

Class Schedules 2016

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
WEDNESDAY	4.30pm -5.15pm LITTLE WARRIORS 6.30-7.30pm LADIES ONLY
THURSDAY	10am-11am 5pm-6pm 6pm-7pm 7pm-8.30pm
SATURDAY	9am -9.45am LITTLE WARRIORS 10am-12noon
SUNDAY	10am-12noon BROWN & BLACK BELTS ONLY

TORQUAY

St Martins Church Hall, Barton Hill Road,
Torquay

TUESDAY 6pm-7.30pm

St Lukes Lower Hall, Shedden Hill Road,
Torquay

FRIDAY 6pm-7.30pm

PAIGNTON

All classes held at Paignton Community
College, Waterleat Road, PAIGNTON.

Performing Arts Suite

SATURDAY 10am-11.30am
WEDNESDAY 6pm-7.30pm

KINGSTEIGNTON

Kingsteigton OAP Club,
Oakford Lawn, Kingsteigton

FRIDAY 6pm-7.30pm

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

MONDAY 6pm-7pm **NEW TIME**
WEDNESDAY 6pm-7pm

CHUDLEIGH

The Town Hall, CHUDLEIGH

MONDAY 5.30pm-7pm Large Hall

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 or speak to an instructor at the Newton Abbot dojo where the diary is kept on the front desk.

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. 1-2-1s are subject to availability.

Volume 10 Issue 2 February 2016

Karate Academy

Welcome to 2016

幸せなバレンタインの日

Happy Valentine's Day!

The year is now well underway, so we hope you've got your plans laid out. We certainly have. It's another big year at the Karate Academy, with event galore coming up. In amongst all of these special lessons though, is the need for regular classes. Regular training is what makes the special training special, and allows you to cope with it. If you're new and you wonder whether the special events are for you then rest assured, we wouldn't involve ourselves if we didn't think it was a worthwhile experience. John and Kim

Applied Karate!

The application of our techniques should be known as Oyo, but generally the world thinks of them as *Bunkai* (meaning analysis). We have a group from Bristol coming to Newton Abbot dojo on **Sunday 6th March** for a **Bunkai Workshop**.

Our members are very welcome to attend, as the principles that we are teaching are universal across styles and arts. 10am- 3pm, Renshi John Burke will take us through a heap of applications to the moves from our kata. This makes them relevant to self defence and, of course, purple belts and above need to know them to answer the technical question in their grading. So if you want to learn, please come along. Bunkai Workshop tickets are £25 each.



Dedicated to Black Belt Excellence

Ladies Self Defence

As you know, there is a regular Ladies Only Karate class, and it certainly performs a function. On top of that we have a class that is just about Self Defence for women. Clare Potter sensei leads this class, for which no martial arts experience is necessary, and in it she teaches practical, no-nonsense strategies for dealing with attackers of any size. This isn't a class that people wear a gi for, and you don't have to be fit to do it. In this day and age it has become increasingly important for women in particular to know how to look after themselves, and when you see how many people come back for frequent visits to this class, you come to understand that training those skills and maintaining them is vital. So come along, and tell female friends and relatives to come along, to the Ladies Self Defence class. **Sunday 13th March** 1-4pm at Newton Abbot dojo. The class is only £10 per person.

Coombeshead

On Monday 1st February we were invited to Coombeshead Academy in Newton Abbot to demonstrate our art for the sake of students who might want to "Give It A Go". This is a new initiative to replace the "Don't Just Sit There" scheme they ran last year. We had 2 of our own members along to help get the class going, and the 12 participants had a good time, we think.

Torbay Hospital

Wednesday 27th January, Renshi John Burke was in hospital again. Don't fret, he was there with Sensei Clare and Sensei Natasha demonstrating our teaching methodology to Doctors who are training Doctors...

Dojo Traditions

Karate-do 空手道 - The Way of the Empty Hand. Usually taken to mean a method of fighting without weapons. The Empty, in this case, is about not having the intention to cause harm or start a fight. It is a Way instead of a simple Method because it involves rigorous training but also introspection. As such it becomes a Way of Life rather than just a sport.

Looking Ahead

The next **Kyu grading** is on Sunday 7th February starting at 10am. Come along, even when it is not your time to grade to support your classmates who are testing and get some practice for your own benefit. Little Warriors have their Stripe Belt Test on Saturday 6th February during their normal lesson—9-9.45am

Kicking Cancer

Fundraising for charity, John Burke renshi will be teaching in Walsall at the **Martial Artists Supporting Children with Cancer** seminar, February 20th. The donation to the charity is £25 per attendee. Other teachers include Kevin Mills, Tony Bailey, Tony Pillage, and Mick Tully.

Butlins

The South West Karate Experience (June 3rd-5th) at Butlins Minehead. Training away from home makes it a holiday and you get to immerse yourself in Karate at the same time. With good weather we'll be training on the beach, with sessions being taken by **Anthony Blades 7th dan kyoshi**, **John Burke 5th dan renshi**, and **Martyn Harris 5th dan renshi**. Please ask for details if you are interested in coming to this special weekend of training. We may still be able to get rooms at a good rate for you if you book early.

New Training Diaries

Are you *using* your 2016 Training Diary? We go to the expense of having these printed for the benefit of our students. The instructors carry a register to



understand who is training regularly and who is not. The training diary is your reminder of how *you* are doing. Establish training twice per week and you can expect to make regular

progress towards your goals. Some people can only manage one lesson per week, and if that is the case then they are welcome to train—they just must not expect their progress to be as quick as others. So note down when you train. Note down when your private lessons are. Note down what exercise you are doing at home and what goals you are working towards. Then we can actually head towards them.



Koryu Uchinadi

Renzokugeiko means flow drills. The translator of the Bubishi **Patrick McCarthy 9th dan hanshi** is coming to Newton Abbot on Wednesday June 8th to teach his brand of Karate (Koryu Uchinadi) flow drills from 6pm onwards. £25 per person. Spaces are limited so book soon.

New Members

The Karate Academy is pleased to welcome the following new members who joined during the month of January:
Matthew Daborn, Danail Karaivanov (Newton Abbot)
Elmo Taylor (Totnes)
Ashton Richardson (Torquay)
Lucas Daborn (Little Warriors)

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 (16!)
7th Benson Biju
8th Ruth Dungey
9th Carl Tilling
11th Thomas Campbell
12th Lilanii-Rosa Mejias-Evered
16th Abraxas Medina, Oliver Rowsell
20th Kodey Mae Cooper-O'Donnell, Beckii-Claire Leggatt
21st Yokesh Ganesan, Mark Harrison
22nd Garry Hewings, Anna Hinds
23rd Lennon Lemar, Isaac Spurrier
28th Robi Morris

Happy Birthday to You

February Half Term and Easter

Classes will be on as normal during the school holidays with just a few exceptions which are:

Half Term Tuesday 16th February, no 10am class so we will be putting a class on Monday 15th February 10am-11am as a replacement. Evening classes on Tues 16th as normal.

Easter Weekend Normal classes on Good Friday and Saturday, no classes on Easter Sunday or Bank Holiday Monday

Last Word

At a seminar you get to hear from a different instructor. You get a different take on things. You get to try to do things a little bit differently. Sometimes the instructor is severe, and sometimes they like to joke. Just like everyone else that you will ever meet. If we've brought someone in to teach, or we are travelling many miles to go and learn from someone, you can bet that it is because we have found them to be worthwhile. That means that they can be good for you, too. Now, that is also assuming that your regular training is up to par. You need your regular classes. They keep you fit, they keep you in learning mode. They drop little hints and tips about what it is like to train with different personalities. Going to seminars when you haven't been training doesn't do you any good. Your regular classes are where you do the "hero work". They are where we sweat and strain to make our Karate better. Seminars are where we have some fun and get some tips, and rarely, one of them will be the making of you. Usually, the making of you is what you do week in and week out.



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

Dates for your Diary and Timetable exceptions

Saturday 6th February—Little Warriors stripe exam

Sunday 7th February—Kyu grading

Monday 15th February—Extra class 10am in Newton Abbot.

Tuesday 16th February—no morning class

Saturday 20th February 2016—Charity seminar in Walsall for Children with Cancer.

Sunday 6th March—Bunkai Workshop, Newton Abbot 10-3. £25 per person.

Sunday 13th March—Ladies Self Defence, Newton Abbot. £10 per person.

Sunday 20th March—kyu grading

Sunday 27th March—Easter. No classes.

Monday 28th March—Easter. No classes.

www.KarateAcademy.co.uk
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