

Class Schedules 2017

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

NEWTON ABBOT

All classes held at Karate Academy
King Street Studios, King Street,
NEWTON ABBOT, TQ12 2LG

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

PAIGNTON

All classes held at Paignton Community College

SATURDAY	10am-11.30am Performing Arts Suite (Waterleat Road)
WEDNESDAY	6.30pm-7.30pm Dance Studio (Borough Road)

TORQUAY

St Martins Church Hall, Barton Hill Road,
Torquay

TUESDAY	6pm-7.30pm
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KINGSTEIGNTON

Kingsteigton OAP Club,
Oakford Lawn, Kingsteigton

FRIDAY	6pm-7.30pm
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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
WEDNESDAY	6pm-7pm

CHUDLEIGH

The Town Hall, CHUDLEIGH

MONDAY	5.30pm-7pm Large Hall
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EXETER

Cranbrook Education Campus

WEDNESDAY	6pm-7.30pm
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Volume 11 Issue 1 January 2017

Karate Academy

Welcome to 2017

明けましておめでとうございます

Happy New Year! Welcome to 2017. We have a mission. There are things to be done. And there is no better time to make a start than now. We don't know what this year will bring. We do know what we can attempt to make of it. And we also know that if we don't try then we put our progress in the hands of someone else. So, taking control of our own destiny, we set forth into the New Year. John and Kim

The Special Lesson!

We celebrated 2016 together at the Newton Abbot dojo on Sunday 18th 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 2016 were

Senior:

Most Helpful Sempai; Carl Tilling
Most Dedicated Student; Rachel Leggett
Most Improved Student; Kelly Turney
and The Student of the Year. Deborah Needham

Junior:

Most Helpful Sempai; Shana Osborne
Most Dedicated Student; Alex Doyle
Most Improved Student; Mathew Daborn
and The Student of the Year. Daniel Turney
Little Warrior of the Year: Eric Farrelly
Of course, now the instructors are looking at who they will be nominating for the 2017 awards...

Zanshin Seminar with Andrew Power sensei

In our busy lessons we skip over some aspects of our martial arts, but in this seminar we are going to delve into awareness, or *zanshin*...

- ◆ What is meant to be happening in *mokuso*?
- ◆ Why am I tense?
- ◆ How can I deal with fear?
- ◆ How can I breathe better?
- ◆ What does 'no mind' really mean?

All these questions and more will be looked at...

(Suitable for all adults and mature, older children able to cope with sustained concentration.)

Sunday 12th February 2017. 1-3.30pm. £10 per person.

Newton Abbot dojo.

残心



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.

Paignton Move

Wednesday lessons in Paignton will take place in the Dance studio at the Borough Road site from now on with the revised time of 6.30pm-7.30pm. Saturday class remains in the Drama Studio (Waterleat Road) 10am-11.30am.

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 2017 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 Basingstoke at the **Redfish** charity seminar, March 19th.

The UK Martial Arts Show at The Dome, Doncaster 6th & 7th 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 Bubushi **Patrick McCarthy 9th dan hanshi**. May 30th and 31st, 6pm onwards.



The South West Karate Experience (June 2nd-4th) at Perran Sands, Cornwall. Training away from home makes it a holiday and immersive at the same time. Please ask for details if you are

interested in coming to this special weekend of training. Cost for a room in a caravan and training is £125 per person. If you would like to know the cost for a family caravan, please call Kim for a quote.

Friday 28th July - Sunday 30th July we have been invited to the **MHKA Summer Camp** in Brecon

August **Summer School**. A month's training in a week. Mon 7th to Fri 11th 10am-3pm each day. £60 for the week or £15 per day.

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 2017 Training Diary is available to collect from your instructor or reception, A6 sized for ease of carrying around. Please use yours to note your training, both in the dojo and at home.

New Members

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

Joshua Sharp (Little Warriors)

Chloe Roberts (Ashburton)

Chloe Knott (Newton Abbot)

Ross Smith (Exeter)

And Welcome back to Lee Barber & Amyas Holroyd

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

Grading Results

The Little Warriors had their Stripe Test on Saturday 17th December at Newton Abbot dojo. The following people had shown sufficient improvement to earn their next stripe:

Green stripe

Nathan Dungey, Korben Simpson

Yellow Stripe

Eric Farrelly

Red Stripe

Joshua Adams, Isabella Chombunchuay, Lucas Daborn, Daniel Monnington-Hayes, Isla Perry, Charlie Pitchford, Logan Pritchard

Orange Stripe

Aidan Draper, William Harvey, Ben Knights, Thomas Knights, Riley Whitefoot, Brody Simpson

The **kyu grading** that took place on Saturday 17th 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:

1st kyu

James Ellis

2nd kyu

Steve Bristow, Noah Taylor

4th kyu

Oliver Elphick, Rachel Leggatt

5th kyu

Cathine Drinkall

6th kyu

Ruth Dungey, Kelly Turney, Louise Paul

7th kyu

Joe Budd, Harvey Johnson, Beckii-Claire Leggatt, Elisha Stretton

8th kyu

Christopher Flannery, Ethan Kirkbride, Ian Perry, Eleanor Randle-Jones, Elmo Taylor, Samuel Williamson

9th kyu

Reuben Racey, Isobel Randle-Jones, Lucy Turney, Holly Kirkbride

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.

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

Dates for your Diary and Timetable exceptions

Tuesday 3rd January 2017—Normal timetable resumes.

Wednesday 1st February—No PAIGNTON class due to hall being used for school exams.

Birthdays

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

3rd Charlie Martin
4th Alexandra Greenwood
7th Cain Power
10th Riley Meadows
11th Andrew Power sensei,
Sunny Weedon
15th Lucie Clark
16th Kaavya Ganesan
17th Sabrina Murphy
19th Harley Leggatt
29th Ciwan Ozbek

Happy Birthday to You

Last Word

Tricky times. So many things happened in 2016. Now it is 2017 and while we might not be able to affect which celebrities will leave this plane of existence this year, we can affect our own health and well-being. Looking after yourself means doing what you can. There are no excuses. Yes, you have to take care of existing conditions and injuries, but you also have to learn how to train around them. "Please Mr Attacker, can you have a go when I'm feeling better?" isn't going to wash out there in the real world. A lot of people around you say things like "I'll join you in training when I'm fitter". That's like saying "I'll go to school when I have nothing left to learn". None of us are perfect, we all have situations that keep us from our optimum ability levels. Some of us are getting on with it. You will be one of them, because you can. You look for what you ARE capable of, not your limitations. Proud to be the Keikokai. See you in the dojo. **Oss**