

Class Schedules 2016

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
WEDNESDAY	4.30pm -5.15pm LITTLE WARRIORS 6.30-7.30pm LADIES ONLY
THURSDAY	10am-11am 5pm-6pm 6pm-7pm 7pm-8.30pm
SATURDAY	9am -9.45am LITTLE WARRIORS 10am-12noon
SUNDAY	10am-12noon BROWN & BLACK BELTS ONLY

TORQUAY

St Martins Church Hall, Barton Hill Road,
Torquay

TUESDAY 6pm-7.30pm

St Lukes Lower Hall, Shedden Hill Road,
Torquay

FRIDAY 6pm-7.30pm

PAIGNTON

All classes held at Paignton Community
College, Waterleat Road, PAIGNTON.

Performing Arts Suite

SATURDAY 10am-11.30am
WEDNESDAY 6pm-7.30pm

KINGSTEIGNTON

Kingsteigton OAP Club,
Oakford Lawn, Kingsteigton

FRIDAY 6pm-7.30pm

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

MONDAY 6pm-7pm **NEW TIME**
WEDNESDAY 6pm-7pm

CHUDLEIGH

The Town Hall, CHUDLEIGH

MONDAY 5.30pm-7pm Large Hall

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 or speak to an instructor at the Newton Abbot dojo where the diary is kept on the front desk.

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.

This is a free service to students who pay monthly or for the year. Pay per session students, the fee for a private session is £15.

Volume 10 Issue 1 January 2016

Karate Academy

Welcome to 2016

明けましておめでとうございます

Happy New Year! Welcome to 2016.

The question is: what are we going to do with it? We have another year to play with. Will things be the same at the end of the year as they are at the start? If they are then we might have wasted our time. We can try to make this year better. Ourselves, our relationships, and our environment better than last year.

We must start now. Before another year flies by. Commit to it. We have. John and Kim

The Special Lesson!

We celebrated 2015 together at the Newton Abbot dojo on Sunday 20th December. There was the usual madness of exercise, fun and games, followed by plenty of food so kindly brought along by the members and their families. Thank you so much to everyone who contributed and took part. You are amazing.



The Awards

At the Special Lesson we presented our Annual Awards. Voted for by the instructors, this time we had Junior and Senior categories. Our winners for 2015 were



Junior:

Most Helpful Sempai; Cas Power
Most Dedicated Student; Charlotte Pitchford
Most Improved Student; Isaac Spurrier
and The Student of the Year. Adam Castle

Senior:

Most Helpful Sempai; Janet Drew
Most Dedicated Student; Anna Hinds
Most Improved Student; Carl Tilling
and The Student of the Year. Catherine Flannery

Of course, now the instructors are looking at who they will be nominating for the 2016 awards...



Dojo Traditions

Dojo 道場 - The Place of the Way.

Usually translated as "Training Hall", like all things Japanese there are multiple layers to the term. The Way, in this case, is the Way of the Empty Hand, Karate. Our place for conducting practice is not a gym, nor a club, nor a playground, but a special place where we endeavour to improve ourselves.

Dedicated to Black Belt Excellence

Thanks

We certainly did not expect them, but thank you to those who bought and made presents for their instructors this Christmas. It was a lovely gesture.

We hope our students have thanked everyone who gave them something as well.

Looking Ahead

Attending class **regularly** is what really matters. In many ways it is what counts for your development (as long as you are really involved when you are there). On top of that, there are numerous opportunities for further involvement in the martial arts. You could be taking part in competitions or attending courses, reading books or watching videos. Coming up in 2016 we have some special events which we hope you will support.

Kyu gradings. Come along, even when it is not your time to grade. Support your classmates who are testing and keep your hand in for your own benefit.

Fundraising for charity, John Burke renshi will be teaching in Warsall at the **Martial Artists Supporting Children with Cancer** seminar, February 20th.

The UK Martial Arts Show at The Dome, Doncaster 7th & 8th May is an opportunity to train with all sorts of styles and teachers. John Burke renshi will be teaching there on the Saturday.

Renzokugeiko seminar in Newton Abbot, with flow drills taught by the translator of the Bubishi **Patrick McCarthy 9th dan hanshi**. Details tbc.

The South West Karate Experience (June 3rd-5th) at Butlins Minehead. Training away from home makes it a holiday and immersive at the same time. A Dan Grading will take place during the course, with teachers including **Anthony Blades 7th dan kyoshi**, **John Burke 5th dan renshi**, and **Martyn Harris 5th dan**



renshi. Please ask for details if you are interested in coming to this special weekend of training. We may still be able to get rooms at a good rate for you if you book early.

Friday 22nd July - Sunday 24th July we have been invited to the **MHKA Summer Camp** in Brecon

August **Summer School**. A month's training in a week. Mon 1st to Fri 5th 10am-3pm each day. £60 for the week or £15 per day.

Sunday 16th October **Bunkai Seminar** in Wrawby with John Burke renshi.

It might seem way off, but in November 2018 we have a **trip to Okinawa** scheduled, celebrating the 150th Anniversary of the birth of Funakoshi sensei. Anyone interested should plan now to ensure attendance.

Attending these events broadens your experience of the martial arts. Let us know if there are any other seminars you would like to go to or that we could host.

New Training Diaries

The 2016 Training Diary is A6 sized for ease of carrying around. Please use yours to note your training, both in the dojo and at home. Please also pay attention to the section on Goal Setting, so that 2016 is your best year yet.

New Members

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

Mathew Pratt, Jacob Greenwood,
(Newton Abbot)

Mia Bearne (Chudleigh)

Katalina Morris, Kevin Morris,

Robi Morris (Paignton)

Korben Simpson, Leila Emati Emati
(Little Warriors)

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

Grading Results

The **kyu grading** that took place on Sunday 13th December at Newton Abbot dojo was attended by people testing and by those who wanted to support their fellow students. The following people were examined and promoted to the ranks shown here:

2nd kyu

Isaac Spurrier, Carl Tilling

3rd kyu

Samantha Bowles, Tiago Ford

4th kyu

Maria Antonilli, Noah Taylor

5th kyu

James Ellis

6th kyu

Sarah Baker

7th kyu

Rachel Leggatt, Elly Baxter,
Josie Baxter-Hext

8th kyu

Kaavya Ganesan, Jack Harding, Joseph
Harding, Lennon Lemar, Gracie Stone

9th kyu

Joe Budd, Catherine Drinkall, Evie Faulkner,
Gareth Saunders

Congratulations, now the hard work begins. To be invited to grade requires nomination by your instructor. They will be happy to do this once they have seen in class that you have learned all the necessary requirements. You are under continuous assessment and will only be put in for the grading examination once your instructor feels you are ready.

Dates for your Diary and Timetable exceptions

Saturday 2nd January 2016—Normal timetable resumes.

Birthdays

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

5th	Jordan Millward (18!)
7th	Cain Power
8th	Adam Craig (18!)
11th	Andrew Power
14th	Olivier Petit
15th	Jack Burley
16th	Kaavya Ganesan
17th	Sabrina Murphy
19th	Harley Leggatt
23rd	Logan Smith
26th	Tracey Prosser
29th	Zoe Brown (18!), Rob Patmore, Ciwan Ozbek

Happy Birthday to You

www.KarateAcademy.co.uk
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Last Word



At this time of year we usually see an influx of people trying Karate. Some will last and some will not. We all know that "New Years' Resolution" feeling, and we also know how quickly it can fade. When someone is recommended to the Karate Academy by an existing member they stand a better chance. They'll have an idea of what it is all about. They'll know that if their friend/relative can do it then they can too. For the instructors it means that they can be more assured of the quality of the students when someone has been referred by an existing member. What this means is that we would like you to bring people in to train with you. You know they'll be going on about fitness after their Christmas over-indulgence. You have the solution. Don't keep it to yourself. It also means that you have more of the people that you like in the dojo. More people like you. Proud to be the Keikokai. See you in the dojo. **Oss**