



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

- 3rd Peter Chadwick
- 4th Peter Jarvis (Ashburton) and Jack Parton (Torquay)
- 5th Skyla-Jai Smith
- 8th Alfred Beale
- 10th Maddox Robbins
- 17th Noah Allen

Dates for your Diary

January 2019

- 2nd Normal timetable resumes.
- 12th Bully Buster
- 26th Little Warriors stripe test
- 27th kyu grading

February

- 2nd Bunkai Fundamentals
- 10th Ladies Self Defence
- 23rd Charity Seminar in Seaton

Last Word

Happy New Year! What will 2019 bring us, then? Joys, sorrows, trials? Undoubtedly. How we face those events and how we respond to them is what will decide how we look back at 2019 at its end. It won't be down to the political climate or your job situation. It won't be down to which teachers you have. It will all come down to how we respond to what is thrown at us. What will it be like for you? It can be hard to justify, but the truth is that it is up to you how you see each event in your life. You might want to go back and re-read Rudyard Kipling's "If" poem for a great view of how to deal with the world. For our part, in Karate, it is going to be all about regular training to help us enjoy the special events. Those regular doses of physical activity and mental engagement giving us a little relief from the rest of the world will help us to reap the benefits in the long term. There's no such thing as a quick fix, so the sooner we start those small fixes the better. It's the Journey, not the Destination. And ours is a martial way.

Proud to be the Keikokai.
See you in the dojo.

Oss

On-line Bookings

Our online booking and payment system for regular classes and private lessons is now fully active. You access it via the www.KarateAcademy.co.uk site's menu. Just look for Book Here, Sign in, then you can manage and monitor your training progress right there. Kim has registered all current members so that you can add lesson credits and book your own 121s and seminars. If you haven't received your login details please ask for them.

Birthdays

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

- 2 Sylvia Daborn, Oscar Magor
- 3 Charlie Martin, Niobe Coles
- 7 Sophia Newman, Cain Power
- 8 Harry Dear
- 11 Alexis England, Sunny Weedon, Andrew Power sensei
- 12 Steve Bristow
- 21 Theo Scott Gatty
- 29 Aaron Power, Jess Power

Happy Birthday to You



Dedicated to Black Belt Excellence

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明けましておめでとうございます

Happy New Year! Here's to making 2019 your best year yet! We've done the excesses of Christmas and New Year celebrations and now we face the year with fresh zest. We can organise and arrange things in our lives as best we can, and you absolutely know that in this Newsletter we're going to say that includes Karate. Get back in the dojo, get back into your training and make small regular steps in the right direction. Eliminate the bad habits and enjoy the year, John and Kim

New Black Belts

At the course and Dan Grading, beginning on a Friday evening and concluding on Saturday, with our special guest senior instructor and examiner **Anthony Blades**, 7th Dan, he and John Burke renschi were proud to

award shodan to **Anna Hinds**, nidan to **Cas Power** and **Carl Withers**, and Yondan to **Jim Wight** and **Clare Potter**. Congratulations on a hard-won promotion.

The Special Lesson

For the very first time, Anthony Blades kyoshi was present for our Christmas party. He got to witness first-hand the madness and mayhem. Lovely to see so many people celebrating the year together. Thanks to everyone who contributed to the buffet table for The Special Lesson, it was a wonderful spread! Special thanks to everyone who helped with the clearing up, especially Debbie coming in on her day off just for that.

BULLY BUSTER

Junior school children are very welcome at Sensei Natasha's 1pm Bully Buster session, whether they are Karate Academy members or not. No special uniform or equipment is required for this practical class on how to deal with bullies. Secondary school children should attend the 2.30pm class as it will deal with issues that they are more likely to face. The class is on Saturday 12th January in Newton Abbot. Please book online, at reception or call 01626 360999.





2019 Training Weekends

Brecon

Waterfall and countryside training in the beautiful Brecon Beacons, Wales from Friday 30th August 2019 to Sunday 1st September 2019. Once again, the fee will include evening meal on Friday and Saturday, Breakfast and packed lunch on Saturday and Sunday, and all your training with **Anthony Blades** kyoshi, **John Burke** renshi, and **Martyn Skipper** sensei, before evacuation on Sunday. Just £140 per person.

Places in the shared accommodation are limited, so anyone who definitely wants to come must get their place booked asap. Deposit of £30 now secures your place with balance due by 31st May 2019.



Cornwall Weekend

THE big weekend course at the beautiful Perran Sands! A fantastic weekend for both training and family time.

The cost of training for the whole weekend is £40 per person in group booked accommodation, or £75 per person for members who are taking their own tents/caravans, or booking

privately

On the current group booking, we only have the following accommodation left for the 3 nights. If you would like us to add on a 7 night stay or alternative grade accommodation, please email Kim@KarateAcademy.co.uk with your request and we will try and get the best price for you.

2 bed chalet (sleeps 6) x1 £225
3 bed Standard Caravan - Newer Model (Sleeps 6) x 2 £280
Room in shared caravan (includes training) x3
£150 single / £225 couple sharing room

Deposits £90 per accommodation/£30 per room are required now with the balance being due by end of March 2019.

Students who are attempting a Dan Grading (Black Belt) on the beach do not need to pay the training element of the course, only the accommodation. The exact amount due will be on the invoices that will be sent out at the end of February.



Looking Forward

There are so many exciting events on the horizon. Here are some highlights to plan for:

12th January	Bully Buster
26th January	Little Warriors Stripe Test
27th January	kyu grading
2nd February	Bunkai Fundamentals
10th February	Ladies Self Defence
23rd February	Charity seminar in Seaton
10th March	B&BB Pre Grading
16th March	Little Warriors Stripe Test
17th March	kyu grading
31st March	Mother's Day
21st April	Easter Sunday
27th April	Little Warriors Stripe Test
28th April	kyu Grading
4th-5th May	UK Martial Arts Show, Doncaster
12th May	20th Anniversary Celebration Training
31st May-2nd June	Perran Beach Training
16th June	Father's Day
29th-30th June	Cumbria Seminar
5th-9th August	Summer School
30th August-1st September	Brecon Training Camp
21st-22nd Sept	Holland Seminar
28th-29th Sept	Finland Seminar

And the following events will have their details confirmed shortly:

- Bunkai Workshops
- Kata Performance Workshop
- Groundwork Workshop
- Pressure Points Workshop
- Further grading examinations
- Additional Self Defence Workshops
- 2019 BAMA Dan Grading
- Other guest instructors

Summer Activities

Back by popular demand, 5th-9th August 2019 for Summer School. A week of training, games, history and more. £60 for the week or £17.50 per day. Early booking discount is £50 for the week paid by 31st May 2019. Booking page will be on the Workshops page in the next few weeks.

Little Warriors Activity Days will return in the summer, too. £15 per day, dates to be confirmed imminently.

Awards

At the Special Lesson we gave out our Awards for 2018. Most reward in Karate comes in the form of rank or a belt. They show what you have achieved and what level you are. Our awards represent some of the things that the belt does not necessarily reveal. Voted for by the instructors, the recipients were:

Little Warrior of the Year:

Ayrton Sharp

Most Helpful Sempai:

Amelia Hinds, Adam Faulkner

Most Improved Student:

Thomas Flannery, Claire Hunt

Most Dedicated Student:

Joshua Adams, Steve Sharp

Student of the Year:

Alwyn Manson, Nicola Parker

Congratulations all!

New Members

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

Niobe Coles

(Little Warriors Ashburton)

Finlay Russell

(Little Warriors)

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