



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

- 5th George Edwards
- 7th Oliver Russell
- 8th Max Stevens (Torquay)
- 9th Jacob Hopkins
- 12th Jace & Milo Hunt
- 14th Alfred Beale
- 15th Cassie Weaving (Torquay), Theo Scott Gatty (Ashburton)
- 16th Olivia Martin
- 19th Dexter Allen
- 28th Alex Davies
- 30th Brody Simpson



Last Word

Another busy year. More and more special events coming up. More and more courses and shows. It's worth saying again: it's the regular lessons that make us what we are. It's the regular lessons that build our habits. It's the regular lessons that make the special times special. You always have a choice about how you take critique. It could be a boon; a present to help us to get better. Or you could take it as an insult and miss out on what it could do for you. Messing up is part of the journey, and making those small, regular course corrections is what makes us get to where we want to go. No matter how long you have been travelling in a mistaken direction you can always set off in a different direction or retrace your footsteps to correct your course. Little by little, bit by bit, we're on our way.

Proud to be the Keikokai.

See you in the dojo.

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Dates for your Diary

February

- 2nd Bunkai Fundamentals
- 5th Additional Needs Karate class starting.
- 5th No Newton Abbot morning class
- 6th replacement Newton Abbot morning class
- 10th Ladies Self Defence
- 12th NO Additional Needs class.
- 15th No Paignton
- 19th No Ashburton
- 21st No Ashburton
- 23rd Charity Seminar in Seaton
- 25th replacement Newton Abbot morning class
- 26th NO Newton Abbot morning class
- 28th NO Newton Abbot morning class

March

- 1st replacement Newton Abbot morning class
- 10th Black Belt Pre Grading 10am-1pm
Open to all brown and black belts.
Students who want to attempt a Dan grade in June **MUST** attend
- 16th Little Warrior Stipe Test
- 17th Kyu Grading

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Here's February. Already. 2019 is in full swing and we are in action. Do you have your goals all lined up? Have you made plans? Because if you don't make your own plans then you will end up being part of someone else's plans. At least this: plan to train twice per week. It keeps things fresh and in your mind, and starts to build habits. Less than that is fine as long as you accept that progress takes longer. More than that can be good as long as you don't burn out.
John and Kim

Bunkai Fundamentals

Asked to teach across the UK and internationally, John Burke rensai is well known for his grasp of practical Kata Applications. On 2nd February he will be sharing the Fundamental aspects of this lost science with our members and guests at Newton Abbot dojo in a 3 hour hands-on seminar. Just £15 per person, suitable for all adults and pre-approved children. Please book to ensure your place.

Ladies Self Defence

This popular class with Clare Potter sensei returns again to Newton Abbot dojo on Sunday 10th February. Not just for our members, we recommend that every female you know and care about should be advised to take this class. It's just £12, and the practical skills learned could end up saving someone's

life. Not a martial arts class, no special clothing or equipment is required. Please book online, at reception or call 01626 360999.

NEW class

A new Karate class is added to our timetable this month. This class runs 6.15-7pm on Tuesdays in Newton Abbot - is for people with Additional Needs. The class is structured in a way that those with learning or cognitive restrictions can still come and enjoy the benefits of Karate without worrying about slowing down other people in class.

Classes Off

Please note that due to venue maintenance both in our own dojo and in school halls that we use, the following sessions are not available this month:
15th February - NO Paignton
19th February - NO Ashburton
21st February - NO Ashburton
Our own floor is being refurbished in Studio 2 in Newton Abbot. It shouldn't affect much, except our new class on Tuesday 12th February, when it won't be available. However, please have a look at the Timetable exceptions box on page 4 for other changes this month. Other classes are running as normal as far as we are aware, and we continue straight through the Half Term School Holidays.

Summer Activities

Back by popular demand, 5th-9th August 2019 for Summer School. A week of training, games, history and more. Still only £60 for the week or £17.50 per day. Early booking discount is £50 for the week paid by 31st May 2019. Little Warriors Activity Days will return in the summer, too. £15 per day, dates to be confirmed imminently.



Dedicated to Black Belt Excellence



2019 Training on the Beach:

**Perran Sands
Perranporth
Cornwall**

31st May - 2nd June

THE big weekend course at the beautiful Perran Sands! A fantastic weekend for both training and family time.

The cost of training for the whole weekend is £40 per person in group booked accommodation, or £75 per person for members who are taking their own tents/caravans, or booking privately. On the current group booking, we only have the following accommodation left for the 3 nights. If you would like us to add on a 7 night stay or alternative grade accommodation, please email Kim@KarateAcademy.co.uk with your

request and we will try and get the best price for you.

- 2 bed chalet (sleeps 6) x1 £225
- 3 bed Standard Caravan - Newer Model (Sleeps 6) x 2 £280
- Room in shared caravan (includes training) x3 £150 single / £225 couple sharing room

Deposits £90 per accommodation/£30 per room are required now with the balance being due by end of March 2019.



Students who are attempting a Dan Grading (Black Belt) on the beach do not need to pay the training element of the course, only the accommodation. The exact amount due will be on the invoices that will be sent out at the end of this month.

Birthdays

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

- 7th Stewart Selbie, Dylan Hone
- 8th Ruth Dungey, Chloe Noon
- 9th Carl Tilling, Charlie Pitchford, Jakub Kubien
- 12th Leilani-Rosa Mejias-Evered, Siraj Mekki
- 13th Yanick Hryczyn, Rowan Manson
- 14th Ivy Smith
- 17th Rivithan Rajkumar
- 21st Mark Harrison
- 22nd Garry Hewings, Anna Hinds
- 23rd Lennon Lemar
- 24th Matias Henry
- 25th Steven Howarth
- 26th Andrei Lascu



Happy Birthday to You

Grading Results

On Sunday January 27th we held a kyu grading at Newton Abbot dojo. The following people were recognised to have attained the required standard for new grades:

- 1st kyu** Maria Antonilli
- 2nd kyu** Joshua Adams
- 4th Kyu** Korben Simpson
- 6th kyu** Scarlett Contrasti, Venitia Contrasti, Archie Pimley
- 7th kyu** Isabella Mendez Chombunchuay, Mark French
- 8th kyu** Hannah Ward, Clare Hunt, Isaac Hinds
- 9th kyu** Oscar Williams, Jorja Williams

In order to take a grading examination, the student must be nominated by an instructor. This happens when the student has proved competent in their regular lessons. On the day of the test they still need to demonstrate just why they should pass. The result depends on the student and their effort.

On Saturday 26th January 2019, the following Little Warriors (4-7 year olds in our pre-martial-arts class) were recognised at the next stage of their development:

- Green Stripe**
Holly Brimcombe, Lilly French
- Yellow Stripe**
Joseph Curnow
- Red Stripe**
Dexter Allen, Alfred Beale, Olivia Martin, Ayrton Sharp
- Orange Stripe**
Sayed Mohammed Alqarooni, George Edwards, Topias Henry, Pearl McAfee, Wolfe McAfee, Jack Parton, Theo Scott-Gatty, Max Stevens, Daniel Taylor, Tomas Thompson, Cassie Weaving.

Instructors nominate Little Warriors to graduate to the next stripe when the students have learned what they have to do from the Little Warriors curriculum.

On-line Bookings

Our online booking and payment system for regular classes and private lessons is now fully active. You access it via the www.KarateAcademy.co.uk site's menu. Just look for Book Here, Sign in, then you can manage and monitor your training progress right there. Kim has registered all current members so that you can add lesson credits and book your own 121s and seminars. If you haven't received your login details please ask for them.

BULLY BUSTER

Once again, Sensei Natasha had a successful Bully Buster course on Saturday 12th January. The class covered why people bully, how they do it, and what we should do about it, from verbal de-escalation to physical violence. The class was so popular that there have already been requests for a repeat performance. Watch the next Newsletter for confirmation of an April session.

New Members

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

Kai-James Gidley
Anthony Ward
Finley Hurden
Zachary Hurden,
Junior Frost
Andrew Cooper
(Newton Abbot)

Lucas Kirkbride
(Little Warriors Newton Abbot)

Alegria Hodges
Callum O'Sullivan
(Little Warriors Ashburton)

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