

Karate Academy

ONE!

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Happy New Year

So here we go. New Year. New resolutions. One is all it needs. One day. One minute. One decision. Of course every day we make many decisions. We spend time thinking about what we will do and what we have done. As we do that thinking time dribbles away from us, and the things that we did not achieve last year remain undone this year until we change our decision making process. In my book "Fortress Storming" - the Bassai Dai kata application book—there is a small section about the OODA loop. This is the process of making decisions based on what is going on around you. Zanshin—awareness—gets scant mention.

Our time of thinking of what we have done informs where we think we are now. Our goals set in motion our actions. Our Zanshin is about the here and now. About what we are aware of this instant. If you are training then zanshin will reveal the burn in your muscles, the drain of your woes leaving you; the excitement of movement; and the camaraderie of the people next to you in a gi. Let's make the time you spend in your Karate uniform worthwhile and meaningful.

We, as a team of instructors, are always here to help with private sessions, facebook notifications, email and phone advice, if you need support or just to check you are doing the technique right, talk to us. Our contact details are 01626 360999, info@KarateAcademy.co.uk or join us on Facebook (look up Karate Academy).

Remember we are here to help and will always listen. John and Kim

Presents

Many thanks for the cards, gifts, and Season's Wishes that were left by so many of you for Kim and I, our boys, and the Instructors. You don't have to do things like that, and yet you do. We are humbled that you think so highly of us.

Buddy Day

On Saturday 21st January we are holding a Buddy Day. Now you know that your family and friends are welcome to join us at whichever session you can accompany them to, so what's the point of a Buddy Day? This is the ideal time for new members to join us as we'll make the lessons as informative from a beginner's point of view as we possibly can.

So what should you do? Take 3 Invitations and give them to your best friends. Tell them that this is the ideal session to come and try Karate with you. Tell them that it does not cost anything to come and find out. If they come along as your guest then we will offer them reduced cost training for 3 months when they join us, plus a syllabus DVD, and a half price uniform. If your friend joins the Karate Academy in

Newton Abbot, Paignton, Torquay, Totnes. Chudleigh, or Ashurton, then we will give you a special DVD which has been produced just for those who bring their friends as members, and we'll enter you into a draw for tickets to The Martial Arts Show at the Birmingham NEC (normally £25).

All you have to do is bring along people who are friendly, positive, and want to improve themselves. Let's fill the Academy.

Writer of the Year

The International Ryukyu Karate Research Society announced their award for Writer of the Year 2011. The recipient was **John Burke** sensei of the UK. The head of the IRKRS is Patrick McCarthy (9th Dan) hanshi.

The Special Lesson

What a day that was! Sunday 18th December 2011 saw our annual "Karate Party". At Newton Abbot dojo the students gathered from clubs across Torbay, and shared in exercise, fun, and some terrible activities that should be banned (knock-down-sensei). We announced our awards for the year and then shared in the food which each participant brought along. There was a very nice array and the care that went into the homemade items was obvious for all to see. Many thanks to everyone who came along, and we'll endeavour to make sure that next year is just as thrilling.

Our awards were nominated by the students and instructors, and while the list of nominations was very large for 2011, the recognition for the achievements and efforts went to the following:

Student of the Year **Ryan Bovey**

Most Improved Student **Jess Bailey**

Most Dedicated Student **Janet Drew**

Most Helpful Sempai **Cat Maslin**

So now we're watching to see who makes an impression for the 2012 Awards...



The pins for Perfect Attendance have now been set aside for students who achieved above 90% attendance in 2011. The award goes to the following students:

Richard Brend, Ross Chesterton, Clare Potter, Jessica Alger, Nicola Brown, Sean Green, Paula Hickin-Botham, Janet Drew, John Drew, Andrew Green, Michelle Green, Kieran Osborne, Alison Brend, Shaun Cooper, Shana Osborne, Olivier Petit, Amy Drew, Amy Clark, Andrew Power, Sophie Paulton, Adam Castle, Samuel McCarthy, Samantha McCarthy-Patmore, Robert Patmore, Joshua Goodman, Harry Jenkins, Daniel Carrick, Martin Carrick, Cameron Greenwood, Zachary Morgan, Jim Wight, David Pickhaver, James Warren, Ryan Bovey, Colleen Clark, Eric Pateman, Grace Pitts, Ethan Bradshaw-Price, Leah Watson, Matthew Keirman, Mary Watson and Sharon Keirman. Well done.

Pins and certificates will either be handed to students at the end of class or posted.

Ladies Self Defence

The course was dealing with some powerful issues, and even members of the constabulary were amazed to see what is possible when you are taught the easy and effective principles that we use. **Well done** to Sensei Clare and the team for the courses they have put on in 2011. If you missed them then you really missed out!

New Members

The following student joined the Karate Academy in the month of December:

Newton Abbot: Kefron Barber
Welcome.

Grading Results

Too late to make it into last month's newsletter, on the 5th December the Kyu Grading that was held at Torquay dojo saw the following promotions:

1st kyu

Janet Drew
Kieran Osborne

2nd kyu

Natasha Barlow
Alison Brend
Caleb Clark
Tommy Zheng

4th kyu

Alex Ciulow

5th kyu

Samantha McCarthy-Patmore
Olivier Petit

6th kyu

Amy Drew
Jack Zheng
Joshua Goodman
Luke Alderson
Peter Alderson

7th kyu

Sharon Keirman
Hannah Tribble
Kit Hughes-Johnson
Henry Morgan
Laura Pattison

8th kyu

Deborah Needham
Finlay Coulson
Harrison Hammond
Tommy Craven
Adam Price

9th kyu

Stephen Baker
Jake Lee
James Antcliff
Harry Jenkins
Corey Edworthy
Michael Foskett

Well done, and remember, the work towards that next grade is ongoing. Let's make it happen.

Nidan

Congratulations to **Juha Tuominen** who travelled all the way from Finland the day after taking one grading (in Koryu Uchinadi) to the UK to be graded by John Burke sensei (in Shotokan Karate). Our own brown and black belts joined Juha on the mat and trained during the 5 hours of the test.

Birthdays

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

3rd Ross Chesterton Sensei
4th Elaine Ho
7th Blayde Goodinson, Cain Power
8th Annabel Nicholls, Matilda Nicholls
10th Brandon Thomson
11th Andrew Power
14th Olivier Petit
15th Lucie Clark (18th), Jack Burley
17th Michael Maddocks, Sabrina Murphy
19th Shaun Cooper, Rachel Reed
20th Luke Alderson
23rd Jane Hughes
26th Charlie Rebello
27th Amanda Moss
29th Robert Patmore, Ciwan Ozbek

Happy Birthday to You

Timetable Exceptions

The following are exceptions to the regular timetable during the month of January:

1st & 2nd Jan No regular sessions.
Normal timetable resumes on 3rd.

Coming-up

Sunday 15th January 2012—Kyu grading
Saturday 21st January Buddy Day
Sunday 11th March Competition
Saturday 14th April Black Belt grading.

Last Word

If you only knew what we've got lined up for you. You're busy focussing on your training, your grades, your work and family. Naturally. But there's a big picture to be revealed. There are some exciting developments in the pipeline. Things that affect you directly and the development of the Academy in particular and Karate in general.

The weird thing is that we can't let you know about it too far in advance. You don't know how good it's going to be yet. But you will. It's not a secret. It's just a work in progress....

Proud to be the Keikokai.

See you in the dojo. **Oss**



Karate
Academy

Dedicated to Black Belt Excellence