

Little Stars

Our Little Warriors are recognised in class as to who has the best attention or most improvement in class each lesson. Our Star of the Day is awarded a certificate.

In the past month we have had:

- 9/6 Dragos Chirita
- 11/6 Wolfe McAfee
- 13/6 Mia Harper
- 16/6 William Bath
- 18/6 Pearl McAfee
- 20/6 Isla Perry
- 25/6 Iris Carrick



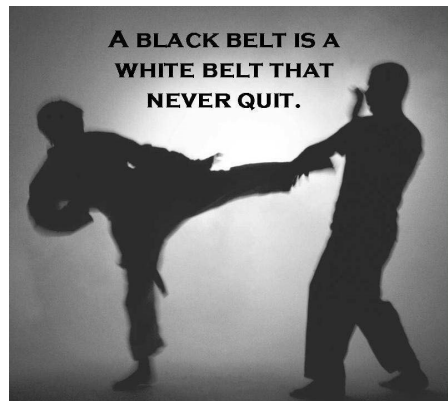
Feedback please

Who would be interested in a kids only class (6-11 yrs), an adult only class and a below brown belt class being added to the class schedules?

Most of our classes are open "family" classes, is there a demand for age specific classes? How about grade specific classes?

Let us know your thoughts either by email to info@karateacademy.co.uk or write them down and give them to Debbie on reception.

Thank you



Last Word

Exams for the secondary schools are over, and work is still work. We need to face our obligations and get to work, and even if work is a drudge we still need to take a moment in our everyday lives to be thankful that we have it at all. We need to acknowledge the good that is all around us while the media tries to tell us about everything bad that is happening. I don't mean we need to be Pollyannas, just that we must deliberately do this in order to balance up grim things that are shown to us every day, whether in the world around us or on the tv or facebook. It's a never-ending barrage, and unless we deliberately and consciously counter it then it will colour our perceptions and our dealings with others. We mustn't ignore the things that are wrong with the world. Neither must we allow our view of them to obstruct our view of the things that are wonderful around us everyday. So enjoy the sun. Even if you have to work. It doesn't take a minute to look up, see the beauty and be thankful

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



**Dedicated to Black Belt
Excellence**

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Karate Academy

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And the school term comes to a close this month, meaning less daily deadlines and more activities required to keep little hands and minds busy... Once we get to the Summer Holidays there is, of course, Summer School at the Karate Academy and some of you will no doubt be going on holiday. Before we get there we run into those times where it is hot and we are tired and just want to laze around. It is during these times that we find out what dedication really looks like. When we have to find that extra oomph to get ourselves into class...

John and Kim

Summer School

August will be here before you know it, and in the first full week of next month we will have daily Karate classes. This intensive training is something that we call Summer School, but it's not just for kids. It is like getting a week's training in a day. All the basics, kumite, kata, and oyo that you would expect, but we also find time for history, kobudo, and even the odd game or two. If you fancy it, book now. 10am-3pm each day, £60 for the week or £17.50 per day.

Hanshi



For 6 hours on Saturday 30th June, and 6 hours on Sunday 1st July, 68 of us had the pleasure of being taught by Hanshi **Patrick McCarthy**, the translator of the **Bubishi** and author of **Legend of the Fist**.



With strenuous warm-up exercises, we moved on to flow drills that built up around the ideas of practical uses for basic blocks; level of application complexity; and conditioning the body. Early reports show that everyone enjoyed themselves, although we are now very tired and sore. Patrick continues his tour across Europe, and we hope he is able to return to us next year.



Coming Up:

We try to let you know about future events with plenty of notice so that arrangements can be made for work/travel/etc.

Special events are enhancements to your regular training, and it is regular training that should form the bulk of your training plan.

Optional extras include:

- Brecon Training Course, Danywenalt, Wales 27-29th July.
- **Summer School.** Our "month in a week" training during school holidays, 6th-10th August. £60 per week/£17.50 per day
- 1st September, Kumite Workshop 1-3pm Karate Academy, Newton Abbot. £10
- Doncaster 15th September. Bunkai course with John Burke renshi.
- Wrawby 16th September. Bunkai Course with John Burke renshi.
- 29th September Bully Buster 5-9 yrs 1pm-2pm £7.50. 10+ yrs 2.30pm-4pm £10
- Holland 29th-30th September, Bunkai Weekend in Schoonover.
- Okinawa. 4-18 November. Some of us are off to Japan for training.
- Sunday 16th December. The Special Lesson. Times TBC

New Members

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

Iris Carrick, Mia Harper, Maddox Robins, Dragos Chirita, Pearl McAfee, Wolfe McAfee, Ollie Imeri, Finlay Imeri
(Little Warriors)
Michael Riggs, Timothy Riggs, Finlay Maynard, Hannah Ward
(Newton Abbot)

Recommendation is the highest compliment we can receive.

Welcome one and all!

Dates for your Diary

Tuesday 3rd July	Little Warriors begins in Ashburton, 5pm.
Friday 6th July	Little Warriors begins in Paignton 5pm
Friday 6th July	Karate class begins in Paignton 6pm
Tuesday 10th July	Little Warriors begins in Torquay 5.30pm
Thursday 12th July	NO Ashburton class due to hall availability
Monday 6th-Friday 10th August	Summer School No 10am Classes
Monday 27th August	Bank Holiday no classes.

Birthdays

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

3rd	William Burke
8th	Joseph Curnow
10th	Timothy Riggs
11th	Emily Bath
13th	Oliver Whitbread
14th	Joe Budd
22nd	Eros Medina, Ryan Paul
23rd	Holly Brimecombe, Venitia Contrasti
26th	Tiago Ford
28th	Mark French
29th	Catriona Maslin, Jack French
31st	Lilly Ball

Happy Birthday to You



Perran

Still recovering from the Perran course, our attention has already been directed to 2019. Shall we do it again? Same venue or different? Same instructors or different? The addition of a portaloos? Come for the week and train for the weekend? Or just come along for Friday to Monday? There are options available. Let us know how you would like it to go.

Kaizen

Our club was well represented at Kaizen, with our students learning from luminaries like Simon Oliver sensei and Russell Jarmesty. We had a surprise visit from Russell Stutely Kyoshi, and even got to train with throwing knives.

Brecon

STOP THE PRESS: we have just had word that **Anthony Blades kyoshi** has

agreed to come and teach for us on the Brecon Training Course this month. Good news! This next "away weekend" is in the beautiful Brecon countryside at Danywenalt YHA on the weekend of Friday 27th-Sunday 29th July we'll be training in the field with **Martyn Skipper sensei** sharing the teaching duties with **John Burke renshi** and the aforementioned Kyoshi. We encourage you to book soon, as we are running the course at £125 per person including Friday evening training and meal, Saturday breakfast, training, packed lunch, training, and evening meal; and Sunday breakfast, training, packed lunch, and training before people head home. Very different to Perran Sands, this is another type of experience. Deadline to be added to booking is Thursday 19th July, we have acquired an extra 4 spaces, call now if you want to come along.

Grading Results

On Sunday June 24th we held a kyu grading at Newton Abbot dojo. The following people were recognised to have attained the required standard for new grades:

2nd kyu
Harvey Johnson
3rd kyu
Jack Harding
4th kyu
Joshua Adams, Joe Budd
5th kyu
Korben Simpson
6th kyu
Christopher Flannery, Mick Jones, Isobel Randle-Jones
7th kyu
Scarlett Contrasti, Venitia Contrasti
8th kyu
Conrad Bird, Andy Tran
9th kyu
Alwyn Manson

In order to take a grading examination, the student must be nominated by an instructor. This happens when the student has proved competent in their regular lessons. On the day of the test they still need to demonstrate just why they should pass. The result depends on the student and their effort.

On Saturday 23rd June 2018, the following Little Warriors (4-7 year olds in our pre-martial-arts class) were recognised at the next stage of their development:

Yellow Stripe
Emily Bath
Orange Stripe
Joseph Curnow, Luca Henson

Instructors nominate Little Warriors to graduate to the next stripe when the students have learned what they have to do from the Little Warriors curriculum.