

Rotating the Hips is fundamental to Karate technique. When we stand still, the hip rotates around a vertical axis in our middle. When we move into stance, the axis switches to the front hip in order to create a "hinge" type of movement. Crucial to this swinging of the torso around the axis is the idea that the front knee should not move when the hip swings. This minimises backward motion from the front arm and maximises the bodyweight in the technique.

There are, of course, exceptions to the rule. For self correction, the rule is a very good check-point.

Kick-a-thon

WE DID IT!

On Saturday 4th May we got together—40 of us in Newton Abbot and 32 of us in Paignton, and with the instructors spread across the two sites, we ran through two thousand and thirteen kicks for the sake of raising money for the Olivia Holmes Foundation. Really nice atmosphere and really good spirit from everyone who took part. And those of you who couldn't be there on the day, but decided to join in anyway by doing your kicks in class the next week, well done to you too!

Working with the cancer department of the local hospital, the **Olivia Holmes Foundation** aims to make life a little easier for those children in hospital and their relatives.

www.OliviaHolmes.co.uk.

The pledges, that our members worked so hard to get, came in at £3,200. We have given just over £2500 in cash and cheques plus approx. £500 from just giving pages to The Olivia Holmes Foundation so far. Some pledges are still to be handed in, so if you have not given us your sponsor money yet, please do asap. Every penny helps, so further donations are, of course, also welcome.

Karate's Senior Instructor Visits in June

On **Sunday 23rd June** we will once again have a visit from Terry Wingrove Hanshi. The 9th Dan 71 year old was the dojo captain of Vernon Bell sensei (the man who brought Karate to England). The lesson will, once again, be about the root of the martial arts and principles that define the core of our techniques. The painful nature of these lessons means that they are suitable for adult members (young high grades might be permitted on a case by case basis). The class starts at 10am.

On Saturday 22nd Wingrove sensei will be teaching in St Austell, Cornwall. Anyone who wants to come along is quite welcome to come and join me so that we get a full weekend of "Jutsu".

Mr Wingrove is very important to our heritage. I would urge you to have his signature in your licence book and lap up the stories he tells. Seminars with Mr Wingrove do not require a gi. You are welcome to train in t-shirt and joggers if you so desire. Bring some lunch.

From the Top!

How can we best serve you? When you are at the dojo we can make sure that your lesson is energetic and full of technical corrections. When you are outside the dojo we can try to ensure that the habits that we create in class are ones that will serve you well in your life. Manners are a large part of that. How we respond to Sensei in class should not be different from how we treat others out in the real world. The helpfulness we are willing to show on the mat must be the same when we are off the mat.

If we make a habit of exerting ourselves every day then that exertion can be increased over time so that we break our boundaries. If we run away from exertion every day then we will create and reinforce that act as a new habit.

So what's it to be?

What habits will you choose to install?

Will you stand by your fellows in class and outside it?

John and Kim

KARATE



FROM ages six to 56, members of the Karate Academy, Newton Abbot, got together for a Kickathon, on Saturday, to raise money for the Olivia Holmes Foundation – named after a local girl who went through cancer treatment at an early age.

John, the son of the academy's chief instructor, is in Olivia's class at school, so it felt like a personal thing to do and the members of the club joined in with gusto. The foundation works with the Exeter Oncology Unit, trying to make the environment for the young patients and their families a little more comfortable during their treatments.

Members from Newton Abbot, Chudleigh and Ashburton came together at the Brunel Road site, while another 32 from Torquay, Totnes and Paignton gathered at the Parkfield Centre, Paignton, and 90 minutes later – with the hard work done – the announcement was made that pledges had come in at a total of £3,200 between the two sites.

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KICKIN' EFFORT: The Karate Academy kick-a-thon which took place at Paignton's Parkfield centre

MEMBERS of a South Devon karate academy performed more than 2,000 kicks each as a fundraising effort for the Olivia Holmes Foundation.

Members aged from six to 56, got together for the feat in honour of Olivia, who went through cancer treatment at a very early age.

A total of 40 members from Karate Academy branches at Newton Abbot, Chudleigh and Ashburton came together at the Brunel Road site and performed 2,013 front kicks each, while another 32 from Torquay, Totnes, and Paignton gathered at the Parkfield Centre in Paignton.

The kicks took 90 minutes to perform, and meant that pledges totalling more than £3,200 between the two sites could be collected.

Olivia Holmes
Foundation

Bunkai Bootcamp & Summer School

Summer courses. For the *adults*, the Bunkai Bootcamp: Friday-Monday 2nd-5th August full of kata application training where we get right into the nitty-gritty of how Karate applications work, regardless of style or grade. There are people coming from Ireland and all over the UK to attend because they know how important this information is to the martial artist.

For *all ages*: Summer School. Monday-Friday 19th—23rd August. A month's training in one week, plus competition, games, and kobudo stuff that we don't normally have time to fit in. Please book your place on 01626 360999.

Bunkai Bootcamp £250. Summer School £75 (£15 per day).

Reading Material

Did you know? You can now get hold of Sensei John's books, **Peaceful Mind** (about Heian kata applications—very useful for all grades), **Iron Horseman level 1** (about Tekki Shodan kata applications—very useful for 4th kyu and above), **Fortress Storming** (about Bassai Dai applications—very useful for brown belts and above) and **Fortress Storming—the Minor Version** (very useful for nidans and above) AND the **Pressure Point Guide for Martial Artists** (very useful for adults) on [Kindle](#)? You can have the books with you on your tablet as a resource without lugging around paper!

Brown and Black Belt class

There are a couple of events and bookings that are changing things around on Sunday during the month of June. This means that our advanced class on Sunday afternoons will **only** be on for the **9th & 16th June** this time around. Please use these sessions when they are available, as other classes are valuable for a good work-out and covering syllabus requirements, we try to feed advanced information into this class in particular.

During May we have dealt with more of the Kansetsu flow drill, and another batch of Torite techniques, and, for instance, in the last lesson we looked at how vulnerabilities occur during the breathing cycle and how we use them to our advantage, both with our breathing and that of our opponent.

TMAX

The Martial Arts Expo is taking place in Coventry this year. The Ricoh Centre is the venue, and the dates are the 19th & 20th October 2013. John Burke sensei has been invited to teach a Bunkai Workshop (free to event attendees) on Sunday 20th. All welcome.



Birthdays

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

3rd Amy Drew
8th Natasha Barlow, Richard Brend, Tommy Zheng
9th Ethan Heppell
10th Alex Clulow
11th Lewis Barlow, Adam Castle
17th Jamie Barham
18th Kim Burke sensei
19th Hannah Tribble
20th Maria Parsons-Antonilli
21st Melanie Baker
22nd Scott Elson
25th Maisie Moss-Matto
27th Gareth Lee
29th David Alderson
30th Lindsey Budge, Holly Palmer, Mary Watson

Happy Birthday to You

New Members

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

Newton Abbot: Jack Knight
Totnes Sean Kelley, Louis Kelley
Ashburton: Maisie Moss-Matto

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

Dates for your Diary and Timetable exceptions

Sunday 2nd June kyu grading, no Newton class
Sunday 23rd June seminar, no Newton class
Sunday 30th June no Newton class, Totnes at 10.45am -12.15pm for one session only.
Sunday 14th July Chudfest **Demo**, Chudleigh 1.30pm
Sunday 28th July. **Demo** at Bovey carnival. 1pm

Last Word

It was a good few years ago, that Gillian May sensei wrote an article for the Newsletter about why you should bother going to seminars. Sometimes, those of us in Karate for the long haul forget that you might not have seen the information that we had 5 years ago. Or 10. Or 20... We *forget* that you don't already know that there are important people in our world. There are teachers who have a greater understanding than you or I and they *are willing* to teach us. There are people who can share their experience and *help you* to progress. You *could* sit at home and do nothing, but you're not like that. You *could* save yourself a few pennies and just turn up for your regular classes instead of the "extra" events, but will you ever get the chance to learn this stuff again? You might not want to learn anymore—in which case you're probably about to give up... Your loss. You could go out and find top quality teachers *on your own*; working through a list of who's decent and who's not. Or you can take my advice. I'm still learning. Still progressing. Still coming up on barriers and plateaus and still finding ways to overcome them. And I'll never give up. And I want all the quality tuition I can get my hands on. If I want to train with them, **shouldn't you?** Proud to be the Keikokai. See you in the dojo. **Oss**

