



Class Schedules 2017

Private Sessions are held on Saturdays at Newton Abbot, by appointment only. To book your appointment call 01626 360999 or email debbie@KarateAcademy.co.uk

NEWTON ABBOT

All classes held at Karate Academy
King Street Studios, King Street,
NEWTON ABBOT, TQ12 2LG

MONDAY 6pm-7.30pm new class

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

PAIGNTON

All classes held at Paignton Community
College

SATURDAY 10am-11.30am
Performing Arts Suite (Waterleat
Road) (until 15th July)

WEDNESDAY 6.30pm-7.30pm
Dance Studio (Borough Road) (until
26th July)

FRIDAY 6.30pm-7.30pm
Performing Arts Suite (Waterleat
Road) from 21st JULY

TORQUAY

St Martins Church Hall, Barton Hill Road,
Torquay

TUESDAY 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

KINGSTEIGNTON

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

EXETER

Cranbrook Education Campus

WEDNESDAY 6pm-7.30pm

Last Word

Cheesy Facebook memes can take your whole day if you let them. Occasionally we see one that is worth sharing and passing on. Some of the overly sugary positivity ones are not realistic. Then you get something like this: "Please remember: Maybe you are the Light-house in Someone Else's Storm". The effects of events on our own lives can feel chaotic and convoluted, and yet whatever we are going through there will be someone else out there who relies on us. There will be someone for whom we are the anchor and the rock. Compared to what they are going through, they perceive us as the stability in their lives. So we do our best to be their comfort. We cannot ignore our own needs and we still need to fight our fires, yet our role here is not to wallow in our own suffering but to try to ease the suffering of others. There are many different ways that we might try to do that. Listening. Withholding judgement. Simply being calm in their storm. We do what we can. Proud to be the Keikokai. See you in the dojo. **Oss**

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SEVEN TWELFTHS

We're nearly at the Summer Holidays. For some that's time away. For others it is a question of what to fill the time with. Guess what we'd suggest? Your regular Karate classes. And Summer School (which despite being called "school" still has a healthy proportion of adults attending). You know that next Christmas is nearer than last, and that there is still more to do. If the year feels like it is running away then we have to grab what's left of it.

John and Kim

NEW Class

At Newton Abbot dojo there is an additional class now being run on **Monday evening at 6pm**. The 90 minute lesson is available to all ages and grades, giving you another opportunity to train and develop.

Kick-a-Thon

Time's up. We need to get the money off to this year's Kick-a-Thon beneficiary **YoungMINDS**. So much work has gone into raising money for the charity, and now we must fulfil our obligation and get them paid. Please ensure that all funds are in. Well done to all who took part.



**Dedicated to Black Belt
Excellence**

Demos

Just one still to do.

Thanks to everyone who supported the demonstrations we've already done. They are good for the club and they help the members to deal with presenting themselves to the public. The workshop we taught at Buckland Community Centre, Newton Abbot started out with 30 children in a circle and ended with about 15. The ones who stayed were grinning with glee. A good evening of simple Karate, with 10 of us helping out.



At the Ogwell Fair on Saturday 24th June we got a gang together for our demo which apparently caused a bit of a buzz.



At Cranbrook on Sunday 25th June we travelled all the way over there just to see people's amazement that there was a Karate class at Cranbrook at all.

**Still to come is Buckfastleigh on
Sunday 16th July at 2pm & 3pm at
the Football Ground. All welcome.**

Grading Results

What a month we had!

First off was the **Little Warriors**. On Saturday 17th June 2017, the following Little Warriors (4-7 year olds in our pre-martial-arts class) were recognised at the next stage of their development:

Green stripe

Charlie Pitchford, Isla Perry

Yellow Stripe

Daniel Monnington-Hayes

Red Stripe

Joshua Sharpe, Riley Whitefoot

Orange Stripe

Ethan Sanson

At the **kyu grading** on Saturday 24th June 2017 - held at Newton Abbot dojo - the following students were recognised to have attained the required standards for the ranks listed:

6th kyu

Joe Budd, Amelia Hinds,
Elesha Stretton, Eva Perry

7th kyu

Alfie Gill, Ethan Kirkbride,
Sara Pitchford, Isla Warren, CJ Davis,
Maddie Khan

8th kyu

Joshua Adams, Emily Dungey,
Charlie Martin, Korben Simpson,
Lucy Turney, Madison Findlay-Peers,
Ollie Harris

9th kyu

Lyndon Bush, Scarlett Contrasti,
Venitia Contrasti,
Helena Stuckey-Howard

At the **kyu grading** on Sunday 25th June 2017 - held at the Newton Abbot dojo - the following students were recognised to have attained the required standards for the ranks listed:

Ladies Self Defence

Another storming session for **Sensei Clare's** popular guide to essential self-defence for women on Sunday 11th June. 24 people working with a great attitude and wonderful spirit. The growth they exhibited was inspirational.

1st kyu

Steve Bristow, Ewan Hale,
Olivia Harrison

2nd kyu

Maria Antonilli, Adam Faulkner,
Anna Hinds

3rd kyu

Oliver Elphick, Rachel Leggatt,

4th kyu

Alex Doyle, Ruth Dungey,
Kaavya Ganesan, Lennon Lemar,
Gareth Saunders

5th kyu

Harvey Johnson, Doug Leggatt,
Daniel Turney, Alex Slader,
Finlay Colwill-Parker

Congratulations all!

Now the hard work begins.

In order to be nominated to take part in the grading exam, students have to prove their standard in class. Their instructor will see the determined established habits and will then give the student a grading nomination letter once they have achieved the desired standard. It is a good idea to check with your instructor as to what you need to know and what you need to brush up on if you think you might be eligible to grade.

Provisional date for next kyu grading is Sunday 13th August.

Paignton Changes

Classes are moving about in Paignton. We need to have a bit more stability so we're changing to just

Fridays 6.30pm-7.30pm

in the Drama Studio, Waterleat Road site from 21st July. We'll do Saturday 8th and 15th July, and we have Wednesday 12th, 19th, and 26th July (no session on 5th due to hall being used for exams again), and then it will be just Fridays.

Birthdays

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

3rd William Burke
4th Jesright Awerije
5th Max Battong
11th Leila Emati Emati
14th Joe Budd
22nd Eros Medina, Ryan Paul
23rd Holly Brimecombe,
Venitia Contrasti
26th Tiago Ford
29th Catriona Maslin,
Ganesan Palani
31st Lilly Ball

Happy Birthday to You

Dates for your Diary and Timetable exceptions

Sunday 2nd July no Brown & Black Belt class.

Wednesday 5th July

no hall availability in Paignton (Exams)

Saturday 8th & Sunday 9th July

Bunkai Weekend, Newton Abbot.

10-4 Saturday, 10-2 Sunday.

£60 per person in advance,

£75 on the day.

Saturday 15th July

Black Belt Pre-Grading

Sunday 16th July

Buckfastleigh Demo

Friday 28th July

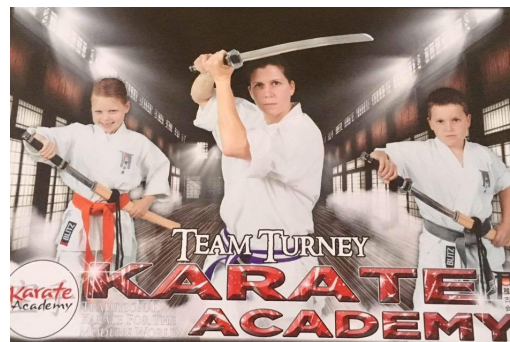
No Kingsteignton class

Sunday 30th July

No Brown & Black Belt class

Bunkai Weekend

Coming up imminently: on Saturday 8th and Sunday 9th July, those who want to know how the applications to their kata work will be at the Bunkai Weekend. John Burke renshi is teaching the core principles with plenty of examples. Saturday 8th is 10am-4pm. Sunday 9th is 10am-2pm. The weekend participants might well want to write notes as participants are coming in from northern Europe as well as all over the UK to get to grips with the keys to making their kata work. Coincidentally, Renshi John's next article appears in Martial Arts Illustrated magazine around the same time.



I'm Famous

Well done to everyone who had their pictures taken at the "I'm Famous" Photography event. Prints can, as you know, be ordered from their website. We had a great couple of days in their company, and the resulting photographs are really, really special. Keep an eye out for the montage poster when it becomes available.

New Members

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

Frank Farrelly (Little Warriors)

Lily French, Daniel Flanagan, Lilith Flanagan (Ashburton)

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