flannery, Honourable Mention Jack Dymond.
- **Little Warriors Fitness Challenge**
Gold Charlie Pitchford, Silver Isla Perry, Bronze William Harvey, Honourable Mention Ryan Paul.
- **Little Warriors Kata** Gold William Bath, Silver Isla Perry, Bronze Dylan Hone, Honourable Mention Theo Shepherd.

Thanks to everyone who supported the event and took part. Thanks to Kim and Debbie for organising it, and to Richard Carrick tasshi, Jim Wight sensei, Clare Potter sensei, and Natasha Barlow sensei for refereeing and judging.



Last Word

Merry Christmas. When it comes to activities that help us with introspection, Karate has most beaten hands down. We spend a lot of time working out what's wrong with us, coming to accept what we cannot change, and taking action to change the things that we are able to. Referring to Karate as "Moving Zen" was commonplace at one time. Practical fighting techniques and winning competitions are distractions on the path to self-realisation, as Funakoshi sensei knew when he branded the art with the motto **"The aim of Karate-do lies not in victory or defeat, but in the perfection of character"**. Maybe over Christmas time we can spend just a little bit of time in gratitude, thanking the people who are part of our lives for their support and inspiration. Maybe we can make sure we do our bit to help out. In the dojo. At home. At work. We can be even better next year.

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



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Karate Academy

ONE

What a year!

We've had guest instructors, courses, trips away, waterfalls and beaches, gradings, seminars, and, yes, regular lessons. As the holiday season descends on us we like to take a moment to reflect, and to celebrate all that has gone before. And we are grateful to everyone who joined us on this journey. We're now looking forward to 2018, and would like to remind our fellow travellers that in amongst all the holiday-ness, our classes DO continue...
John and Kim



Kyoshi Anthony Blades

The title "kyoshi" means teacher, and it is usually reserved for someone who is a teacher of teachers, or a professor. Everyone who came along on Sunday 12th November got to see why **Kyoshi Anthony Blades** has been awarded that title. He started off with the Sandans and above, including observing the Remembrance Day silence at 11am, of course. At 11.30am the other Brown and Black Belts came to join the class. How gedan barai is like throwing a sock was part of the class!!!



Dedicated to Black Belt Excellence



From 1-2pm the coloured belts had Kyoshi's undivided attention while the seniors helped out with the kumite and oyo for the grading candidates. During the sessions, a Dan Grading was

also taking place under the watchful eye of Kyoshi Blades, John Burke rensai, and the seniors of the dojo.

The following people were awarded new grades:

Nidan

Jack Zheng

Shodan

Robin Davey, James Ellis, Scott Elson, Catherine Flannery, Garry Hewings, Eros Medina.

Feedback was also given on what the next panel grading would involve.

Zanshin

Sensei Andrew Power once again ran his Zanshin, Dynamic Awareness seminar on Sunday 19th November. It was a really well run session, with exercises and meditations used to help the attendees to increase our awareness of our surroundings and our selves.

Paignton

Unfortunately, classes in Paignton will not recommence in January. The last Paignton class is on Friday 15th December.





New Members

The Karate Academy is pleased to welcome the following new members who joined

during the month of November
Joshua-Jay Munden (Chudleigh)

Andy Tran, Poppy Tonephol, Andrew Ware, Finlay Ware, Fortuna Trekker, Julio Perez-Giron (Newton Abbot)

James Sherry, Ollie Whitbread, Oliver O'Brien, Samuel Wilson (Little Warriors)

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

Sensei's Revenge? The entry fee for this special day is that you will bring some food or drink along, and then after the madness on the mats we will sit together and eat from the collected donations. In the past these have been wonderful occasions. We also use this day to give out our annual Awards. These are voted for by the instructors to recognise efforts that our grades do not fully cover.



Most Improved Student 2017

Most Helpful Sempai 2017

Most Dedicated Student 2017 And Student of the Year 2017

We expect the high energy part of the day to start at 11am. At 1pm we present the awards, and at 1.30pm we will eat.

Anyone still around at 2.30pm can help us with the clearing up. Just watch out for the adults. Sometimes those adults can get really competitive...



Okinawa

We have an extra space available on the trip, if anyone was considering coming along.

In November 2018, Renshi John will be going out to Okinawa to train. November 10th marks the 150th anniversary of Funakoshi sensei's birth, so it is important to us. A small group will be going out to Tokyo, visiting the site of O'Sensei's monument, and then journeying on to Okinawa for training and sightseeing.

The trip will be 4th-18th at a cost of £3,200 per person. This will be for flights, transfers, accommodation with breakfast, and training. You will need to allow extra for dinner and gifts. Deposits of £500 are payable straight away, with the balance by September 2018 or in 9 monthly instalments of £300. Martyn Skipper sensei and Martyn Harris renschi will be coming with us.

Birthdays

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

2nd Eric Farrelly, Lyndon Bush
4th Janet Drew, Leah Watson
7th Jack Zheng
8th Isaac Hinds, Deabra Stuart, Alexander Shilston
10th William Wrathall, Roo Wakely
11th William Bath
12th Thomas Oram
16th Phil Hale
17th Kate Osborne
19th Kieran Osborne, Ian Perry, Jessica Oakley-Peck
22nd Tom Potham
23rd Morton O'Reilly
24th Eva Perry
28th Callum Harris



Happy Birthday to You

Dates for your Diary

and Timetable exceptions

Saturday 16th December Kyu grading

Sunday 17th December The Special Lesson! 11am—2.30pm.

Saturday 23rd December

Last timetabled lesson before Christmas.

Wednesday 27th December

10am-12 noon extra class.

Friday 29th December

2pm-4pm extra class

Tuesday 2nd January

2018 Timetable returns to normal.



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:

1/11 Aron Power.
4/11 Samuel Oliver Wilson
6/11 Megan Underhill
8/11 Isla Perry
11/11 Brody Simpson
13/11 Niji Bellchambers
15/11 Daniel Monnington-Hayes
18/11 Dylan Hone
20/11 Thomas Oram
22/11 Elsie Monnington
27/11 William Underhill

Grading Results

On Sunday November 6th we held a kyu grading at Newton Abbot dojo. The following people were recognised to have attained the required standard for new grades:

1st kyu Anna Hinds
3rd kyu Lennon Lemar
4th kyu Daniel Turney
5th kyu Joe Budd
6th kyu Josh Adams, Ian Perry
7th kyu Matthew Daborn, Elliott Speer
9th kyu Lilly Ball, Isaac Hinds, Sam Iskander, Richard Nguyen, Alex Stuckey-Howard, Charlie Tonephol, Eliza Kubien

On Saturday November 5th the following Little Warriors were graded up a stripe to their new grades:

Yellow Stripe Lucas Daborn, Joshua Sharp
Red Stripe Theo Shepherd, Brody Simpson, Niji Bellchambers
Orange Stripe Holly Brimecombe, William Bath, Emily Bath, Roo Wakely, George Jones, Oliver Williams, Freya Wallwark, Dylan Hone

Christmas Timetable

We keep going throughout the month with our normal timetable, except for the week between Christmas and New Year. Even in that week we will have a couple of sessions, they are just not on the normal timetable.

On Saturday 16th December there is the last Kyu grading of 2017.

Sunday 17th December has The Special Lesson! 11am-2.30pm.

When we get to Saturday 23rd December we have the Last regular timetabled lesson before Christmas.

Wednesday 27th December
10am-12 noon extra class.

Friday 29th December 2pm-4pm extra class. Then on Tuesday 2nd January 2018 the Timetable returns to normal.

The Special Lesson

What does the Special Lesson involve? Well, we don't do "parties", so this is as close as we get. There will be hard exercise and kata and kumite, but all with a Christmas twist. Piggy back sparring? Ninja ninja turtle? Hurricane?

