

Class Schedules 2014

Private Sessions are held on Saturday afternoons at Newton Abbot, by appointment only.
To book your appointment call 01626 360999 or email kim@KarateAcademy.co.uk

NEWTON ABBOT

All classes held at Karate Academy,
8 Signal Buildings, Brunel Road,
NEWTON ABBOT, TQ12 4PB

TUESDAY	10am-11am 5pm-6pm 6pm-7pm 7pm-8.30pm
THURSDAY	10am-11am 5pm-6pm 6pm-7pm 7pm-8.30pm
FRIDAY	5pm-6.30pm
SATURDAY	10am-12noon
SUNDAY	4pm-6pm Brown & Black Belts Only

KINGSTEIGTON

All classes held at Kingsteigton OAP Club,
Oakford Lawn, Kingsteigton

THURSDAY	5.30pm-6.30pm 6.30pm-8pm
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TORQUAY

St Martins Church Hall, Barton Hill Road,
Torquay

TUESDAY	6pm-7.30pm
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St Lukes Lower Hall, Sheddons Hill Road,
Torquay

FRIDAY	6pm-7.30pm
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PAIGNTON

Christchurch Hall, Torquay Road, Paignton
MONDAY

5pm-6pm 6pm-7pm

Palace Avenue Methodist Church Hall,
Paignton

WEDNESDAY	6pm-7pm 7pm-8.30pm
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Parkfield Leisure Centre, The Esplanade,
Paignton

SATURDAY	10.30am-12pm
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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

WEDNESDAY	6pm-7.30pm
SUNDAY	10.30am-12noon

CHUDLEIGH

All classes held at The Town Hall, CHUDLEIGH

MONDAY	5.30pm-7pm Large Hall
WEDNESDAY	6.15pm-7.30pm Woodway Room

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

Volume 8 Issue 2 February 2014

Karate Academy

nigatsu

Nice to see so many people returning after Christmas, and thank you to those who support the club by bringing along friends and relatives to join us, as well. We grow through your recommendation! 2014 is due to be very special. May marks the 15th Anniversary of Keikokai's creation. It will be good to have you as part of the events.
John and Kim

Coming Soon

Photos by Ross will be setting up at the Newton Abbot Dojo during the Easter holidays to take portrait photographs of any student in karate uniform who would like a professional piece of art for their home.

More details to follow next month.

Dojo Traditions

Shugyo. Austerity. Revealing our true nature and what we are capable of enduring, the lack of home comforts while training is one of the facets of our development. Hard-work and over-coming our own weaknesses "forge the sword".

Training Diaries

Everyone should have their new training diaries by now. If you have not received yours please ask your instructor for one or call 01626 360999

HEIAN kata Workshop

The Heian Kata Bunkai Workshop seemed to go very well on Saturday 18th January. **John Burke** sensei taught the Workshop at Newton Abbot dojo. Confronted with the impossible nature of trying to teach all the applications in 3 hours, we took a look at starts, exclusive techniques, and end points. We over-ran, and it was still rushed. Luckily, we have video footage to remind us of much of what happened. It's available as a Download from the Members Area on the News page of the website.

Dedicated to Black Belt Excellence

Warrior Workout

ULTIMATE FITNESS CLASS

Fridays 6.30pm-7.30pm Newton Abbot Dojo
£5 per session or £50 for 12 sessions
First Session Free



1-2-1s

Members can make great use of personal training with an instructor at the Newton Abbot dojo. Private lessons are available - usually held on Saturday afternoons—you just have to call 01626 360999 to book yours.

A couple of things—for us to deal with your appointment it's best to call between 9.30am and 3pm. If you leave a message we'll call you back should you ring at other times, but you'll understand that when we're teaching or picking up the kids from school then there will inevitably be delays.

Goodies

Karate Academy car sticker, anyone? They are available for free from the instructors while stocks last. But

please, if you have one in your car, don't drive like a moron. People will think that's us...



Karate Academy Umbrella! Being as we are in England, this is useful all year round... Nice and large, these cost £12 each. They make us no profit, but they look nice.



Planning Ahead

The Summer Camp in Brecon, Wales, has had its dates set as **25th-27th July 2014**. Please contact Martyn Harris sensei directly as all places should be booked by now (sensei@KarateCardiff.com)

We spend the weekend training in a field surrounded by beautiful scenery and eating and imbibing together.

No age or grade limits, though juniors will, necessarily, need an adult with them.

The training is multi-style with tuition from Martyn Harris sensei, John Burke sensei, and Martyn Skipper sensei (who is current kumite world champion).



Naha-te Kata

Most of what we do is classed as Shuri-te—the karate that originated in Shuri, Okinawa. The other major lineage is known as Naha-te.

On Saturday 22nd February 2014 we will host a seminar with **Martyn Harris** sensei, where, for the first time, he will be teaching how to do the kata

Kururunfa. This kata is not part of our grading syllabus, it is just being offered as an interesting contrast. The seminar will be at Newton Abbot dojo 1-4pm at a cost of £10 per person. Book your place on 01626 360999.



The Return of the Sword!

Following the success of the course on January 4th, Ross Chesterton sensei has been bombarded with requests for a repeat of the study group for The Art of Drawing the Sword is called **laido** (ee-eye-doh).

Initially, a monthly session will take place, which requires commitment from those attending.

You will need a bokken (wooden practice sword) and up-to-date martial arts insurance. Karate students should have this anyway (your licence) but others can get a temporary licence (lasting this course) for £10.



There will be 3 sessions:
Saturday 8th February;
Saturday 15th March;
Saturday 19th April; with each running from 2pm-3.30pm
At a cost of £7.50 per lesson or £18 if booked and paid in advance.

Places are lim-

ited to 10 participants only.

If there are any questions please call 01626 360999 or speak to Sensei Ross.

Last Word

Each month I sign off with "Proud to be the Keikokai". It's not an empty phrase. There are loads of martial arts clubs around. Loads of Karate. Lots of people train at other clubs. People who train with us and have experience of other clubs stick around because they understand what we have that makes us special. This isn't about bragging. It's about the hard work and constant research and training that goes into making our classes different. That there is more to learn after Black Belt. That there are always refinements to be made. Some will complain about constant corrections. Others will enjoy the fact that the teachers take note of deficiencies and try to help us do something about them instead of just letting them continue.

Proud to be the Keikokai.

See you in the dojo.

Oss

New Members

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

Newton Abbot: **David Baxter**

And welcome back

Dave Pickhaver!

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

Birthdays

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

1st Jamie Griggs
3rd William Mathews, Michael Burke
9th Abigail Froom, Carl Tilling
11th Amy Clark
22nd Eric Patemen
26th Ben Skeffington

Happy Birthday to You

Dates for your Diary and Timetable exceptions

February 2nd Kyu grading, Newton Abbot.
No Brown & Black Belt class.
Totnes class is 10.45am-12.30pm in the Dance Studio
February 8th laido 2pm-3.30pm
February 22nd Kururunfa Seminar 1-4pm £10