

Karate Academy

SIX!

Volume 6 Issue 6 June 2012

June Jubilee!

The 60th Anniversary of the reign of Queen Elizabeth II is a momentous time. It gives us pride in our country and pause for realisation of the progress that has taken place during that period. The world has been through many changes, and so has the art and practice of Karate.

While the Karate Academy has not been around for 60 years, the principles and techniques that we teach have an even longer history. It becomes part of our training that concepts and language is passed on, as well as behaviour and technique. It is important to understand where we "come from".

Just as England is not a democracy (we are ruled by a monarch), so too is the Dojo far from being a democracy. We hope that the ruler of the land works in our best interests, and really they must. If they didn't there would be an uprising or an exodus.

In our recreation of old-style Karate, we are perhaps far from the world of innovation that Queen Elizabeth looks over. Our practice is a repeat of old practice. Our teaching methodology continues to evolve, however. In a mature dojo it must. When I first taught the highest grade in my class was a green belt (inherited from another club). Nowadays I am honoured to have students up to 3rd dan and 4th dan who still seek to train with me. While I still try to make my technique better I feel that my teaching skill has improved through all the research that I have conducted at great personal cost. Make use, please, of the experience of the instructor team. There is enormous strength in these celebrations.

We, as a team of instructors, are always here to help with private sessions, facebook notifications, email and phone advice, if you need support or just to check you are doing the technique right, talk to us. Our contact details are 01626 360999, info@KarateAcademy.co.uk or join us on Facebook (look up Karate Academy).
John and Kim

Ladies Self Defence

The next Ladies Self Defence course will be held on **Sunday 10th June 2012 12pm-3pm** at the Newton Abbot dojo.

Clare Potter sensei will lead the course and be assisted by John Burke sensei. £10 per person.

Patrick McCarthy

9th Dan Hanshi Patrick McCarthy will be at the Newton Abbot dojo on Wednesday 13th June at 6pm. This is an open seminar for all grades but most suitable for adults. The subject matter will be flow drills—adding one technique to another in a close application context.

McCarthy hanshi is the author of several books and the translator of several more—he's predominantly responsible for bringing The Bubishi to a western audience (a must-read for all Black Belts).

The course costs £25 and places are limited—you must book by calling 01626 360999. There are people coming from all over the UK to train with Hanshi. He didn't tour last year, and might not tour next year, so come and train with him now while you can.



Hanshi shows Joost Frehe an application to Tekki Shodan

Bunkai Bootcamp

This special course is available for the last time this summer. Can you imagine a kata bunkai seminar where the "whys" and "hows" are explained to you? That seminar might be a couple of hours long. Can you imagine doing two of them in a day? How about for 5 days of the week? The equivalent of 10 bunkai seminars. How much would your understanding and practice improve after an intensive 10 bunkai seminars? If that is something that you want then it will be well worth you attending the Bunkai Bootcamp. A week with John Burke sensei teaching exactly how to work out the applications to your Karate kata. There will not be many people on the course. Most people can't take the high level of information. Those who can find that the world of Karate is suddenly opened up to them like a deciphered book. 10 seminars would cost you between £250 and £400.

For your place on the course we would discount for our members to £150.

Please call 01626 360999 to reserve your place.

Demo Season

Book demos now. School fetes. Summer fairs. Charity bashes. If you know of an event being organised that we should be part of then please book our attendance now, as it takes a while to get messages out to all the students and we would want to put on a good show.

Saturday 16th June has us demonstrating at Buckfastleigh Primary School. Listen out in class for details.

Saturday 23rd June has us demonstrating at St Joseph's Primary School in Newton Abbot. Listen in class for details.

New Members

The following student joined the Karate Academy in the month of May:

Newton Abbot: Lewis Moore

Torquay: Luis Elliott

Totnes: Abraham Perera

Welcome one and all.

Timetable Exceptions

The following are exceptions to the regular timetable during the month of May:

Monday 4th June. No classes due to Bank Holiday.

Tuesday 5th June. No classes due to Jubilee Celebration

Wednesday 13th June. No Newton Abbot classes due to Seminar

Tuesday 19th June. No Ashburton class. Exams hall.

Thursday 12th July. No Ashburton class. Exams hall.

Summer School

This summer there will be one month's training in one week, plus extra activities like bo staff, kata and self defence.

The confirmed dates are Mon 6th August to Fri 10th August. 10am-3pm each day, Newton Abbot dojo, at a cost of only £60 for the whole week.

Booking forms now available. £10 deposit secures your place. Open all ages and grades.

Call 01626 360999 for family discounts.

Birthdays

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

1st Lucy Fear

3rd Amy Drew, Liam Payne

5th Stephen Baker

8th Natasha Barlow, Richard Brend sensei, Tommy Zheng

9th Ethan Heppell

10th Alex Clulow

11th Lewis Barlow, Adam Castle, Lewis Moore

18th Kim Burke sensei

19th Hannah Tribble

21st Melanie Baker, Jasmine Barratt

22nd Scott Elson

27th Gareth Lee, Sophie Paulton

29th David Alderson

30th Lindsey Budge, John Lewis, Holly Palmer, Mary Watson

Happy Birthday to You

Coming-up

Sunday 10th June Ladies Self Defence Newton Abbot.

Wednesday 13th June Patrick McCarthy hanshi at Newton Abbot.

Saturday 16th June Buckfastleigh demo

Saturday 23rd June St Josephs Newton Abbot demo

Fri-Sun 27-29th July Training Camp in Wales £110

Mon-Fri 30th July-3rd August Bunkai Bootcamp £150

Mon-Fri 6th-10th August Summer School £60

Last Word

It would be pointless, wouldn't it? To shout for the sake of shouting? To try to make people feel small or that their skill is not good enough if it really was good enough? There is nothing to be gained. If the Karate Academy students were treated like that then they would all go elsewhere and the instructor who enjoyed that behaviour would be left with no-one to cajole. With that understanding then, it becomes plain that if an instructor offers a criticism or a correction then it has been offered for a reason. At least one instructor (okay, it's me) actually teases students—so the question has to be "why?" Starting Karate 32 years ago, I have had the time and the experience to see many different types of tuition with many different types of student. So the teasing and the pushing IS there for a purpose. For a start it acts as inoculation against the more severe language that comes from other people outside the dojo. Learning to block a punch seems like a natural thing to do in the dojo. So too must we learn to deflect the attitudes and verbal aggression of others. Me punching you seems to be for your benefit in learning the art—please be assured that the jibes and jabs are for a similar purpose.

In the end, the people who stay around find out that they have a stronger backbone and thicker skin, metaphorically and perhaps physically. They feel and come to understand the benefit of training. Those who leave because of the mental training as well as the physical training became victims by choice. You are stronger than that. I know, because I'm helping to make you that way. Proud to be the Keikokai.

See you in the dojo. **Oss**



Dedicated to Black Belt Excellence

Flow Drill/Application Seminar with Special Guest

Patrick McCarthy Hanshi

£25 per person



Patrick McCarthy 9th Dan Hanshi founder of the **International RyuKyu Karate Research Society** and direct student of **Kinjo Hiroshi** sensei. Responsible for the resurgence of grappling in Karate and the rediscovery of **renzokugeiko** (flow drills) as well as translator of the **Bubishi** and numerous other historically important works.

This seminar is appropriate for all adult Karate-ka and high-grade juniors due to the attention span necessary. The seminar will be busy, so please **book early** to ensure your place.

**01626 360999 TO
BOOK YOUR PLACE**

Wednesday 13th June

6pm onwards Newton Abbot



This popular no-nonsense practical hands-on workshop is being presented again in Newton Abbot at the Karate Academy.

You don't need any martial arts experience or special equipment, just come along to see and train the essential skills that allow women to overcome an aggressor of any size or strength. This stuff works. It's not flashy like the movies and you haven't got to be able to kick over the back of your head.

The teacher is **Clare Potter**, Karate 2nd Dan Black Belt, and just a couple of her male training partners for "*demonstration purposes*".

Book now on 01626 360999

You will learn what to do when someone tries to hit you, grab you, throw you down or pin you to the wall. You can work with one of the ladies present, and if you want to you can make sure it works with one of the guys.

Women's Self

Protection

only £10 per person

Sunday 10th June 2012

12noon-3pm

KARATE ACADEMY
CREDIT/DEBIT CARD AUTHORITY

I authorise the amount of **£25.00** to be debited from my card for Patrick McCarthy Seminar

Please debit my account details below:



Card Type: Visa / Mastercard / Switch / Solo / Electron / Other (please specify)

Card Number:

Valid From (MM/YY)

--	--	--	--

Expiry Date (MM/YY)

--	--	--	--

Issue No (Switch Only): _____ **Security No:** (Last 3 digits on reverse of card)

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Name on Card: _____

Signed: _____ **Date:** _____

**KARATE ACADEMY
CREDIT/DEBIT CARD AUTHORITY**

I authorise the amount of **£10** to be debited from my card for Ladies Self Defence Course

Please debit my account details below:



Card Type: Visa / Mastercard / Switch / Solo / Electron / Other (please specify)

Card Number:

Valid From (MM/YY) **Expiry Date (MM/YY)**

Issue No (Switch Only): _____ **Security No:** (Last 3 digits on reverse of card)

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Name on Card:

Signed: _____ **Date:** _____