

Class Schedules 2014

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

KINGSTEIGTON

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

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

Christchurch Hall, Torquay Road, Paignton
MONDAY 5pm-6pm
6pm-7pm

Palace Avenue Methodist Church Hall,
Paignton

WEDNESDAY 6pm-7.30pm
7.30pm-8.30pm

Parkfield Leisure Centre, The Esplanade,
Paignton

SATURDAY 10.30am-12pm

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

shichigatsu

Summer's here! The distractions of football, barbecues, and the reluctance to get into the dojo and get sweaty abound at this time of year. We would urge you to keep your routine. Training twice per week doesn't deny you lots of freetime. In fact, it might just energise you more to be able to enjoy your freetime. So, please, enjoy the sun, and enjoy your training too.
John and Kim

Thanks

Thanks to all those who came along to support the demonstration at Bradley Barton School in Newton Abbot.

While we are at it, thanks to **Richard Carrick** sensei for his time and efforts teaching for Keikokai over the past 5 years. While he will still be around, his new job means he won't be available to take classes nearly as much.

Women's Self Defence

Clare Potter sensei will once again be running this vital course on 6th July 2014 1-4pm in Newton Abbot. Please make your female friends and relatives aware of the course. They don't need martial arts experience, they are not going to be sparring. They are going to learn simple, effective techniques to help them to overcome an aggressive attacker. The course is only for females, with just a couple of token males present for demonstration purposes. Book now on 01626 360999

Dojo Traditions

Mizuro no kokoro - Mind like water. When water meets an obstacle it simply flows around it. Water can be turbulent or it can be smooth. It can have 1000 things going on beneath the surface that are unreadable to anyone watching. Water adapts, and water, bit by bit, succeeds.

Bunkai Bootcamp

The Final Bunkai Bootcamp will be held at Newton Abbot dojo August 8th-11th. This course, Friday to Monday, features the theory of Karate kata application and practical practice. Classes run 10am-4pm (except the Monday when we will finish early (2pm) so that those who travel distances can begin to make their way. John Burke sensei has taught this course for 5 years now, produced a 12-part DVD course on the subject and participants have taken away a minimum of 3 hours of video coverage. This one is the last one.

It is suitable for any grade of adults and note-taking is highly encouraged. The course is £150 to members. Please call 01626 360999 to book your place.

Summer School

We are now taking bookings for the Karate Academy Summer School 2014. There will be 1 month's training in the space of 1 week, with extra kobudo and even a game or 2 across **Monday-Friday 18th-22nd August**. Places are available at £60 for the week 10am-3pm daily. Please book early to avoid disappointment as we are advertising outside for the course and places are limited. Do book your place, don't just assume you can come along because you have a free day. If we do not get enough students to make the course viable, it will be cancelled. Booking forms are included with this newsletter.



Core Fitness

A MULTI-STYLE FITNESS WORKOUT

Fridays 6.30pm-7.30pm Newton Abbot Dojo
£5 per session or £50 for 12 sessions
First Session Free



Dedicated to Black Belt Excellence

Kyu Grading

The next kyu grading is on Sunday 3rd August. The lesson begins at 10am, and anyone can attend, whether they are grading or not.

New students wonder how they will know if it is time to grade. Your instructor will present you with a "grading notice" (an invitation to take the test) once you have demonstrated in class that you have learned the syllabus with the right attitude. That means you have *permission* to take the test. It is conditional on you continuing to work on, and improve, your skills leading up to the test. Approximately 26 lessons or three months' worth of training twice per week is usually what is required. Everyone is judged on their merits; 3 months? 4? When you are ready.

The previous kyu grading was held on Sunday 29th June - held at Newton Abbot dojo - the following students were recognised to have attained the required standards for the ranks listed:

1st Kyu

Robin Davey

4th Kyu

Andrew Bellinger & Jacob Bellinger

5th Kyu

Saskia Nicholls

6th Kyu

Carl Tilling

7th Kyu

Maria Parsons-Antonilli
& Charlotte Pitchford

8th Kyu

Adam Craig, Billy Reeves, Eva Lee & Peter Yaldren

9th Kyu

James Burrige & Mark Harrison

Congratulations to you all on your achievement, and may you have continued success and improvement with your training

Wales Summer Camp

Last call. The Summer Camp in Brecon, Wales, takes place on 25th-27th July 2014.

Only a couple of places left.

If you don't come along to this one then you'll never know just what fun we have and what we get up to in those beautiful surroundings. Please contact Martyn Harris sensei directly (sensei@KarateCardiff.com)

No age or grade limits, though juniors will, necessarily, need an adult with them.

The training is multi-style with tuition from Martyn Harris sensei, John Burke sensei, and Martyn Skipper sensei (who is current kumite world champion).



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.

Demos to do

On **Saturday 5th July** we have a demonstration to do at Whiterock Primary School in Paignton at 1pm. Then on **Sunday 20th July** at 1.30pm we will be doing a demo in Ashburton as part of a Family Fun Day.

Please support the demo, the more of us there are the better the demo will be. Demonstrations help make people aware of the club and spread the word.

Dates for your Diary and Timetable exceptions

Sunday 6th July

Ladies Self Defence 1-4pm £10 Newton Abbot

Saturday 26th and Sunday 27th July

NO CLASSES IN NEWTON ABBOT due to Wales Summer Camp. Saturday in Paignton will be on as normal. Newton Abbot students who are not in Wales should goto Paignton to train 10.30am-12pm

Tuesday 29th July

Totnes Giant Camp 1pm-2pm. Go along and help Sensei Ross with the Leisure Centres Summer Camp.

Sunday 3rd August

No classes due to kyu grading

Friday 8th-Monday 11th August

Bunkai Bootcamp No regular Newton Abbot Classes. Paignton as normal

Monday 18th-Friday 22nd August

Summer School NO regular morning sessions

Last Word

So you're serious about getting your next grade. Don't sit back and wait for it to be handed to you, because that's not going to happen. You need to have a game plan. You need to know where the goal posts are and how to make it to that point. You can see the syllabus in your training diary. You can get videos to help you. But the easiest and best source of information is your instructor. Ask them what you need to work on (chances are they've been telling you for ages anyway) and then... here's the hard part: Take Their Advice. All the plans in the world mean nothing if you don't take action. You need to change some things because the only alternative is to stay exactly as you are. Take action. All the help you need is right here—you just have to use it. Group classes. Private lessons. Informal chat or help before a lesson. DVDs/Downloads to buy. Free stuff on the Members' Only website. Use it, or you'll wonder why you're still wearing the same belt in 6 months' time... Proud to be the Keikokai. See you in the dojo.

Oss

Birthdays

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

3rd Jake Lee, William Burke

7th Irah Newsome

8th Charlie Wright

10th Luca Martinez

11th Samuel McCarthy

12th Martin Burrige

15th Lewis Tribble

16th Scarlett Bellinger

22nd Eros Medina, Barnaby Stitt-Sharam

24th Connor Elson, Dylan Elson

26th Tiago Ford

27th Thomas Freeman

29th Catriona Maslin

30th David Baxter

Happy Birthday to You

New Members

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

Levi Lezmore (Newton Abbot)

Kate Osborne (Newton Abbot)

Joanna Wells (Newton Abbot)

Oakley Watkins (Torquay)

Recommendation is the highest compliment we can receive. Welcome one and all! Don't wait for a "Buddy Day" to bring a friend along.

