



## Little Stars

Our Little Warriors are recognised in class as to who has the best attention or most improvement during that lesson. Our Star of the Day is awarded a certificate. In the past month we have had:

- 3rd The Whole Class
- 5th Peter Chadwick
- 6th Zac Ellis
- 7th Ollie Imeri
- 10th Brody Simpson
- 12th Oliver Russell
- 14th Jorja Williams
- 17th Iris Carrick
- 19th William and Megan Underhill
- 21st Oscar Williams
- 24th Dylan Hone
- 26th Pearl McAfee
- 28th TQ Whole class

## Last Word

Merry Christmas. I hope you get what you want. I hope you give what you need to, and that isn't really about presents. Presents should be presence.

Being present in someone's life is the best gift you can give them—your time. It's the thing that there is only so much of, and when it is gone it is gone. Without a TARDIS we are stuck with the allocation of time that we have, and how we use it and whom we use it with is very important. 365 days in a year. 24 hours in a day.

Give your presence to the people you love and can help. This time of year can be stressful, but, like in all things, it is only that way if you allow it to be that way. Even if the presents are wrong and the cooking doesn't go well, the day can still be enjoyed. The break can still be enjoyed; we just have to make up our minds to receive it that way. We decide that we will have a good time, because we can. So when we see you in 2019, you will be able to say that you had a good Christmas. You chose it to be that way.

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

**Oss**



**Dedicated to Black Belt Excellence**

## Dates for your Diary

### DECEMBER

- 1st **NEW Juniors Only class** starts in Newton Abbot 9.30am-10.30am
- 1st Little Warriors stripe test
- 2nd kyu grading
- 14th no regular classes in Paignton or Kingsteignton. Dan Grading
- 15th Little Warriors on as normal. No 9.30am or 10am regular classes.
- 15th Seminars with Kyoshi Blades
- 16th The Special Lesson 1pm
- 23rd Last Lesson before Christmas

### Christmas Break Training

- Friday 28th Open Karate Class in Newton Abbot 2pm-4pm
- Sunday 30th Open Karate Class in Newton Abbot 10am-12pm

2nd January 2019—Normal timetable resumes.

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メリークリスマス

What a year! We're racing towards 2019, and that promises so much, but we also treasure the memories and accomplishments of 2018. We have regular classes this month. We also have special events. And we have a short break. Please use each of these in the manner they are intended. Congratulations on all that you have accomplished this year, and as the mission is not yet finished, join us in 2019 for more of the best Karate we can bring you.  
John and Kim



## Kyoshi Blades

The big news for December is that our senior instructor and examiner **Anthony Blades**, 7th Dan kyoshi will be visiting us.

There will be a Dan Grading (Black Belt test) and sessions for the students and teachers too. Saturday 15th December will have a lesson with Kyoshi at 10am-11.30am for the coloured belts below brown and 12.30pm-3pm for the brown belts and above. You are ALL urged to get to the classes. Don't miss out on this man's teaching. Coloured belts £15 each. Brown and above £20. Pay at the reception desk or book online via



<https://karateacademy.app.goretrieve.com/workshoptimetable>

Those taking Dan Grading it's included in your grading fee. For the first time ever, Mr Blades will be staying on to take part in The Special Lesson on Sunday 16th December. :-)



## The Special Lesson

What can we say about the Special Lesson. It's a party, and the entry requirement is that you bring something to eat or drink to add to our buffet table.

We're going to have exercise and games with our instructors, and then we cherish and celebrate the season together by eating what you have brought to the table. It's always manic and always memorable. 1pm—approx. 4.30/5pm Sunday 16th December in Newton Abbot.

It's not the last lesson of the year, but it is our big celebration.

## Christmas Break

Our regular timetable (with exceptions for seminar and Special Lesson) carries on right up until Sunday 23rd December. We then reconvene our regular timetable on Wednesday 2nd January 2019. There will not be any of the regular classes in between. However: we will have two lessons between Christmas and New Year. **Friday 28th December 2-4pm** and **Sunday 30th December 10am-12noon.**

Those of us who need to move or we turn into balloons, these sessions are for you.





## Birthdays

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

- 2nd Eric Farrelly, Lyndon Bush, Jorja Williams, Oscar Williams
- 4th Janet Drew sensei, Leah Watson
- 7th Jack Zheng
- 8th Isaac Hinds, Deabra Stuart
- 9th Luca Henson, Thomas Oram
- 10th William Wrathall, Roo Wakely
- 11th William Bath
- 16th Phil Hale
- 17th Kate Osborne
- 19th Kieran Osborne, Ian Perry, Jessica Oakley-Peck
- 21st Serena Worth
- 22nd Tom Potham, Joseph Magor
- 23rd Morton O'Reilly, Samuel Coaker
- 24th Eva Perry, Jacob Bellew
- 28th Callum Harris

**Happy Birthday to You**



## OKINAWA

We're back! On Sunday 4th November a group of us travelled out to Japan. We visited the memorial to Funakoshi Sensei in Kamakura to pay our respects and then travelled on to Naha in Okinawa. We trained with **Hokama Tetsuhiro** 10th Dan at his dojo in Nishihara, with **Toguchi Mineo** (full contact champion of Okinawa) sensei on the beach, and marked the

occasion of **Funakoshi sensei's** birth-anniversary (150 years ago) with training at the new **Karate Kaikan**, a building

specially developed by the Prefectural Government as the home for Karate worldwide.

There were private lessons and public lessons, and we even got to meet up and train with **Patrick McCarthy** hanshi who was there to preside over the awarding of 10th Dan to Karate legend **Chuck Merriman**. There were also sightseeing trips and downtime for people to do the things that they wanted to do.

All in all, it was a great trip with some auspicious events, and bunch of memories that will last the participants for a lifetime.

Thanks to the families of everyone who supported their dreams, and to the instructors who covered classes for those who travelled. Thanks to **Dave Floyd** sensei, **Lee Warren** sensei, **Jim Wight** sensei, **Clare Potter** sensei, **Tom Potham**, **Deborah Needham** sensei, **Luke Elliott**, **Jackie Floyd** and **Lee Potter**; and **Martyn Skipper** sensei, **Dave Allinson**, and **Scottish Rob** for making the trip so special.



## Grading Results

On Sunday December 2nd 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

Ruth Dungey, Harvey Johnson, Daniel Turney, Catherine Drinkall, Daisy Graysmark, Paul Thompson

### 2nd kyu

Thomas Flannery

### 3rd kyu

Joe Budd, Amelia Hinds

### 4th kyu

Ian Perry, Sara Pitchford, Toby Wright

### 5th kyu

Emily Dungey, Mick Jones, Eleanor Randle-Jones, Isobel Randle-Jones, Lucy Turney

### 6th kyu

Leilani-Rosa Mejias-Evered

### 7th kyu

Theo Kimble, Andy Tran, Serena Worth

### 8th kyu

Eliza Kubien, Jakub Kubien, Alwyn Manson, Chloe Noon, Andrea Whitefoot

### 9th kyu

Sylvia Daborn, Yanick Hryczyszyn, Rowan Manson, Timothy Riggs, Steven Sharp, William Bath



On Saturday 1st December 2018, the following Little Warriors (4-7 year olds in our pre-martial-arts class) were recognised at the next stage of their development:

### Red Stripe

Megan Underhill, William Underhill, Thomas Oram

### Orange Stripe

Iris Carrick, Peter Chadwick, Roo Chadwick, Alfred Beale, Jamie Steed

Instructors nominate Little Warriors to graduate to the next stripe when the students have learned what they have to do from the Little Warriors curriculum.

## Booking On-line

Our on-line booking system and payment system for regular classes and private lessons is now fully operational. You can access it via the [KarateAcademy.co.uk](http://KarateAcademy.co.uk) site's menu. Just look for Book Here, Sign in, then you can manage your training schedule and payments right there. If you haven't received your login details, please ask for them, or you can click Register and create your own account. We are currently working on a phone app that should be ready early 2019.

## New Members

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

**Amelia Mekki, Siraj Mekki, Milly Wand, Lisa Cecchetto**  
(Newton Abbot)

**Samuel Nash, Ollie Russell, Cassie Weaving, Eva Batho, Jacob Hopkins, Noah Allen**  
(Little Warriors)

Recommendation is the highest compliment we can receive.

Welcome one and all!

In order to take a grading examination, the student must be nominated by an instructor. This happens when the student has proved competent in their regular lessons. On the day of the test they still need to demonstrate just why they should pass. The result depends on the student and their effort.

