

Class Schedules 2015

Private Sessions are held on Saturday or Sunday 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, Sheddons 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

KINGSTEIGTON

All classes held at 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 5pm-6pm

WEDNESDAY 6pm-7pm

CHUDLEIGH

All classes held at The Town Hall, CHUDLEIGH

MONDAY 5.30pm-7pm Large Hall

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



Guest Instructor

Renshi Martyn Harris 5th Dan

Come along and learn the Okinawan Kata

Wando 王路

Saturday 18th July 1-4pm

£10 per person, Newton Abbot

Volume 9 Issue 7 July 2015



Seven Twelfths

The summer has barely touched us, and already we are closer to next Christmas than the last. If the thought of that terrifies us then perhaps it is because we know we have not done enough to prepare for what needs to be done. So, rather than having a shock in November that the year is nearly done, let's get ahead, now. Rather than finding next May suddenly upon us, let's make preparation for the Spring Course now. The 2018 Okinawa trip? Start saving now rather than recrimination that we can't get there in 2 years' time... John and Kim

Ch...ch...Changes...

These things come around. Events occur which mean that things cannot stay the same. Please have a careful look at the timetable this month as there are some immediate changes that you might need to take notice of:

Totnes New times and days from 6th July

Paignton No Monday and Saturday venue change from 1st July

Chudleigh No Wednesday
Newton Abbot New classes Little Warriors and Ladies only Karate from 8th July

No changes to Kingsteignton, Torquay or Ashburton

New Classes

Little Warriors pre-martial arts training for small children. These short classes are fun and aimed at 4-7 year olds, getting them ready for Karate classes.

Dojo Traditions

Yu 勇 - Courage. From the 7 Principles of Bu. Having the courage to do what is right can be one of our biggest stretches of our comfort zone. This one principle can be our greatest battle, as it is primarily with ourselves that we have conflict. It takes courage to stand up for what is right, and it takes courage to resist peer pressure to do what we know to be wrong. In action or with deliberate inaction, courage is our cause.

Weds 4.30-5.15pm and Saturdays 9-9.45am in Newton Abbot. £4 per class or £25 per month. Plus: The **Ladies Only Karate** class on Wednesday evenings 6.30-7.30pm in Newton Abbot. £5 per class or part of your monthly membership. **Both classes start 8th July.**

Mighty Martyn

On Saturday 18th July we present you with a great opportunity. **Martyn Harris** renshi from Cardiff will be teaching at the Newton Abbot dojo from 1pm. He will be sharing the Okinawan kata **Wando** for your education and edification. This is not a syllabus kata—we're learning it for fun, and as a contrast to kata you might already know. The cost of this session is a mere £10. It is your chance to get something that is a little bit different.

Kick-a-Thon

Now that we have collected most of the money in, we have arranged for a retired pilot from the Devon Air Ambulance Trust to come to Newton Abbot dojo on Saturday 11th July between 10 and 12. Come along for a photo opportunity as we present the big cheque to them. Some students have still not handed in their money, if you are one of them you have until Weds 8th to get it to us.



Dedicated to Black Belt Excellence

Demo Season

Karate Academy performs demonstrations at School Fayres, Fetes, and charity dos. We have the following bookings for July and August, and we only do one per day.

- St Michaels Primary school Kingsteignton **Friday 10th July 3pm**
- Chudfest, Chudleigh **Sunday 12th July 1pm**
- Kingsteignton Oakford Lawn **Saturday 22nd August time tbc**

If you would like us to demo at your event then it needs to be booked with plenty of notice in order to ensure a good-sized group. Contact Kim for details Kim@KarateAcademy.co.uk

Parents Please Note

As classes end at church halls, school halls etc it is vital that children are picked up on time. The same is true at our own venue in Newton Abbot. We know you appreciate that the instructors have other appointments and classes that they must go to and staying on to look after your children might make them late. Thanks for your understanding and co-operation.

Grading Results

The kyu grading that took place on Sunday 14th June 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	Robin Davey, Cain Power
2nd kyu	Phil Hale
3rd kyu	Eros Medina, Ewan Hale
4th kyu	Samantha Bowles, Steve Bristow, Nikita Clarke, Finn Hearn, Cas Power, Tiago Ford
5th kyu	Catherine Flannery, Tiago Ford, Toby Wright, Daisy Graysmark
6th kyu	Jamie Griggs, Paul Thompson
7th kyu	Billy Bristow, Anna Hinds, Kate Osborne, Demi Howard, Max Douglas
8th kyu	Thomas Flannery, Malcolm Cleal
9th kyu	Ciwan Ozbek, Amelia Hinds, Nesta Knight, Finlay O'Gorman

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.

Birthdays

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

1st	Oakley Baker
3rd	Jake Lee, William Burke
7th	Gracie Stone, Irah Newsome
8th	Charlie Wright
10th	Luca Martinez
11th	Samuel McCarthy
12th	Martin Burrige
14th	Joe Budd
15th	Lewis Tribble
16th	Scarlett Bellinger
22nd	Eros Medina,
24th	Connor Elson, Dylan Elson
26th	Tiago Ford
29th	Catriona Maslin, Ganesan Palani

Happy Birthday to You

New Members

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

Evie Faulkner (Totnes)
Oliver Elphick & Joe Budd (Newton Abbot)

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

Dates for your Diary and Timetable exceptions

Sunday 4th July	NO BROWN & BLACK BELT CLASS
Friday 10th July	Demo at St Michaels' Primary, Kingsteignton
Saturday 11th July	Cheque Presentation, Newton Abbot Kick-a-Thon
Saturday 11th July	Ladies Self Defence Course 1pm-4pm £10 per person
Sunday 12th July	Chudfest Demonstration 1pm
Saturday 18th July	Wando seminar with Martyn Harris renshi 1-4pm, £10 per person. Learn this fluid kata with our special guest.
Tuesday 21st July	NO TORQUAY class , hall not available
Friday-Sunday 24th-26th July	Martyn Harris renshi's Summer Camp, Brecon Wales. NO KINGSTEIGNTON (Friday) NEWTON ABBOT & PAIGNTON (Saturday) and BROWN & BLACK BELT CLASS (Sunday) due to the instructors being in Wales.
Sunday 9th August	Kyu Grading
Monday 17th-Friday 21st August	Summer School, Newton Abbot Dojo, 10am-3pm each day, £60 for the week or £15 per day.
Saturday 22nd August	Demonstration at Oakford Lawn, Kingsteignton



A sunny day to demonstrate in Ashburton

Last Word

A hard day at school (or work) can be rectified with a good session in the Dojo. We can lose the pressures that have mounted during the day. We can excuse ourselves from thinking about all our woes for a short time, as all that matters is the training. Our single-mindedness in the Dojo is a diversion, and we all need those. Well, we need the ones that help us to fix things. Somethings like Karate allows your subconscious brain to get on with your problems. Training allows for ideas to arise without the constant nay-saying of the rational mind, and so when one comes along that is not shouted down we call it Inspiration. Allow yourself the luxury of Karate. Problems will still be there afterwards. Rarely will they have got any worse while you were training Proud to be the Keikokai. See you in the dojo. **Oss**

