



Fab Feb!

Back In Action!

Now that the New Year has passed by and we approach Chinese New Year (The Rabbit this time, symbolising good luck) we can get to really focussing on our goals. If you haven't set yours yet then please look at last month's Action Steps.

Now let's see what we can do for you in February 2011; For any factors in your development that you need help with—ask your instructor. Or email info@KarateAcademy.co.uk or call 01626 360999

Heian Kata Bunkai Seminar

Due to popular demand Sensei John is conducting a seminar focussed on the Heian Kata. This special session will be held on Sunday 27th February 1pm-4pm at the Newton Abbot dojo. The nominal fee for this session is £10 per person. Call Kim on 01626 360999 for details of family/friend discounts.

This is a seminar not to be missed. Valuable information towards your Black Belt.

Teignmouth Moves

Our Teignmouth club is relocating to the Eastcliff Centre by the main road to Dawlish. There is a huge amount of parking (it's in a car park) and the building is a lot lighter than the current venue. Monday 7th February onwards has classes at the new venue.

Timetable Exceptions

The following our exceptions to the regular timetable during the month of February:

Sunday 20th No Newton Abbot classes.

Coming-up

Sunday 20th February	Kyu grading 9am
Sunday 27th February	Heian Kata Bunkai seminar. Newton Abbot
Sunday 20th March	Kyu Grading
Sunday 27th March	Wingrove Hanshi in Penzance
Sat/Sun 16/17th April	Dan Grading
Sat/Sun 7th/8th May	The Martial Arts Show, Birmingham NEC
Sunday 26th June	Wingrove Hanshi in Newton Abbot

Self Defence Seminar

Sunday 16th January saw our Self defence class for men and women at the Newton Abbot dojo. We had a typical over-running due to the huge amount of information that we put together. Please ask the people who were there what they thought of it. Everything from "pinned-to the floor" to

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"knife disarms" were all covered with our simple brand of self protection which does not rely on strength but just a few simple principles. Watch out for the next one!

Introducing Alf

Please welcome into our family **Alfredo Marano** sensei. He is coming to join us and teach in the UK from Italy where he was a Kyokushinkai knock-down fighter and Shotokan 4th dan. A friend of ours for nearly 10 years now, we know you'll enjoy his great techniques.

Birthdays

The following students celebrate their Birthday this month:

3rd Michael Burke sensei, William Mathews

4th James Hodgson, Alen Sunny

6th Charlotte Waymouth

15th Felix Murdin

16th Mark Rowswell

17th Sarah Jones

22nd Eric Pateman

26th Melissa McCarthy

Happy Birthday to You

New Members

The following people joined the Karate Academy in the month of January:

Jake Lee, Scott Elson, Keeley Martin, Nic Andrews, Dean Ellett, Jake Ellett, and Connor Ellett.

Welcome one and all!

Bunkai Bootcamp

August 1st—5th sees the Bunkai Bootcamp at Newton Abbot dojo. 10-4 every day with both physically and mentally intensive training geared towards functional kata bunkai. If you are interested in bunkai (application) then this is for you. It's advertised on the web at £295. There are 4 people booked from Finland already.

Our members get a huge discount (as long as you keep it private). £85 if you pay before March 31st and put down a £20 deposit to book your place. If you want to pay on the day it will cost you £110.

Not for children except by special arrangement. Call Kim or Sensei John to check if this bootcamp is suitable for you.

Last Word

When the masters formulated our art, they created something very special. Like an onion it is comprised of many layers of meaning and sophistication. When you have something that grand in front of you there might be the temptation to rush to get to the "good bits". There might not be a realisation that there are "good bits" to get to. For most of us the revelations come infrequently and you have to wonder whether all the rest of the training is worth those "lightbulb moments". Yet without all the rest of that training there would not be any "lightbulb moments" at all. Our revelations are earned, like trust, not through asking for them but by Actually Being Worthy of them. I'll keep working on when I might get my next one...

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

