

Class Schedules 2016

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
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 Brown Belts and above only.

TORQUAY

St Martins Church Hall, Barton Hill Road,
Torquay

TUESDAY 6pm-7.30pm

St Lukes Lower Hall, Shedden 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

KINGSTEIGNTON

Kingsteignton OAP Club,
Oakford Lawn, Kingsteignton

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 6pm-7pm
WEDNESDAY 6pm-7pm

CHUDLEIGH

The Town Hall, CHUDLEIGH

MONDAY 5.30pm-7pm Large Hall

EXETER

CRANBROOK Education Campus

WEDNESDAY 6-7.30pm Starts 15th June

Looking for a great way
to spend
Summer?



Don't get bored during
the School Holidays,
STAY active this summer

Summer Special.

One week of Karate Summer School Training,
Fitness Training, Bully Buster Training, Martial Arts
Games, all to help build Confidence, Self-Esteem,
Coordination, Listening Skills, Balance, Awareness, all the
while having fun.

**Monday 1st-Friday 5th August 2016 10am-3pm
each day
£60 for the week**

Open to all ages from 8 years
Karate Academy, 8 Signal Buildings, Brunel Road,
NEWTON ABBOT, TQ12 4PB 01626 360999

Call or email now to reserve your place

Volume 10 Issue 7 July 2016

Karate Academy

Seven Twelfths

What a mad month, June was. It seems strange for the Newsletter to be reporting about more events that have just happened than ones we have coming up. Thank you, everyone, for your support. These courses and seminars just couldn't happen without your interest and involvement. Details of our next events are inside. Can we gently remind parents of our members that classes start punctually, please?
John and Kim

Butlins

An historic occasion—our first course run away from our home venues— **The South West Karate Experience** (June 3rd-5th) went off with great aplomb at Butlins, Minehead.

The support from the instructor team, the members, and their families was really something to behold as we got stuck in

Dojo Traditions

Do-gi 道着 - Uniform. The outfit we wear when we are training is "clothing for the Way". In our case, the Way of Karate. It is a modified version of the *Judo* uniform, as designed by Kano *sensei*. It was adopted for practice in order that Karate would be recognised by the *Dai Nippon Butokukai*.

with training on the beach. **Kyoshi Anthony Blades** over-saw the Dan Grading as **Dave Floyd sensei** took the class, initially, and then we were treated to the art of "seeing with the hands". In the afternoon we realised that the tide actually goes out to dangerous distances and so our water training was curtailed as **Renshi John Burke** took us through some kicking drills. **Richard Carrick tasshi** took the class through receiving methods as the grading was finalised.

On the Sunday we had **Renshi Martyn Harris** taking us through wrist locks and more, and the Aragaki Unshu kata, while Renshi John taught kata one-handed, reviewed kata, and use of the kickshields.

With guests from Wales taking part as well it was very busy. Where will next years' course take place? Have your say by emailing Kim@KarateAcademy.co.uk



Dedicated to Black Belt Excellence



Hanshi McCarthy

Our guest instructor on Wednesday 8th June was **Patrick McCarthy** 9th Dan Hanshi.

We had a great evening, with some 60 people in the dojo in Newton

Abbot, all practising new flow drills based on the *Rakkanken* section of the Bubushi.

As it was Sensei Natasha's birthday as well that day we had a great evening celebrating. Stories from McCarthy Hanshi are always very illuminating and entertaining.



New Dan Grades

Grading on a beach is certainly different. As Kyoshi Blades said "Don't overlook the power of the physical presence of a dojo". Saturday 4th June saw the testing and announcement of some new grades. Please congratulate new **Shodan Deborah Needham**; new **Sandan Zack Morgan sensei** and **Natasha Barlow sensei**; and new **Rokudan John Burke renshi**. Now, of course, we have to live up to these high standards. The next Dan Grading will be on 1st October.

Self Defence Course

Sensei Clare Potter's popular **Ladies Self Defence** course returns on Sunday 10th July in Newton Abbot dojo. Book early.

Exeter Classes

Thanks to everyone who came along to our inaugural class on Wednesday **15th June 2016** at Cranbrook Education Campus, Tillhouse Road, Cranbrook, Exeter, EX5 7EE.

Although quite a way from our other sites, existing members are very welcome to join us there for the 6pm class. Cranbrook is the new town, just getting established, and we look forward to spreading the Karate message there.



The Newton Move

Not all the paperwork is signed yet, and Summer School is still destined to take place at Brunel Road, but from 6th August we should have training in Newton Abbot moved over to **King Street Studios**, previously the home of Deborah Bond Dance Academy. This location has nearly twice the training area than we currently do, as well as sprung wood floors. Brunel Road has served us well over the past 5 years, and we will look back on our time there fondly.

Dates for your Diary and Timetable exceptions

Sunday 10th July—Ladies Self Defence 1-4pm Newton Abbot.

Friday 22nd July—No Kingsteignton class.

Sunday 24th July—No Brown Belts & Black Belt class.

Friday 29th July—final class at St Lukes, Torquay

Grading Results

The **kyu grading** that took place on Sunday 12th 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:

2nd Kyu

Ewan Hale

3rd kyu

Maria Antonilli, Luca Carasco

4th kyu

Anna Hinds

6th kyu

Josie Baxter-Hext

8th kyu

Dan Turney, Thomas Campbell, Joe Budd

9th kyu

Elmo Taylor

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):

3rd William Burke

5th Max Battong

7th Gracie Stone

11th Leila Emati Emati

13th Jacob Greenwood

14th Joe Budd

15th Lewis Tribble

22nd Eros Medina, Ryan Paul

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:

Stewart Selbie, Reuben King, Ian Perry, Rachel Price (Newton Abbot)
Joshua Adams, Isabella Chombunchuay, William Harvey, Joby Wiggin, Isla Perry (Little Warriors)

Phoenix Reeman, Lewis Anscombe (Torquay)

Sara Pitchford (Ashburton)

Sam Jaques (Chudleigh)

Welcome back to **Paul Hula, Ruby Simmons, and Cat Maslin!**

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

Last Word

The political landscape in the



UK can make things seem uncertain at the moment. We're still going, however. Classes are on.

The moving of a venue was mooted long before there was a Brexit. In fact, we see this move as a very positive thing. Newton Abbot dojo will be closer to town (for those of you who go shopping while others are training). It might not have masses of private parking, but close by there are plenty of spaces available. The facility is also let out to other activities, including yoga and dance. So, yes, things change, but classes go on and training is available. Please use it to your best advantage.

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

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