

Class Schedules 2017

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

NEWTON ABBOT

All classes held at Karate Academy
King Street Studios, King Street,
NEWTON ABBOT, TQ12 2LG

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

PAIGNTON

All classes held at Paignton Community College

SATURDAY	10am-11.30am Performing Arts Suite (Waterleat Road)
WEDNESDAY	6.30pm-7.30pm Dance Studio (Borough Road)

TORQUAY

St Martins Church Hall, Barton Hill Road,
Torquay

TUESDAY	6pm-7.30pm
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KINGSTEIGNTON

Kingsteignton OAP Club,
Oakford Lawn, Kingsteignton

FRIDAY	6pm-7.30pm
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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

MONDAY	6pm-7pm
WEDNESDAY	6pm-7pm

CHUDLEIGH

The Town Hall, CHUDLEIGH

MONDAY	5.30pm-7pm Large Hall
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EXETER

Cranbrook Education Campus

WEDNESDAY	6pm-7.30pm
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Zanshin Seminar with Andrew Power sensei

In our busy lessons we skip over some aspects of our martial arts, but in this seminar we are going to delve into awareness, or *zanshin*...

- ◆ What is meant to be happening in *mokuso*?
- ◆ Why am I tense?
- ◆ How can I deal with fear?
- ◆ How can I breathe better?
- ◆ What does 'no mind' really mean?

All these questions and more will be looked at...

(Suitable for all adults and mature, older children able to cope with sustained concentration.)

Sunday 12th February 2017. 1-3.30pm. £10 per person.

Newton Abbot dojo.

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Volume 11 Issue 2 February 2017

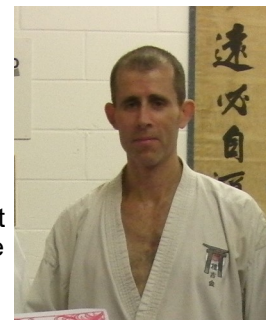
Karate Academy

Welcome to 2017

2017 is already stacking up to be a phenomenal year. The world is going through weird times, and our classes keep going with all kinds of events coming up as well. Members are already reaping the benefits of better fitness because of the training we've been doing, and we're enjoying the challenges. Let us know if the Key Words we're using each week are making their way into daily life, or are they just a distraction? Keep up the good work, there's still so much more to come.
John and Kim

Zanshin!

The Karate concept of "remaining awareness" is vital to our kata performance and to our sparring. It should also make its way into our daily lives. So we are thrilled to offer this seminar with Andrew Power sensei teaching a series of drills and skills to help students have better reaction times and concentration levels. On Sunday 12th February at Newton Abbot dojo, we begin at 1pm sharp, at



just £10 per person. The seminar is suitable for adults of all grades and some senior graded juniors. Please book your place by calling 01626 360999 or emailing info@KarateAcademy.co.uk

The South West Karate Experience

It might feel like ages away, but the truth is that June will be here imminently. We need to get our caravan allocation finalised for this training course in Cornwall, so anyone who wants to come along who hasn't already booked, please confirm your place now.



What's happening is that **Anthony Blades kyoshi** will be joining us at Perran Sands in Cornwall for a weekend's training on the beach. It will also be the first chance this year for students to attempt their Dan (Black Belt) grading. Members will be allocated rooms in caravans for the duration of Friday 2nd-Sunday 4th June (the end of Half Term week). We'll be enjoying the sand between our toes and getting good and grubby in our gi as we train outdoors and in the sea. Places are available at £125 per person. This includes 2 days of training, accommodation and Pizza night on Saturday evening. Easy payment plans are available, just ask. Caravans are available from 2pm on the Friday and need to be vacated by 10am on Monday 5th, although we will be leaving on the Sunday evening due to the kids being at school on the Monday, however, anyone who does not have commitments on the Monday is welcome to stay and leave Monday morning. Full use of Haven facilities (swimming pool, club house, etc) is included in the price.

Dedicated to Black Belt Excellence



Parking Problems

We have been confronted by a resident in Newton Abbot who insists that a Karate Academy member is parking in the Resident Permit Holders bays. This, of course, is illegal, and inconveniences people who have the right to park there. Our advice to Members is to arrive early and park responsibly. It might not be the easiest things to do, but it is the right thing to do. Parents are also reminded that sitting in the car, in a Residents Bay, is not permitted.

Ladies Only

Once again, Clare Potter sensei is teaching her popular Ladies Self Defence course in Newton Abbot, Sunday 5th March 2017. The course is already pretty full, with one group so large that we are holding a private session for them the week before the public class. So anyone who wants to brush up on their self defence skills, please call 01626 360999 to book your place at just £10 per person.

Bully Buster

There are lots of ways to deal with Bullies. On Saturday 1st April Natasha Barlow sensei will be teaching 2 sessions to introduce what we feel are the best ways to get things done. The course deals with de-escalation of situations. With verbal judo, and with physical confrontation. There will be a session from 1-2pm for the 5-9 year olds, and then the 10 years plus group from 2-3.30pm will also include cyber-bullying issues. Book your place for just £7.50 per person.

Hanshi McCarthy

Our 9th Dan guest from Australia will be teaching for us across 2 evenings, 29th & 30th May 2017. However, demand for this course is so high that the Tuesday portion is now fully booked. So anyone who wants to get involved in the Wednesday session, please let us know now so that we can reserve your place.

Wednesday evening is £30 per person.

Kick-a-Thon

We've had nominations through Facebook, by email, and phone as well as private conversations. The current favourite is YoungMINDS. They help parents and carers of young people who are going through mental health problems. The second favourite is Rowcroft. Let us know who you would like to support, so we can gather the official sponsorship forms and continue to train so that on Saturday 27th May we can all manage two thousand and seventeen front kicks each. We'll get fit and strong and we'll be doing some good for a worthy cause!

Leaflet Distributors Wanted

We urgently need someone to distribute Leaflets in Torquay and Paignton. The classes in Torbay are very light and need new members to keep going. If you, or someone you know would be interested in this post, call us for details.

New Members

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

Mason O'Connell, Christopher Clements, Charlie Tonepohl, Andre Lascu

(Newton Abbot)

Holly Brimecombe, Atticus Parker

(Little Warriors)

Scarlett Contrasti, Venitia Contrasti

(Ashburton)

And Welcome back to **Sean Sliney, Laura Plumb, and Ed Cochran**

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



Dates for your Diary and Timetable exceptions

Wednesday 1st February—No PAIGNTON class due to hall being used for school exams.

Sunday 5th February—No Brown and Black Belt class.

Sunday 5th February—kyu grading starts at 12noon.

Sunday 12th February—Zanshin seminar in Newton Abbot.

Sunday 5th March—Ladies Self Defence class in Newton Abbot, 1-4pm, £10 per person.

Wednesday 15th March—no PAIGNTON class due to hall being used for school exams.

Saturday 1st April—Bully Buster sessions

Spread the Word

Fill the dojo with great people. How do you recognise great people? They are like you. You are the type of person that we want in the dojo. You are well-mannered, with determination, and open-minded enough to be receive teaching. You look after others and you have ambitions for yourself. You don't have to wait for an Open Day to have your friends join in. Bring someone with you this week.

Last Word

The year rolls on. This May marks the 18th Anniversary of the first Keikokai lesson. 18 years old has always been an important age in the UK. It marks a certain maturity. While I for one am still capable of remarkable immaturity, it is still a remarkable thing to see so many high grade students, top quality teachers, and dedicated students, straddling the whole scope of humanity training alongside us each week. We are fortunate to have serious-minded youths setting a high standard in our classes. We are remarkable in that we have such a good balance of male-to-female and children-to-adult ratios. It is extremely heartening to see just how many people put on their gi each week—and have done for the longest part of the past 18 years. Now, if you've just started training it might seem daunting, that there are people with us who have trained so long. In another 18 years you could be one of them. When we celebrate 40 years of Keikokai you could be in the Veteran category. If you train. If you get on and do it. If you learn and push and struggle (yes, struggle) like those who have gone before you have (and still do). We keep on because what we do is unlike anything else out there. We keep on because we are unlike anything else out there. Congratulations, it is a blessed state to be in.

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

Birthdays

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

- 1st Phoenix Reeman
- 7th Benson Biju, Stewart Selbie
- 8th Ruth Dungey
- 9th Carl Tilling, Charlie Pitchford
- 11th Thomas Campbell
- 12th Leilani-Rosa Mejias-Evered
- 17th Mason O'Connell
- 20th Holly Kirkbride, Beckii-Claire Leggatt
- 21st Yokesh Ganesan
- 22nd Garry Hewings, Anna Hinds
- 23rd Lennon Lemar, Isaac Spurrier

26th Andrei Lascu
Happy Birthday to You

Instructor Training

Have you ever fancied teaching or assisting a class or taking 1-2-1 sessions? Are you over 14 years old and a brown or black belt? If you would be interested in a place on our next Instructors Training Program, let us know by email to info@KarateAcademy.co.uk New course starts after Easter 2017

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