

Demo to do

On **Saturday 28th June** we have a demonstration to do at Buckland and Milber Football Club at 2pm. The site in Milber, Newton Abbot is holding a Family Fun Day and has invited us to demonstrate our art in front of the attendees—and to run a workshop!

On the Friday before (27th) there is a demo at Bradley Barton Primary School in Newton Abbot at 4pm

Please support the demo, the more of us there are the better the demo will be.

Demonstrations help make people aware of the club and spread the word.



You meet some funny folk at demos...

Birthdays

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

3rd Amy Drew
7th Joshua Hatfield
8th Natasha Barlow sensei,
Tommy Zheng
10th Alex Clulow
11th Lewis Barlow, Adam Castle
17th Jamie Barham
18th Kim Burke sensei
19th Hannah Tribble
20th Maria Parsons-Antonilli,
Charlotte Pitchford
21st Melanie Baker
22nd Scott Elson
30th Holly Palmer

Happy Birthday to You

Dojo Traditions

Shin Gi Tai - Mind Body Technique.
The intention comes first. Body next.
Only then do we work on the technique.
Working on the technique first leads to pretty form. Being fit doesn't equate with being capable. The mind is the lynch-pin of the equation.

Last Word

The instructors are all good at Karate. They have to be to get a Black Belt in the first place. They also have to pass our Instructor Training Course. That helps to make them good instructors. During the course we learn that the club does not have a function without students to teach. That's why we say that Recommendation is the best Reward. It means the instructors have done their job properly, when they get recommended to others. The British, by their nature, don't particularly "like" asking for a recommendation—it feels in some way "salesy" or rude. That's why I'm going to ask on their behalf. IF you appreciate your instructor; if you want their class to continue; if you want to see them continue to teach and grow; please recommend them. Bring a friend to class. Talk about how good your instructor is. Invite friends to class. So that classes flourish and the club continues for another 15 years (or more...). If you are interested in training to become an instructor, talk to us. Proud to be the Keikokai.

See you in the dojo.

Oss

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Karate Academy

rokugatsu

So here we go with the next 15 years... What will Keikokai look like? 15 years ago it did not look like it does now. We may have imagined more and in many ways we could not have seen all that it has become today. Plans will always be adjusted by time and the people that we interact with. So what would you like it to be? Next year? In 5 years? 10? Talk to us. Let us know, because it can happen. John and Kim

Congratulations

Iris Matilda Autumn Carrick was born to Sensei Nicola and Sensei Richard on Saturday 10th May 2014 at 2.44am 7lb, 7oz. Please welcome her to the world, and to our family.



Thanks

Thanks to everyone who contributed to the 15th Anniversary Celebration. In these days where there is a martial arts club of one kind or another in every hall around every corner it is gratifying to know that our longevity is valued by the students and instructors.

On the 17th May (actual anniversary 14th May) we celebrated with 4 hours of training followed by a barbecue. The training began with a flow-drill warm-up, followed by **Jim Wight** sensei teaching "empty hands"; followed by **Natasha Barlow** sensei with knees; **Richard Carrick** sensei took us through direction of travel in



Dedicated to Black Belt Excellence



kata; **Zack Morgan** sensei dealt with Sanbon kumite; **Clare Potter** sensei looked at moving the back-side; **Ross Chesterton** sensei did take-downs and in the final session John Burke sensei took us through a boxing drill and was stunned to receive the engraved stone Keikokai badge and the portrait and album of memories. **Thank you, once again.**

With cakes brought in by **Garry Hewings** and **Ruby Simmons** we had plenty of sweet to go with the burgers and hot dogs. Plenty of people donated food and drink to help the day along, with **Natasha** and **Lewis Barlow** organising the gas-powered barbecue and the bouncy castle. Also, thanks to everyone who helped out with the Demonstration at the Torquay FC Family Fun Day.

New Members

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

Lyta Kerr (Newton Abbot)
Alfie Courtney (Paignton)

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

Dates for your Diary and Timetable exceptions

Friday 27th June Bradley Barton (NA) demo
4pm

Saturday 28th June Milber demo 2pm

Sunday 29th June kyu grading no normal
lessons

Etiquette

Please read the etiquette guide in your training diary. It mentions things like clean and neat fingernails and what to do about long hair. Really these things are common sense. It doesn't say things like "don't smoke right outside the dojo". Perhaps it should. Let's face it, there is difficulty in keeping up an image of health and discipline because we enjoy ourselves so much, but we can definitely stop cigarette smoke from wafting in the door and butts from being trod into the floor as much as possible. Some might say this is taking away civil liberties, but we like to think of it as taking away your right to harm yourself in front of our club. Just think of the example that it sets and let's make sure that the next generation is better off than this one.

Kyu Grading

The next kyu grading is on Sunday 29th June. The lesson begins at 10am, and anyone can attend, whether they are grading or not.

New students wonder how they will know if it is time to grade. Your instructor will present you with a "grading notice" (an invitation to take the test) once you have demonstrated in class that you have learned the syllabus with the right attitude. That means you have *permission* to take the test. It is conditional on you continuing to work on, and improve, your skills leading up to the test. Approximately 26 lessons or three months' worth of training twice per week is usually what is required. Everyone is judged on their merits; 3 months? 4? When you are ready.

The previous kyu grading was held on Sunday 25th May - held at Newton Abbot dojo - the following students were recognised to have attained the required standards for the ranks listed:

2nd kyu

Carl Withers

3rd kyu

Cain Power

4th kyu

Phil Hale, Nathan Rowe

5th kyu

Olivia Harrison

6th kyu

Samantha Bowles, Adam Faulkner,
Eros Medina, Connor Lee

7th kyu

Isobel Burridge, Maia Knight,
Laura Plumb, Cas Power

8th kyu

Sarah Baker, Catherine Flannery,
Charlie Wright, John Howard-Greaves,
Paul Thompson

9th kyu

Thomas Flannery, Luis Vizcaino,
Jason Wong

Congratulations to you all on your achievement, and may you have continued success and improvement with your training

Planning Ahead

Martyn Harris sensei has let me know that due to a sudden cancellation there are now a couple of places available on the Summer Camp in Brecon, Wales on **25th-27th July 2014**.



Please contact Martyn Harris sensei directly (sensei@KarateCardiff.com)

We spend the weekend training in a field surrounded by beautiful scenery and eating and imbibing together.

No age or grade limits, though juniors will, necessarily, need an adult with them.

The training is multi-style with tuition from Martyn Harris sensei, John Burke sensei, and Martyn Skipper sensei (who is current kumite world champion).

Tuite in Tekki DVD

The seminar that we held back in May now has a DVD available to "back-up" the information. Tekki Shodan, Tekki Nidan, and Tekki Sandan, also known as Naihanchi, are some of our most important kata. *Tuite* is the art of twisting an opponent's limbs, it is the Japanese name for Chin-na. You can order at www.bunkai.co.uk or see your instructor.

Booster Training Day

On Wednesday 28th May 10am-3pm in Newton Abbot Sensei Ross taught a day full of techniques, drills, sticks and games to compliment the regular sessions during half term. This was a warm-up and trial for the Summer School that we have run for many years now, where we cram a month's training into a week! This year, it will be 18th-22nd August 10am-3pm. £60 for the week. If you

would like to book a place, call
01626 360999 or email
info@karateacademy.co.uk

