

Class Schedules 2014

Below are the Class Schedules starting from 2nd January 2014. The only change from the current schedule is Torquay will only have one session per evening.

NEWTON ABBOT

All classes held at Karate Academy, 8 Signal Buildings, Brunel Road, NEWTON ABBOT, TQ12 4PB

TUESDAY	10am-11am 5pm-6pm 6pm-7pm 7pm-8.30pm
THURSDAY	10am-11am 5pm-6pm 6pm-7pm 7pm-8.30pm
FRIDAY	5pm-6.30pm
SATURDAY	10am-12noon
SUNDAY	4pm-6pm Brown & Black Belts Only

TORQUAY

St Martins Church Hall, Barton Hill Road, Torquay
TUESDAY 6pm-7.30pm

St Lukes Lower Hall, Sheddons Hill Road, Torquay
FRIDAY 6pm-7.30pm

PAIGNTON

Christchurch Hall, Torquay Road, Paignton
MONDAY 5pm-6pm
6pm-7pm

Palace Avenue Methodist Church Hall, Paignton
WEDNESDAY 6pm-7pm
7pm-8.30pm

Parkfield Leisure Centre, The Esplanade, Paignton

Private Sessions will continue to be held on Saturday afternoons at Newton Abbot. To book your appointment call 01626 360999 or email kim@KarateAcademy.co.uk

TOTNES

All classes held at TOTNES Pavilion Leisure Centre

WEDNESDAY	6pm-7.30pm
SUNDAY	10.30am-12noon

ASHBURTON

All classes held at Ashmoor Leisure Centre, ASHBURTON

TUESDAY	6pm-7.30pm
THURSDAY	6pm-7.30pm

CHUDLEIGH

All classes held at The Town Hall, CHUDLEIGH

MONDAY	5.30pm-7pm Large Hall
WEDNESDAY	6.15pm-7.30pm Woodway Room

KINGSTEIGNTON

All classes held at Kingsteignton OAP Club, Oakford Lawn, Kingsteignton

THURSDAY	5.30pm-6.30pm 6.30pm-8pm
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CALL OR EMAIL TO BOOK YOUR 2 FREE TRIAL SESSIONS

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Karate Academy

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Back in Action. We hope you enjoyed your festivities, and look forward to seeing you back in class. This is the ideal time to renew your efforts and aim for the skies. And instead of listening to your friends and family whinging about needing to lose weight after Christmas, why not tell them to get along to one of our classes? You know it will do them good.
John and Kim

Happy New Year

Thanks to everyone who gave cards, gifts, etc to the instructors over the Christmas period. They were very much appreciated!
In class this week we will be giving out the new Training Diaries. We hope you like the new look, the cover photo was taken by Liam Trott sensei in Japan.

The Special Lesson

Sunday 22nd December saw our annual party: "The Special Lesson"
Well done to everyone who survived the madness, and thanks to all who brought along food and drink that we put out as a buffet after the exercises, especially those who took the time to make it themselves—not everyone has the time to be able to do that, but those of you who do really showed your efforts... We produce 4 awards each year, and after consultation with the instructors, this year we awarded:

Dedicated to Black Belt Excellence

Most Dedicated Student: William Przybylski
Most Helpful Sempai: James Warren
Most Improved Student: Connor Lee
And 2013 Students of the Year:
Newton Abbot: Andrew Power
Torquay: Phil Hale
Paignton: Laura Pattison
Totnes: Carl Withers
Ashburton: Charlotte Pitchford
Chudleigh: Abigail Froom
Kingsteignton: Garry Hewings
Who will be recognised next year?



HEIAN kata Workshop

On Saturday 18th January, John Burke sensei will be teaching the Heian Workshop 1-4pm at Newton Abbot dojo to really plough into the essence of the 5 fundamental kata of Shotokan kyu grades. You can expect the rules of performance, plus the applications (as seen in his book "Peaceful Mind"), but be warned, members will have to work quickly or we won't get it all covered. Book your place on 01626 360999. Cost £10 per person.

Dojo Traditions

Kangeiko. Winter training. A tradition of self inflicted hardship where karate-ka train outdoors in the freezing cold to show that they can take it... Usually performed at mid-winter, but often left until the first lesson of the new year, so that the idea of shogeiko (first training) can be incorporated. Best performed in the snow.

Warrior Workout

ULTIMATE FITNESS CLASS

Fridays 6.30pm-7.30pm Newton Abbot Dojo
£5 per session or £50 for 12 sessions
New Course starts Friday 11th January 2014
First Session Free



Kyu Grading

The next kyu grading is on Sunday 2nd February. The lesson begins at 10am, and anyone can attend, whether they are grading or not.

New students wonder how they will know if it is time to grade. Your instructor will present you with a "grading notice" (an invitation to take the test) once you have demonstrated in class that you have learned the syllabus with the right attitude. That means you have permission to take the test. It is conditional on you continuing to work on, and improve, your skills leading up to the test.

Approximately 26 lessons or three months' worth of training twice per week is usually what is required. Everyone is judged on their merits; 3 months? 4? When you are ready.

The previous kyu grading was held on Saturday 21st December- held at Newton Abbot dojo - the following students were recognised to have attained the required standards for the ranks listed:

1st kyu

Zoe Brown
Deabra Stuart
Robert Patmore
Frederick Leach

2nd kyu

Scott Elson

3rd kyu

Carl Withers
Robin Davey
Lewis Barlow

4th kyu

Cain Power
Abigail Froom

5th kyu

Corey Edworthy
Nathan Rowe

Congratulations to you all on your achievement, and may you have continued success and improvement with your training

Planning Ahead

The Summer Camp in Brecon, Wales, has had its dates set as **25th-27th July 2014**. Please contact Martyn Harris sensei directly to book your place. (sensei@KarateCardiff.com)

We spend the weekend training in a field surrounded by beautiful scenery and eating and imbibing together. No age or grade limits, though juniors will, necessarily, need an adult with them. The training is multi-style with tuition from Martyn Harris sensei, John Burke sensei, and Martyn Skipper sensei (who is current kumite world champion).



Naha-te Kata

Most of what we do is classed as Shuri-te—the karate that originated in Shuri, Okinawa. The other major lineage is known as Naha-te. On Saturday 22nd February 2014 we will host a seminar with **Martyn Harris** sensei, where, for the first time, he will be teaching how to do the kata *Kururunfa*. This kata is not part of our grading syllabus, it is just being offered as an interesting contrast. The seminar will be at Newton Abbot dojo 1-4pm at a cost of £10 per person. Book your place on 01626 360999.



The Return of the Sword!

The Art of Drawing the Sword is called **laido** (ee-eye-doh), and it heralds back to the techniques of the samurai in ancient Japan. In the past we have run courses by the UK's most experienced laido Sensei, Vic Cook, and Ross Chesterton sensei has taught a regular study group.

Now you have the opportunity to "taste" the art of laido in a Workshop at the Newton Abbot dojo.

Saturday 4th January 2014 2-4pm, at the cost of just £5.

You don't need any special equipment, but should wear your gi as the belt is useful. If you already possess an Iaito or Bokken, please bring it, otherwise you can use one of ours for the day.

The art consists of 12 set kata. You cannot do sparring with swords. Even a wooden practice sword is dangerous. Someone would definitely get hurt.



This course is now fully booked, however if you would like to add your name to the waiting list for the next seminar and experience this contemplative martial art, suitable for all ages and fitness levels, please call 01626 360999 or speak to Sensei Ross.

Last Word

Resolutions. Again? They mean nothing unless you make them last. Write them down, put them where you will see them every day. Those foolish promises that were never designed to be kept weaken your resolve and your integrity for all further promises. Don't joke about them, as you are letting your brain programme itself for failure. The solution: make promises you can keep. Follow the guidelines in your training diary. Ask for help and commit to do what you say you will. It IS tough. And being able to live with those conditions is what sets the Karate-ka apart from others.

Proud to be the Keikokai.

See you in the dojo. **Oss**

New Members

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

Torquay: **Luis Vizcaino**
Newton Abbot: **Lindsay Hall, Luca Carasco**

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

Birthdays

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

- 3rd Ross Chesterton sensei
- 4th Elaine Ho
- 5th Gillian May sensei
- 6th Hope Wells, Ellie Pleass
- 7th Fergus Lloyd, Cain Power, Jamie Turner
- 8th Adam Craig
- 10th Emily Skitch
- 11th Andrew Power
- 15th Jack Burley
- 17th Sabrina Murphy
- 19th Charlie Taylor, Shaun Cooper
- 20th Luke Alderson
- 21st Bill Reeves
- 29th Zoe Brown, Rob Patmore
- 31st Jasmine Martinez

Happy Birthday to You

Dates for your Diary and Timetable exceptions

January 2nd 2014 Return to normal Timetable
January 18th Heian Bunkai Workshop
February 2nd Kyu grading, Newton Abbot.
February 22nd Kururunfa Seminar