

Class Schedules 2015

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

SATURDAY 10am-12noon

SUNDAY 10am-12noon
Brown & Black Belts Only

KINGSTEIGNTON

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

FRIDAY 6pm-7.30pm

TORQUAY

St Martins Church Hall, Barton Hill Road,
Torquay

TUESDAY 6pm-7.30pm

St Lukes Lower Hall, Sheddons Hill Road,
Torquay

FRIDAY 6pm-7.30pm

PAIGNTON

Paignton Community College, Waterleat Road,
PAIGNTON. Drama studio

MONDAY 6pm-7.30pm
WEDNESDAY 6pm-7.30pm

Parkfield Leisure Centre, The Esplanade,
Paignton

SATURDAY 10am-11.30am

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

TUESDAY 6pm-7.30pm
THURSDAY 6pm-7.30pm

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

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Karate Academy

First Sixth

Bang! One month gone. Most people have now forgotten about their New Year's Resolutions, so if you know someone who has let theirs slip then perhaps you could invite them along to Karate. Amongst friends here we are more likely to stick to our guns and achieve the things that we are aiming for. For some people it is fitness (to be in good shape for the summer, start now). For someone it is about self-defence. Some, self esteem. Doing nothing doesn't get you there. John and Kim

Happy Valentine's Day!

Welcome to 2015. Welcome to a New Year of training opportunities.

Heian Seminar

Great to see students supporting the Heian Bunkai Seminar. We had visitors from Shetland (Stuart and Jack); Nottingham (Claire and Paul); Cardiff (Mark);

and Scottish Rob from Cornwall came along too! Independently of each other, our visitors complimented the behaviour and ability of the youngsters who came along. Well done. Those who didn't make it really missed out. Starting at 10am, we had over 5 hours of applications, showing the attendees exactly how to make the moves of their kata work in self-defence situations. Some of it really isn't what people think it is.

Ladies Self Defence

Clare Potter sensei is once again running her popular (and vital) self-defence class on Sunday 15th February. Please book your place on 01626 360999 or email Clare@KarateAcademy.co.uk—male Karate-ka: please tell your female friends and relatives that they should take this class. It does not rely upon martial arts experience, size or strength.

Training Diaries

If you have not already done so, please collect your new Training Diary for 2015 from your instructor in class. Then USE IT, wisely and often.

Dojo Traditions

Chugi 忠義 - Loyalty. From the 7 Principles of Bu. Looking after our juniors and respecting our seniors is only part of it. The concept of belonging to the group and standing by what the group is about is essential.

Ladies Self Defence

VITAL TECHNIQUES, NO EXPERIENCE NECESSARY

Sunday 15th February 2015 1pm-4pm

£10 per person
Newton Abbot Dojo



Grading Results

The first kyu grading of 2015 was held at Newton Abbot dojo on Sunday 1st February. The following people were examined and promoted to the ranks shown here:

3rd kyu

Andrew Bellinger, Jacob Bellinger

4th kyu

Eros Medina, Olivia Harrison

6th kyu

Maria Antonilli, Catherine Flannery,
Laura Plumb, Daisy Graysmark

7th kyu

Sarah Baker, James BurrIDGE,
Paul Thompson

8th kyu

Anna Hinds, Kate Osborne,
Max Douglas



When you click on your belt level you are given access to a pdf of things that you can learn and study including your grading requirements. There are photos of your kata, and written instructions. All this is free to members. Please use it.

Coombeshead

The secondary school in Newton Abbot recently ran a "Give it a Go" day for their students on Wednesday 28th January. John Burke renshi, Clare Potter sensei, and Ross Chesterton sensei went along in gi to demonstrate and engage the young people. They were very well received, and the students were intrigued by the pads that they were invited to participate on.

Congratulations, now the hard work begins.

To be included in grading exams in the future, it is necessary to have been nominated by your instructor. They will be happy to do this once they have seen in class that you have learned all the necessary requirements.

The Members Website

Our members have a tremendous resource at their fingertips, if they would care to use it. The Members Website can be accessed via the Home page of www.KarateAcademy.co.uk—it is a line of text at the bottom that is secretly a link. When you tap it you are taken to a page that tells you there is no access, then 5 seconds later a box appears asking for the password. Your instructor can tell you the password. Once inside, you can see pages of background material, the Members News Page (where we post Timetable exceptions) and the Syllabus pages.

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. Alternatively email Kim@KarateAcademy.co.uk with your request and we will email you back with available slots to choose from.

This is a free service to students who pay monthly or for the year. Pay per session students, the fee for a private session is £15.



Birthdays

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

- | | |
|------|---|
| 1st | Jamie Griggs, Jake Van-Martins |
| 3rd | William Mathews, Michael Burke |
| 6th | Finlay O'Gorman |
| 7th | Benson Biju, Allanah Kerr |
| 9th | Abigail Froom, Carl Tilling |
| 11th | Amy Clark |
| 20th | Beckii-Claire Leggatt |
| 21st | Mark Harrison |
| 22nd | Garry Hewings, Anna Hinds, Eric Patemen |
| 23rd | Marcus Maguire, Isaac Spurrier |
| 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:

Oria Sloan (Ashburton)
Yokesh Ganesan, Kaavya Ganesan (Newton Abbot)

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

Last Word

Sometimes we do something stupid. Sometimes it is a member of our own family who does something stupid. Their actions (or ours) may have been flawed, but that doesn't mean that they are stupid. There is still time to set things right. We don't turn our back on them as surely as we would want their support if it had been us that was wrong. Relationships have to be worked at. I'm not saying that you can get away with anything, or that we forgive every crime immediately. Just that loyalty is a 2-way street, and we try to get things right and we try to help others to get things right. When you are a part of a group, especially this group, there are plenty of demands to go with the rewards of training. Give freely, or the resentment that builds up can colour your whole world.

Proud to be the Keikokai.

See you in the dojo.

Oss

Martial Arts Tradeshows

Tucked away in the South West of England, we do not often see the rest of the martial arts community. That's why it can be good to visit seminars and events outside of our club.

Wednesday 11th March we need your help. A team from the **Martial Arts and Combat Expo** are coming to us to interview John Burke renshi and video a class.

In Newton Abbot. On a Wednesday. When we don't usually have a class...

So we're going to put on an extra class for the documentary. 5pm for everyone, though if some adults can make it earlier it would be good for demonstrations. MACE is taking place at Bristol University in the summer. 44 instructors teaching for charity.

Dates for your Diary and Timetable exceptions

Sunday 1st February No Newton Abbot class due to kyu grading.

Sunday 15th February Ladies Self Defence 1-4pm Newton Abbot

Sunday 22nd February Pressure Point Seminar in Oxon. Classes as usual

Saturday 28th February Warriors Assemble charity seminar in Coventry. Classes as usual

Wednesday 11th March extra class to be filmed for MACE

