



TWO!

Volume 6 Issue 2 February 2012

Happy Valentine's Day

What a start to 2012—The Higher Standard. I'm back up to my "standard level" of fitness reasonably quickly and now I'm looking to make progress. I've travelled the 400 mile round trip to go and do training with one of my instructors and I was very pleased with the content and the feedback I was given. I've been invited to write for another publication and I'm backing up the mental output with mental input; the physical output exceeds the physical input.

How are YOU doing?

Some things gone off the boil already? Or are you making those strides and advances just as you intended.

In the dojo you are going to be reminded of your goals frequently. At home you can blot it all out with some (literally) mind-numbing goggle-box hours. So what's it to be?

If you pick the TV then I can't help you. Stop whining about your life because you aren't making steps to change it. If you pick the dojo then I can help you. Progress might be fast or slow, might have tears and bruises mixed up in it, but bit-by-bit we'll get there.

The difference between a Karate Sensei and coaches in some other activities is that in the Karate world we will use lots of different methods to get you towards the potential that we know you contain.

What has any of that got to do with Valentine's Day? Not a lot really. But you might consider having your loved ones come along for Karate classes, after all, you do want them to have access to the same benefits as you do, don't you?

We, as a team of instructors, are always here to help with private sessions, facebook notifications, email and phone advice, if you need support or just to check you are doing the technique right, talk to us. Our contact details are 01626 360999, info@KarateAcademy.co.uk or join us on Facebook (look up Karate Academy).

John and Kim

TMAS

Tickets for the Martial Arts Show are now available through Sensei John. £15 for one day of £25 the weekend.

This year the event has doubled in size. The Martial Arts Show has stands with all sorts of goodies for sale, demonstrations from some top athletes, and a competition zone for those who want to try their hand at winning a medal or two. There will be celebrities on hand, including **Gok Wan!** John Burke sensei's Bunkai Workshops during the show are free for those who come along. They were such a success that a picture from one of them has been used on the official Martial Arts Show website as a banner for "get involved".

Timetable Exceptions

The following are exceptions to the regular timetable during the month of February:

Sunday 26th Feb No regular Newton Abbot sessions.
Totnes as normal.

Buddy Day

On Saturday 21st January we held a Buddy Day at Newton Abbot, Torquay, and Paignton dojo. Well done to everyone who brought along friends and family to try out classes with us. You know that your buddies enjoyed themselves, and you should also know that we at the Academy appreciate your effort, as the best compliment you can pay your instructor is to recommend them to others. It also ensures that new people coming into the dojo are the right kind of people—after all, they are just like you!

Let's fill the Academy.

If you have friends and family that didn't make it to Buddy Day, it's okay, you can bring them along to any of the regular classes—just let us know when you'll be accompanying them to their first session.

01626 360999 or info@KarateAcademy.co.uk

Masterclass 6

Terry Wingrove Hanshi has agreed to let us host the 6th Masterclass at the Newton Abbot dojo on Saturday and Sunday 14th and 15th April 2012. The Jutsu Masterclass teaches some painful techniques from the very heart of the martial arts, regardless of style or affiliation; directly from one of the very few genuine 9th Dan Karate men. This course is £25 for the weekend or £15 per day, and it is not for children. With people coming from all over the UK, please make sure your place is booked in advance. You need to inform hanshi via sensei@cyberbudo.com and it's a good idea to let us know, too on 01626 360999

Ashburton Open Day

The Karate Academy classes over at the Ashmoor Centre in Ashburton are now well established, and a friendly group it is too. On Thursday 16th February we're having a trial day to encourage new members. You are all welcome to come along and get some extra training for the day. There are two classes at 1pm and 2.30pm in the Sports Hall.

Bunkai Bootcamp

From 31st July to 4th August John Burke sensei will be teaching an intensive week of sharing the secrets of Karate Kata Application. We are quite rare in the Karate world as the applications we teach are practical self-defence. This is what has led to John being in demand with courses across the UK and articles in the martial arts magazines as well as people buying his books and DVDs in France, Belgium, Denmark, Netherlands, Italy, Spain, Mexico, USA, and Japan. This course is a distilled training event to pass on those principles for all martial artists to get a grip on and understand the huge possibilities that kata represent.

Those coming in from Denmark and Greece, Scotland, and Eire pay £295 for the privilege. For your place on the course we would discount for our members to £150, book (with your deposit) during February and you can have it for £125.

Please call 01626 360999 to reserve your place.

Summer School

This year we are going back to a week long summer school. The confirmed dates are Mon 6th August to Fri 10th August. 10am-3pm each day, Newton Abbot dojo, at a cost of only £60 for the whole week. Book now to secure your place. Open all ages and grades. Call for family discounts.

Ladies Self Defence

Emergency! Ladies Self Defence course will be on at Torquay dojo on **Saturday 24th March 2012** from 1-4pm. This vital course is only £10 per person. Please reserve your place on 01626 360999.

New Members

The following student joined the Karate Academy in the month of January:

Newton Abbot: welcome back to Rick Lezomore sensei

Paignton: Steven O'Brien, Zoe Brown, Eacham Shiels

Totnes: Samantha Bowles, Benjamin Bowles, Isabelle Bowles, Julie Green, Martyn Green

Torquay: Federico Ferrari, William Przybylski, Tamzin Przybylska, Dylan Ferro, Ben Skeffington

Chudleigh Knighton: Roxzanne Bowden, Chevy Bowden, Alana Corben, Ben Crockford, Henry Frampton, Carys Gwilliam, Daniel Gwilliam, Robin Hill, Louie Short, Charles Vatcher, Aidan Wood, Tom Zalman, Isla Zalman Welcome.

Grading Results

On the 15th December the Kyu Grading that was held at Torquay dojo saw the following promotions:

1st kyu

Colleen Clarke
Sabrina Murphy
Mark Rowswell

2nd kyu

Ethan Bradshaw-Price

4th kyu

Aldam Castle

6th kyu

Kyle Withers
Annabel Nicholls

9th kyu

Alex Barroso
Aidan Hawlor
Alfie Pimm

Well done, and remember, the work towards that next grade is ongoing. Let's make it happen.



Birthdays

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

3rd Michael Burke sensei, William Mathews, Benjamin Mayle

6th Finlay O'Gorman, Charlotte Waymouth

7th Leroy Chan, Louis Jones

9th Abigail Froom

11th Amy Clark

16th Mark Rowswell

17th Anthony Blades renshi, Michael Foskett

18th Joshua Larbey

22nd Michael Patrick

23rd Julia Simmons

26th Melissa McCarthy, Ben Skeffington

Happy Birthday to You

Coming-up

Saturday 4th March Pressure Test and Kumite workshop

Sunday 11th March Competition

Saturday 24th March Women's Self Defence

Saturday 7th April Black Belt grading.

Last Word

Easy to say we've got a higher standard, isn't it? Every club out there says their standards are high. They all claim to be teaching effective self defence too. So how do you know? For sure?

Stick your head above the parapet and take a look. Talk to the others of your sempai who have trained elsewhere. Talk to those who have moved away and tried to find other clubs. You won't find one like ours.

More shouty clubs? Sure. More exercise clubs? Definitely. Clubs with claims of direct lineage to some Japanese superstar who imbued all the members with super-human power? Yup, those too.

None like us.

That's why we must continue. It would be easier not to, I assure you. The thing is, I love this art and I can't watch the eejits who are trying to ruin it with their politics and their lack of understanding of the art and of people.

Help us to grow so that there is less exposure to the "no-contact martial arts" crowd. Let's save Karate.

Proud to be the Keikokai.

See you in the dojo. **Oss**



Karate
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Dedicated to Black Belt Excellence