

Karate Academy

Happy New Year!

From the Top!

Welcome back. We hope you all had a really good time over the Christmas festivities, and thanks to everyone who helped to make ourselves and the instructors feel so valued.

2013 holds so much on offer, that we are going to make all we can of it. If you would like some help with your goal-setting for the year just tell your instructor—they'll be happy to assist you. Your targets for the year must be

Specific
Measurable
Achievable
Realistic
Timed outcome

You should *literally* write them down. There is something about the act of writing something down that moves it from being a pipe-dream to being a part of the world. In other words: Make Your Dreams a Reality.

John and Kim

The Karate Party

Thanks to everyone who made "The Special Lesson" so special. The food and drink that everyone brought along was a really great spread. Especially those who went to great lengths to supply home-made festivities.

Plenty of nominations for our awards this year, the recipients were:

Cameron Greenwood, Jack Degnan

Most Helpful Sempai

Shaun Cooper, James Antcliff

Most Improved Student

Grace Pitts, Deborah Needham

Most Dedicated Student

Kieran Osborne, Andrew Bellinger

Student of the Year

Congratulations!



NEW Training Diaries

We are very pleased to announce that our members will receive a new Training Diary this year. This is a return to the booklet format that we used several years ago. Rather than having loose leaves to pick up each month, all you have to do is keep the diary safe.

So why have a Training Diary? Well, it's so that you can see how much training you are doing, make notes about what you have learned, and record your appointments (like your monthly private lesson). This, then, becomes a visual reminder about what you are doing with your Karate. There are a few people who think they train regularly—but they really don't. Your twice per week will be obvious as you use the diary.

Timetable Changes

Please stay up-to-date with the timetable. You can see it on the www.KarateAcademy.co.uk website. This month, it is Newton Abbot that is affected. We have scrapped the PADs lesson on Friday night due to lack of attendance. An element of pad work will be included in most regular sessions. Our Wednesday lessons are also going to take a break for a while until the other classes fill up a bit more. Chudleigh, however, gains a new class on Wednesday evenings at 6.15pm, and the Friday class gains half an hour.

In Summary:

- No Wednesdays in Newton Abbot from now,
- Wednesday class in Chudleigh, Woodway Room, 6.15pm-7.30pm starting 9th January 2013
- Friday Karate class in Newton time change 5pm-6.30pm from now.
- New product on Fridays 6.30pm-7.30pm Warrior Workout. Leaflet to follow.

The only timetable exception for January is **no Torquay St Peters Centre on Saturday 5th** due to centre not re-opening til Mon 7th. Torquay students should go to either Newton Abbot or Paignton on that Saturday.

Fee structure

As you know, the Karate Academy grows and thrives because of the people that you recommend it to. Our best source of new members is you, as it ensures that they will be good quality people and will have a good attitude. Please

continue to recommend new members to us.

Over the years we have had various fee structures as the economic climate has changed. This only becomes an issue when someone talks about what they are paying and a new member (who may be paying more) can't understand that your fee has been left as it is because of our loyalty and commitment to you!

We're changing the structure for new members. This won't affect what you

invest in your training, but we want to help you to understand it for the sake of the new people.

From now on, there will only be two payment types. £370 per year or £39 per month. This is to help with clarity. There will still be discounts on offer where two or more members of the same household train with us. Licences, gradings etc, are unaffected.

Essentially, we have ditched the "once a week" payment, as members benefit most from training twice or more per week, and we don't wish to encourage *less* involvement in training. More private sessions will be made available to students to aid training.

Dojo Tip

Creating the right mindset for training starts when we first enter the dojo. Every time after that we need to refresh our mindset instead of becoming complacent or overly familiar. We can do this by programming our Bow (rei) at the entrance to the training area. It is a solemn event and not to be carried out in a slap-dash manner.

Keep you back straight. Hands by your sides (flat against your legs). Bend from the hips, not your spine, and then come in to training ready to sweat, ready to learn, and ready to take on board the advice that your teacher is giving you.

Hanshi Wingrove in Cornwall

Karate's most senior practitioner in Great Britain, the man who was the dojo captain for Vernon Bell (who brought Karate to this country), and who is currently ranked 9th dan in Karate & Ju-jitsu, 5th dan in Judo, and 3rd Dan in Aikido is coming to the Westcountry again.



With Terry Wingrove & Tsuchiya Sensei in Japan

His next visit to the area is now scheduled as 2nd March 2013 St Austell and 3rd March 2013 Newton Abbot.

Vacancy

The Karate Academy currently has a vacancy for a person with their own transport who would be responsible for spreading the word about the classes. 4.30pm-7.30pm Mon-Fri is the ideal time for knocking on a door and asking "Is there anyone in this household who would be interested in Karate classes?" Offering to send them an introductory pack if they are interested. Putting a leaflet through the letter-box where there is no answer. No selling is involved, just canvassing for interest. If that suits you then please contact Kim on 01626 360999 for a chat.

Grading Results

At the kyu grading on Saturday 15th December 2012 - held at Newton Abbot dojo - the following students were recognised to have attained the required standards for the ranks listed:

- 1st kyu:** Leah Watson
- 3rd kyu:** Lee Barber, Shana Osborne, Jack Zheng
- 6th kyu:** Eleanor Antcliff, James Antcliff, Steven O'Brien
- 7th kyu:** Abigail Froom, Poppy Hammond, Melanie Baker, Rebecca Baker, Tommy Craven
- 8th kyu:** Connor Edwards, Connor Lee, Andrew Bellinger, Ben Skeffington
- 9th kyu:** Walter Fisher-Barnett, Dylan Barham, Jamie Barham, Daisy Graysmark, Hatty Tremlett

Congratulations to you all on your achievement, and may you have continued success and improvement with your training. Please note; invitation to grade only occurs when the student has trained and improved sufficiently to be eligible. You should aim for 26 lessons in a 3 month period.

Kick-a-thon

This year we WILL be doing a Kick-a-thon. We will be performing 2,013 kicks to raise money for a charity. Provisional date is Sat 4th May. What we need to know now is "Which Charity shall we Support?" Please submit your suggestions directly to us at

admin@KarateAcademy.co.uk or 01626 360999.

In the past we have raised £1,000s for Cancer Research, CLIC, Torquay Hospital, Mary Curie, Childline, etc. Please submit your suggestions before 21/01/13. We'll announce the beneficiary next issue.

Dedicated to Black Belt Excellence

Birthdays

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

- 3rd Ross Chesterton sensei
- 4th Elaine Ho
- 6th Ellie Pleass
- 7th Fergus Lloyd, Cain Power
- 10th Emily Skitch
- 11th Andrew Power, Jack Blatchford
- 15th Jack Burley, Lucie Clark
- 17th Sabrina Murphy
- 19th Alastair Skillton, Shaun Cooper, Charlie Taylor
- 20th Luke Alderson
- 29th Zoe Brown, Rob Patmore
- 31st Jasmine Martinez

Happy Birthday to You

New Member

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

Totnes: Sam Jerome Welcome from one and all!

Dates for your Diary and Timetable exceptions

- Tuesday 1st January 2013** Bank Holiday. No lessons.
- Wednesday 2nd January 2013** Timetable Resumes.
- Saturday 5th January** No Torquay class
- Sunday 27th January** Kyu grading at Newton Abbot
- Saturday 2nd February** Instant Self Defence at Newton Abbot. Open to all, look out for leaflet.
- Sunday 3rd March** Hanshi Wingrove in Newton Abbot
- Sunday 10th March** Bunkai Theory Seminar in Newton Abbot
- Saturday 30th March** Easter Egg Hunt Fun Day. Booking essential, limited spaces. Leaflet to follow
- Saturday 6th April** Dan grading/Black Belt test in Newton Abbot

Last Word

Right back into the swing of it. That's what it needs. You can try to come back to training gently after the festivities or you can just jump right in. You will feel the same. You will be embarrassed at the things you have forgotten. You will be upset at your decline in fitness. You will feel like everyone else is just as good as they ever were while your standard has slipped. We are all feeling the same. What's certain is that the sooner you are back in action, the sooner you will feel like you are making progress. You can't get over your problems by staring at them, you have to DO something about them. For us, that means training. Twice a week, every week.

Sore muscles, regaining stretches, remembering what we are supposed to know. All in it together. Me 'n' all. Then we can move on. Then we can work on new things or deeper things or more progressive things. Let's get there.

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



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