

Class Schedules 2015

Private Sessions are held on Saturday afternoons at Newton Abbot, by appointment only.
To book your appointment call 01626 360999 or email kim@KarateAcademy.co.uk

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

SATURDAY 10am-12noon

SUNDAY 10am-12noon
Brown & Black Belts Only

KINGSTEIGNTON

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

FRIDAY 6pm-7.30pm

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

Paignton Community College, Waterleat Road,
PAIGNTON. Drama studio

MONDAY 6pm-7.30pm
WEDNESDAY 6pm-7.30pm

**Parkfield Leisure Centre, The Esplanade,
Paignton**

SATURDAY 10am-11.30am

ASHBURTON

All classes held at Ashmoor Leisure Centre,
ASHBURTON

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

TOTNES

All classes held at TOTNES Pavilion Leisure
Centre

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

www.KarateAcademy.co.uk
info@KarateAcademy.co.uk
01626 360999 or 08000 155152

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Karate Academy

First Twelfth

January is here again, and whatever experiences 2014 gave you are now The Past. So what will 2015 bring? That's the joy of the Journey, isn't it? Finding out. Whatever it brings, whatever you decide, we will be here. There are some big plans for 2015, and you can be a big part of them. Will it be about new grades? Better fitness? More fighting ability? Let's see how we can help... Get straight back into your Karate classes!
John and Kim

Happy New Year!

Welcome to 2015. Welcome to a New Year of training opportunities.

The Special Lesson

Thanks to everyone who made the Keikokai Christmas Party so special. There was masses of food and drink donated to the buffet table, fewer bumps and bruises than previous years.



Dedicated to Black Belt Excellence



We had our fast-warm-up, our musical kata statues, knock-down sensei followed by sensei's revenge(!); team kata relay and wheelbarrows; team exercise relays; piggy-back sparring; and much more. Well done. Thanks to everyone who cleared up afterwards, too. Our award winners are listed over the page...

Heian Seminar

Come along on Saturday 24th January 10am-3pm to learn the applications to all the moves in your Heian kata. We will be covering Heian Shodan, Heian Nidan, Heian Sandan, Heian Yondan, and Heian Godan. This is just like seeing how to apply the Peaceful Mind book for real, plus bonus extras. There are people travelling from as far afield as Shetland to come to this event so it would be a shame if people were not bothered to come from nearby Towns to Newton Abbot. Only £15 per person.

Training Diaries

Please collect your new Training Diary for 2015 from your instructor in class. Then USE IT, wisely and often. Record your lessons, your goals, your progress. You have a new year to make use of, so let's do it.

Heian Seminar

Peaceful Mind

THE APPLICATIONS FOR KATA MOVES

Saturday 24th January 2015 10am to 3pm

£15 per person
Newton Abbot Dojo



By John Burke



Grading Results

The last kyu grading of 2014 was held at Newton Abbot dojo on Sunday 14th December. The following people were examined and promoted to the ranks shown here:

2nd kyu

Deborah Needham

4th kyu

Martin Burridge, Corey Edworthy

5th kyu

Steve Bristow, Nikita Clarke,
Adam Faulkner, Garry Hewings,
Cas Power

6th kyu

Corvan Elliott, Charlotte Pitchford,
William Smedley

7th kyu

Luca Carasco, Seth Grace,
Heather Wells, Hope Wells

9th kyu

Matthew Hogan

Congratulations,
now the hard work
begins.

To be included in
grading exams in
the future, it is
necessary to have
been nominated
by your instructor. They will be
happy to do this once they have seen
in class that you have learned all the
necessary requirements.



Timetable Changes

Unfortunately, due to lack of support,
the Core Fitness class/Warrior Workout
cannot continue.

Dojo Traditions

Wa 和 - Harmony. The idea that you can be in
concordance with the people around you and
nature. We train for ourselves, but we as a group
are after the same things.
We show our commitment to the group.
We support our fellows.

The Awards

Our annual awards for 2014 were given
out at the Special Lesson.

These awards represent something in
excess of what is normally expected of
a student, and so the awards are a
reward in excess of what grade/belt is
worn. The students nominated by the
instructors were multitude, but our
winners were:

Most Helpful Sempai

Paula Hickin-Botham,

Most Dedicated Student

Laura Plumb,

Most Improved Student

Corvan Elliott,

and our **Student of the Year** for 2014
was given as follows:

Ashburton Adam Castle

Chudleigh Andrew Power

Newton Abbot Eros Medina

Paignton Tamzin Przybylska

Torquay Phil Hale

Totnes Noah Taylor

So now we start to watch for the 2015
awards...

1-2-1s

Members can make great use of
personal training with an instructor at
the Newton Abbot dojo. Private lessons
are available - usually held on Saturday
afternoons—you just have to call 01626
360999 to book yours.

A couple of things—for us to deal with
your appointment it's best to call
between 9.30am and 3pm. If you leave
a message we'll call you back should
you ring at other times, but you'll
understand that when we're teaching or
picking up the kids from school then
there will inevitably be delays.

Alternatively email

Kim@KarateAcademy.co.uk with your
request and we will email you back with
available slots to choose from.

Birthdays

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

3rd Ross Chesterton sensei

4th Elaine Ho

5th Gillian May sensei, Jordan Millward

6th Hope Wells, Ellie Pleass

7th Cain Power, Jamie Turner

8th Adam Craig

10th Emily Skitch

11th Andrew Power

14th Olivier Petit

15th Jack Burley

17th Sabrina Murphy

19th Shaun Cooper, Harley Leggatt

21st Bill Reeves

23rd Logan Smith

25th Matthew Hogan

29th Zoe Brown, Rob Patmore, Ciwan Ozbek

31st Jasmine Martinez

Happy Birthday to You

Dates for your Diary and Timetable exceptions

Friday 2nd January 2015 Return to
timetabled lessons

Saturday 3rd January No Paignton
lesson (Parkfield closed)

Sunday 18th January No Brown & Black
Belt Class (Instructors First Aid Training)

Saturday 24th January No Newton
Abbot class due to Heian seminar

Sunday 1st February Kyu Grading, No
Brown & Black belt class.



New Members

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

Douglas Leggatt (Ashburton)

Calantha Ashworth-Harris,

Elly Baxter (Chudleigh)

Finlay O'Gorman, Marcus

Maguire (Newton Abbot)

Benson Biju (Torquay)

Maya Albagli (Totnes)

And welcome back to **Finlay
O'Gorman** in Newton Abbot.

Recommendation is the highest
compliment we can receive.

Welcome one and all!

Don't wait for a "Buddy Day" to
bring a friend along.

Last Word

Goal Setting. As soon as we mention it there is a
collective sigh from some quarters. It can become
a hackneyed tiresome thing that nobody really
believes in. If you let it. So let's not do that. Jaded
people view the world and everything in it through
those tired lenses. We can choose to be like them
or we can choose to be different. We can choose to
be driven, dedicated, helpful, and generally dwell in
what we CAN achieve rather than what the
nay-sayers tell us we cannot. Well, the people who
say it can't be done should shut up and let those of
us who are actually achieving something get on with
it. Join us. Make a decision, here and now, that
you will achieve in 2015. Because you can.
Because you want to. Make a plan, stick to it, but if
something gets in your way or delays your rewards,
then that is all they have done. Delay—not prevent.
Not stopped us. No-one can.

Proud to be the Keikokai.

See you in the dojo.

Oss