

## Tests

The next Little Warriors Stripe Test is on Saturday 3rd February at 9am.  
The next kyu grading is on Sunday 4th February at 10am.

## First Aid Training

Over the weekend of 13th and 14th January the instructors took part in First Aid Training. Under experienced instructor John Smith, the two groups studied wounds, CPR, and were observed practising. We are pleased to say it went well and certifications have been issued.



## Notifications

Most people are on Facebook these days, or so it seems. If you are training with us or are the parent of someone training with us then please consider joining our



**Keiko Karate** Facebook group.  
It is a private group, but we have

included the question "where do you train and who is the instructor" to clarify that only our people can be part of it. That means that we often share notifications directly to the group because the Karate Academy pages can be viewed by anyone. Like "we've had a cancellation for a private lesson at 2pm, who would like it?" and other notes on training and events.

Please use it to help "stay in the loop". Apply to join the group, stating where you train and who your teacher is and we will approve you.

## Sandan Training

We are having a lesson for our Black Belts who are Sandan level and above. The leaders in the dojo don't manage to get together to train often enough. When they are together it is usually about a grading or official events. So this is their opportunity to come in and train. Our aim is to hold these sessions quarterly, just to make sure that our leaders have quality training time suitable for their level.



## Last Word

Happy with who you are. That's what we *all* should be. We are unique and miraculous and exist against the odds. It can seem selfish to be seeking betterment, or we can come to realise that we have a fantastic opportunity while we are on this earth and that wasting the opportunity is actually selfish. Trying to be a better you is trying to make the best out of the situation that we find ourselves in. You can't be Bruce Lee, that job was taken a long time ago. You can't be Anthony Blades, he has that role himself. You can be you, and you can optimise. The only approval you need is from yourself. If you are happy with how things are then it doesn't matter what anyone else says. If you are not happy with how things are then you must be careful as to whose advice you are listening to and whose comments will help you. There are plenty of people who say things without any thought as to whether it is helpful. The test of advice are: Is it true? Is it helpful? Is it necessary? Filter out anything that doesn't meet at least two of the criteria.

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

Volume 12 Issue 2 February 2018

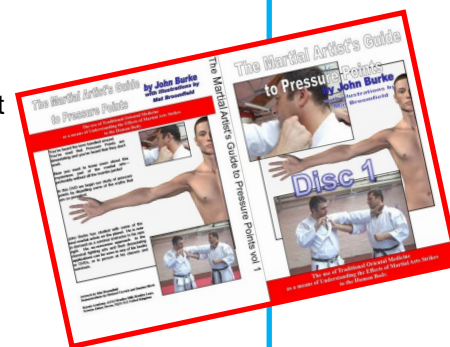


## Tsudzuke mashou

Already into February. Do you remember how fast last year went? It was like a cascade of events and world news that was relentless as it washed over us. We made some progress ...but not so much that we were happy with it. Now its 2018 and we run a risk of the same happening all over again. It will if we don't do something about it. We must have a plan and we must stick to it or our progress will falter again. If you are happy to just "be" then you don't need progress. If you want to get somewhere then you do.  
John and Kim

## Pressure Points

The issue of how to use these tiny targets in dangerous situations, and how they are beneficial targets is the subject of John Burke renshi's seminar in Newton Abbot on Saturday 24th February 1-4pm. There are participants travelling from across the country just to get this information, so locals are lucky that it is right on their doorstep. John is the author of the Pressure Point Guide for Martial Artists book and DVDs, and this hands-on seminar



**Dedicated to Black Belt Excellence**

is available to all grades but will benefit adults the most. Just £10 per person, so please book your place.

## Pre Grading

While other clubs charge for pre-gradings, ours is offered as a service to our brown belt and above students, just to help them on their way to the black belt grading. On Sunday 25th February 10am in Newton Abbot we will be holding a session for any student 3rd kyu or above. Feedback will be given by the instructors on what practical steps are necessary to get through the Dan Grading.

## Police Visit

At King Street Studios we have received a visit from our local Police Officers. This was due to a complaint from local residents about some of our members or their families parking!!! We would like to remind people to park responsibly and in plenty of time to arrive promptly for lessons.

## Ladies Self Defence

Once again Clare Potter sensei taught her popular and important Ladies Self Defence seminar in Newton Abbot. There were 33 women taking part on Sunday 21st January. As you would expect, the afternoon went very well. Watching the change that comes over the participants is simply inspiring. They come in unsure and leave empowered. The advice given served one previous participant when she found herself in a sticky situation in London. Clare's words came back to her in her hour of need and no harm occurred. Well done to all the participants and thanks to everyone who helped out.

## Coming Up:

We try to let you know about future events with plenty of notice so that arrangements can be made for work/travel/ etc. Special events are enhancements to your regular training, and it is regular training that should form the bulk of your training plan.

Optional extras include:

- **South West Karate Experience 2018.** A weekend of training on the beach at **Perran Sands** in Cornwall. 1st-3rd June. This one should be at the top of your list. **Anthony Blades** kyoshi, **Neil Ellison** renshi, and **John Burke** renshi, teaching together on the beach is an opportunity that you don't want to miss. If you haven't already booked, please do so, our initial allocation of caravans are **sold out** and we want to get you the best deal that we can. You can be sharing or sole occupiers. Just call Kim to discuss.
- 5th-6th May UK Martial Arts Show, The Dome, Doncaster. Train with many different masters of different arts. **DEAL: £79 weekend entry and training tickets are available from Sensei John at £30.**
- 16th June Kaizen Martial Arts Expo, Nottingham. Outdoor training with different instructors including Terry O'Neill sensei. **DEAL: £17 tickets are available from Sensei John at £15**
- Spring Weekend with Patrick McCarthy. Flow drill training— 30th June & 1st July. Newton Abbot Leisure Centre because it is too big to fit in our dojo. **DEAL: Early Bird pricing until 30th March**

is £75 for the weekend. After it will be £95.

- MHKA Summer Camp, Brecon, Wales 6-8 July. Outdoor training.
- Summer School. Our "month in a week" training during school holidays, 6th-10th August.
- Holland 29th-30th September, Bunkai Weekend in Schoonover.
- Okinawa. 4-18 November. Some of us are off to Japan for training. Plus workshops on Kumite, Bunkai, Bully Buster, Ladies Self Defence, Pressure Points. A busy year ahead.



If there are any workshops or guest instructors you would like added to the schedule, message [Kim@KarateAcademy.co.uk](mailto:Kim@KarateAcademy.co.uk) and we will see if we can arrange it.



## Dates for your Diary

Saturday 3rd February	Little Warriors stripe test
Sunday 4th February	Kyu grading
Saturday 10th February	Sandan training
Saturday 24th February	Pressure Point Seminar with John Burke renshi.
Sunday 25th February	Pre-Grading for Black Belts.
Sunday 18th March	Kyu Grading

## Birthdays

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

3rd	Elsie Monnington
7th	Benson Biju, Stewart Selbie, Dylan Hone
8th	Ruth Dungey, Chloe Noon
9th	Carl Tilling, Charlie Pitchford, Jakub Kubien
10th	Heston Brocklehurst, Dylan Tutty
12th	Leilani-Rosa Mejias-Evered
15th	Oliver Clark
17th	Mason O'Connell, Rivithan Rajkumar
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**

## Little Stars

Our Little Warriors are recognised in class as to who has the best attention or most improvement in class each lesson. Our Star of the Day is awarded a certificate. In the past month we have had:

3/1	Aaron Power
6/1	Oliver Williams
10/1	Atticus Parker
13/1	James Sherry
15/1	Niji Bellchambers
17/1	Emily Bath
20/1	Ryan Paul & Charlie Pitchford
24/1	Dylan Williams
27/1	Aaron Power
29/1	Ethan Sansum
31/1	Daniel Monnington-Hayes



## New Members

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

**Chad Boden** (Cranbrook)

**Serena Worth, Wyatt Rogers, Annalise Stancombe, Jack Porter, Alwyn Manson, Grzegorz Jankowski, Nicolas Jankowski, Craig Bottomley** (Newton Abbot)

**Harvey Morgan-Baldry, Dexter Allen** (Little Warriors)

And welcome back to **Thomas Sykes**.

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