

Karate Academy

Kickin' it!

From the Top!

Well, what a start to 2013! Things are going at a very fast pace this year. We've had weekends full of private lessons (did you book yours yet?), Kick-a-thon rehearsals and plenty of exercise, a grading, and regular classes looking at the warrior spirit and focussing the mind and the technique.

New members are joining us all the time, and once your friends have got over their "fad" resolutions for 2013 then it is time to introduce them to the Karate Academy. Why after their fads? Because they will look at us differently than with the mindset that they had about "getting fit in 2013" or somesuch. They start to see that Karate is a Way of Life, not something you play with once in a while. It requires dedication and perseverance, which is why we can afford to be so proud of our high grades—they have definitely proven that they possess these qualities.

John and Kim

The Dedicated

Please help us to recognise the following individuals, who all managed to attend 8 lessons per month or more for every month in 2012, or since they joined. They receive our "Perfect Attendance" pin and a certificate:

Samantha Bowles, Janet Drew, Amy Drew,
Paula Hickin-Botham, Sharon Keirman,
William Przybylski, Nathan Rowe, Kieran Osborne,
Shana Osborne, Carl Withers,

You need to train 2 times per week just to keep things fresh in your head. That's why there are lessons available to you every day. Congratulations!

Now, who will receive the 2013 Perfect Attendance awards?

Timetable Changes

Please stay up-to-date with the timetable. You can see it on the www.KarateAcademy.co.uk website. The New class over in Chudleigh is gathering momentum. I'd encourage you all to train at every lesson you possibly can, whether you usually train there or at one of the other venues.

Kick-a-thon

This year we WILL be doing a Kick-a-thon. We will be performing 2,013 kicks to raise money for a charity. It will take place on **Saturday 4th May 2013**. I know that you will all help me in supporting the charity which received the most votes from you the members. It was the **Olivia Holmes Foundation**. You can read all about the good work that this group does here: www.OliviaHolmes.co.uk. All the money raised goes to Cancer units that treat children. Their current project is helping provide a

Olivia Holmes
Foundation

comfortable outdoor space at the Exeter Oncology unit for the children and their families.

In the past we have raised £1,000s for Cancer Research, CLIC, Torquay Hospital, Marie Curie, CF, Children in Need, local hospices, etc. Let us all make sure that this year's effort does some good for this charity.

You can find a sponsorship form along with this Newsletter. Please ask your friends and family to sponsor you to do the 2,013 kicks. You will be working hard to benefit the charity, and we just might have a little surprise to do with the total this year. Every penny helps. If you raise £5 then that is £5 that the charity would not have had if you didn't go and get it. Some people will raise £100, some will raise £5. We don't judge, we're just grateful for your hard work. So please, ask your friends and family to sponsor you. We have three months to get this together, let's do an Excellent job.

Advanced Class

Open to Brown Belts and Black Belts, this class has begun the year by featuring the 12 Tegumi Futari Renzokugeiko, 4 sections of the Ne Waza kata to add to what we did last year, and the first 4 parts of the Kansetsu/Tuite kata from Patrick McCarthy hanshi's teachings. On top of this we have looked at the first 4 Torite Jutsu techniques and Black Belt kata each week. We've also looked at kumite drills to enhance our skills.

If you are a brown belt or above then don't miss out, get along to the class in Newton Abbot at 4pm on Sunday for training beyond the grading syllabus.

TMAX

The Martial Arts Expo (**T-MAX**) and will take place on October 22nd & 23rd at The Ricoh Centre, in Coventry. The new venue boasts a larger hall, plus an on-site cinema, hotel, and casino. Coventry is still relatively easy to get to, based right in the middle of England.

Bunkai Bootcamp & Summer School

Due to a typo on the website, the early-bird pre-payment reduction on www.Bunkai.co.uk is still valid until the end of February. What's the Bunkai Bootcamp? Well, this year it is Friday-Monday 2nd-5th August full of kata application training where we get right into the nitty-gritty of how Karate applications work, regardless of style or grade. There are people coming from Ireland and all over the UK to attend because they know how important this information is to the martial artist.

Summer School this year will be Monday-Friday 19th—23rd August and is a month's training in one week, plus competition, games, and kobudo stuff that we don't normally have time to fit in. Please book your place on 01626 360999.

Dojo Tip

Keep your head back. Looking down activates certain physiological responses that make you feel less purposeful and less successful. Don't choose to be like that. The face that we present when we train governs the way others look at us, and how we feel about ourselves. Looking directly forward creates a proper mindset. The other thing is that it keeps your face further away from an opponent. Don't put your face any closer to someone else's fist than you have to. When we step we keep the head over the hips and don't lean forwards or backwards.

Dedicated to Black Belt Excellence

Hanshi Wingrove Visit

Karate's most senior practitioner in Great Britain, the man who was the dojo captain for Vernon Bell (who brought Karate to this country), and who is currently ranked 9th dan in Karate, Ju-jutsu, 5th dan in Judo, and 3rd Dan in Aikido is coming to the Westcountry again.



His next visit to the area is now scheduled as 2nd March 2013 St Austell and 3rd March 2013 Newton Abbot. Tickets for these seminars will be on sale soon, listen out for the instructor announcements.

Vacancy

The Karate Academy currently has a job vacancy for a person with their own transport who would be responsible for spreading the word about the classes. 4.30-7.30 Mon-Fri is the ideal time for knocking on a door and asking "Is there anyone in this household who would be interested in Karate classes?" Offering to send them an introductory pack if they are interested. Putting a leaflet through the letter-box where there is no answer. No selling is involved, just canvassing for interest. If that suits you, or you know someone who may be suitable, then please contact Kim on 01626 360999 for a chat or to arrange an interview.

Warrior Workout

The new Friday night Fitness class in Newton Abbot is growing nicely as Ross Chesterton sensei puts the Warriors through their paces. Using the best in martial arts exercise with no sparring it is perfect for people who have no martial arts experience. 7pm Friday to energise you for the weekend. The cost is reduced for Karate Academy members, and the first session is free, anyway.

Grading Results

At the kyu grading on Sunday 27th January 2013 - held at Newton Abbot dojo - the following students were recognised to have attained the required standards for the ranks listed:

1st kyu	Shaun Cooper, Adam Castle
3rd kyu	Samantha McCarthy-Patmore
4th kyu	Archie Williams
6th kyu	Aidan Hawlor, Tamzin Przybylska, Carl Withers, Jack Burley
7th kyu	Luca Martinez, Steve Brand, Kefron Barber
8th kyu	Nathan Rowe, Fergus Lloyd, Toby Wright
9th kyu	Eleanor Freeman, Charlie Taylor, Lexy Taylor, Saskia Nicholls, Samuel Taylor, Ryan Christer

Congratulations to you all on your achievement, and may you have continued success and improvement with your training. Please note; invitation to grade only occurs when the student has trained and improved sufficiently to be eligible. You should aim for 26 lessons in a 3 month period.

NEW Training Diaries

Everyone should have received their new training diary by now. If you have not got one please ask your instructor for yours.

Birthdays

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

3rd William Mathews, Michael Burke
9th Abigail Froom, Carl Tilling
11th Amy Clark
22nd Eric Patemen
26th Ben Skeffington

Happy Birthday to You

New Members

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

Newton Abbot: Deabra Stuart, Joshua Houghton
Welcome one and all!

Dates for your Diary and Timetable exceptions

Saturday 2nd February	Instant Self Defence at Newton Abbot
Sunday 3rd March	Hanshi Wingrove in Newton Abbot
Sunday 10th March	Bunkai Theory Seminar in Newton Abbot
Saturday 6th April	Dan Grading —Black Belt test in Newton Abbot
Saturday 4th May	Kickathon in aid of Olivia Holmes Foundation
Sunday 28th July	Demo at Bovey carnival. 1pm

Last Word

There's always something going on in the world. Many of them are things that we can't do anything about. Snow. US Elections. Hostages. Many of us care deeply about these and other subjects, and we should do all that we can. The dojo, however, is a place of training. The dojo calls to us to come and sweat; to come and learn. The dojo cares not for our politics or our weather. For you, the dojo allows some time away from all of that. The dojo rejuvenates the body and allows the brain some down-time—or, even if the lesson is a mentally taxing one, it allows the brain some time for the subconscious to do all the processing rather than the conscious brain to just continually worry. Time and again we see it. Adults. Children. Whatever was on your mind, that took your thoughts away from the dojo, from Karate; whatever they were—if you can just get to the door. Just step within and begin to practice. That's when you find that these things can change for you. Worry doesn't help, it stops you from doing the things that you know must be done. Training helps. Training presents us with the braver "us" that lies within. You just have to get into the dojo in the first place.

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

Oss



Karate
Academy