

## Club Competition

Thanks to everyone who supported and took part in the competition on Saturday 18th November. Good spirit and good attitude is what won the day. Those who came away with medals and certificates in each category are listed below:

Our winners were:

- *Junior Freestyle Kumite* (kyu grades) Gold **Tyrese Harris**, Silver **Daniel Turney**, Bronze **Joe Budd**, Honourable Mention **Alfie Gill**
- *Senior Freestyle Kumite* (kyu grades) Gold **Kelly Turney**, Silver **Alex Stuckey Howard**, Bronze **Lennon Lemar**, Honourable Mention **Ian Perry**
- *Junior Kata* (kyu grades) Gold **Harley Harris**, Silver **Joshua Adams**, Bronze **Helena Stuckey Howard**, Honourable Mention **Lucy Turney**
- *Senior Kata* (kyu grades) Gold **Alex Stuckey Howard**, Silver **Ian Perry**, Bronze **Lennon Lemar**, Honourable Mention **Kelly Turney**
- *Yudansha Kumite* Gold **James Drake**,

Silver **Andy Power**, Bronze **Cas Power**, Honourable Mention **Catherine Flannery**

- *Yudansha Kata* Gold **Cas Power**, Silver **Andy Power**, Bronze **Shana Osborne**, Honourable Mention **Tom Potham**
- *The 5 Step Challenge* Gold **Janet Drew**, Silver **Kelly Turney**, Bronze **Thomas Flannery**, Honourable Mention **Jack Dymond**.
- *Little Warriors Fitness Challenge* Gold **Charlie Pitchford**, Silver **Isla Perry**, Bronze **William Harvey**, Honourable Mention **Ryan Paul**.
- *Little Warriors Kata* Gold **William Bath**, Silver **Isla Perry**, Bronze **Dylan Hone**, Honourable Mention **Theo Shepherd**.

Thanks to everyone who supported the event and took part. Thanks to Kim and Debbie for organising it, and to Richard Carrick tasshi, Jim Wight sensei, Clare Potter sensei, and Natasha Barlow sensei for refereeing and judging.



## Last Word

Happy New Year! What will 2018 bring? The answer will be different for each of us. We're going on a journey. For some of us it will be a distance measured in miles and across international boundaries. For others the boundaries will be less political and more mental and/or spiritual. How we approach the journey will set the tone for how it will be. Our roadblocks and diversions are, to a degree, beyond our control. Planning can help. You know what they say: "If you fail to plan then you plan to fail" and "If you don't have a plan then someone else will have one for you". Heading into the New Year full steam ahead always seems like a good idea, and then people run out of steam a couple of months down the road. Are you here for a sprint or a marathon? Pacing yourself and making steady progress is usually a better bet than burning out before you get there. We're heading somewhere. If you are heading there too then we're happy to accompany you on the journey. Proud to be the Keikokai. See you in the dojo. **Oss**

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# Karate Academy

## Hajimemasho ka?

Happy New Year!

Welcome to 2018! The joys that this year promises are there for the taking, we just have to get up and grab them. So what are yours? Not Resolutions, but possibilities, potentials, and prizes for your efforts. The year isn't just going to hand you the things that you aim for, you have to go out there and get them. You can't have them without work. Do the work and the results appear. And the sooner you start the sooner they arrive. So, let's do this. John and Kim

## We're Back!

The regular timetable is back in action from Tuesday 2nd January 2018. Come and get your regular dose of training for healthy mind and body. Some people worry at the beginning of the year "I'll go back to training when I'm a bit fitter". That's like saying you'll take driving lessons when you can drive. Getting involved early gives you a headstart on the people who come back later.

Please check out the timetable on [www.KarateAcademy.co.uk](http://www.KarateAcademy.co.uk) for all available classes.

## Zanshin

Sensei Andrew Power once again ran his Zanshin, Dynamic Awareness



**Dedicated to Black Belt Excellence**

seminar on Sunday 19th November. It was a really well run session, with exercises and meditations used to help the attendees to increase our awareness of our surroundings and our selves.

## Ladies Self Defence

It's back. One more time. This practical course for females only is taught by Clare Potter sensei. No experience is necessary, so it's perfect for all your female friends and relatives to get taught basic, no-nonsense, practical methods of dealing with their own protection. Book your place on 01626 360999. Sunday 21st January 1-4pm, £10 per person.

## Hospital Gifts

Sensei Clare initiated a collection for the children's ward of Torbay Hospital. Donations were dropped off at Newton Abbot dojo, and then Sensei Clare, with Lewis and Natasha Barlow sensei's help took them all along to the hospital. The staff said it was the biggest donation they had received.

Thanks to everyone for their generosity.



## The Special Lesson

Thanks to everyone who contributed to the Special Lesson. I think we all had a good time. With so many of us together, we split the class into 2 parts, Sensei Nicola's Ninja Ninja Turtle played opposite Sensei Andrew's Wheelbarrow Races. Of course, Knock Down Sensei was enjoyed just a fraction too much, as was Sensei's Revenge with Sensei Richard. The juniors enjoyed tag sparring with Sensei Tasha, while the seniors got into Piggy Back Sparring with Sensei Lee. Then Tug of War with Sensei Jim. Sensei Clare's Dodge Fist was enjoyed by both rooms, no-one got to stop for very long. It was all over after a very sweaty session with the presentation of our annual awards:

### Most Improved Student 2017

Alfie Gill, Lennon Lemar, & Nicola Parker

### Most Helpful Sempai 2017

Cas Power, Doug Leggatt

### Most Dedicated Student 2017

Josh Adams, Adam Castle, and Deborah Needham

### Little Warrior of the Year

Brody Simpson

### And Student of the Year 2017

Josh Adams, Kelly Turney



We would also like to make sure that Gareth Saunders got special recognition for being our highest fundraiser with this year's Kick-a-Thon, and Ruth Dungey for tirelessly putting leaflets out for us. The day rounded out with the buffet which was packed with your fantastic contributions. Well done everyone, and thank you to the parents, teachers and Debbie for doing the cleaning up.

### The Year Ahead:

2018 is a very exciting year. There are regular classes to attend, and these should form the bulk of your plan. Optional extras include:

- South West Karate Experience 2018. A weekend of training on the beach at **Perran Sands** in Cornwall. 1-3 June. This one should be at the top of your list.
- 5-6th May UK Martial Arts Show, The Dome, Doncaster. Train with many different masters of different arts.
- 16th June Kaizen Martial Arts Expo, Nottingham. Outdoor training with different instructors including Terry O'Neill sensei.
- Spring Weekend with Patrick McCarthy. Flow drill training—dates tbc.
- MHKA Summer Camp, Brecon, Wales 6-8 July. Outdoor training.



- Summer School. Our "month in a week" training during school holidays.
- Okinawa. 4-18 November. Some of us are off to Japan for training. Plus workshops on Kumite, Bunkai, Bully Buster, Ladies Self Defence, Pressure Points. A busy year ahead.

If there are any workshops or guest instructors you would like added to the schedule, message Kim@KarateAcademy.co.uk and we will see if we can arrange it.

## Birthdays

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

- 2nd Andrew Ware
- 3rd Charlie Martin
- 7th Cain Power, James Grocott
- 11th Andrew Power sensei, Sunny Weedon
- 12th Steve Bristow
- 16th Kaavya Ganesan, Harley Harris
- 18th Phil Gregory
- 19th Harley Leggatt

### Happy Birthday to You

## Dates for your Diary

**Tuesday 2nd January 2018** Timetable returns to normal.

**Sunday 21st** Ladies Self Defence 1pm  
Newton Abbot with Sensei Clare

## New Members

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

**Claire Hunt, (Newton Abbot)**

And welcome back to Toby Wright.

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

## Little Stars

Our Little Warriors are recognised in class as to who has the best attention or most improvement in class each lesson. Our Star of the Day is awarded a certificate. In the past month we have had:

- 29/11 Holly Brimecombe
- 2/12 Lilly French
- 4/12 Frank Farrelly
- 6/12 Bobby Barr
- 9/12 Aidan Draper
- 11/12 Lucas Daborn & Niji Bellchambers
- 13/12 Jess Power
- 16/12 Sunny Weedon
- 18/12 Riley Whitefoot
- 20/12 Emily Bath

## Grading Results

On Saturday December 16th we held a kyu grading at Newton Abbot dojo. The following people were recognised to have attained the required standard for new grades:

- 2nd kyu** Rachel Leggatt, Kelly Turney, Daisy Graysmark
- 4th kyu** Thomas Flannery
- 5th kyu** Amelia Hinds
- 6th kyu** Sara Pitchford
- 8th kyu** Lyndon Bush, Scarlett Contrasti, Venitia Contrasti, Morton O'Reilly
- 9th kyu** Mark French, Jakub Kubien, Andrei Lascau, Isla Perry, Theo Kimble, Marely Warren, Oscar Harrison, Thomas Woulfe, Esme Susila, and Thomas Evans

In order to take a grading examination, the student must be nominated by an instructor. This happens when the student has proved competent in their regular lessons. On the day of the test they still need to demonstrate just why they should pass. The result depends on the student and their effort.