

Class Schedules 2015

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

NEWTON ABBOT

All classes held at Karate Academy,
8 Signal Buildings, Brunel Road,
NEWTON ABBOT, TQ12 4PB

TUESDAY 10am-11am
5pm-6pm
6pm-7pm
7pm-8.30pm

THURSDAY 10am-11am
5pm-6pm
6pm-7pm
7pm-8.30pm

SATURDAY 10am-12noon

SUNDAY 10am-12noon
Brown & Black Belts Only

KINGSTEIGTON

All classes held at Kingsteigton OAP Club,
Oakford Lawn, Kingsteigton

FRIDAY 6pm-7.30pm

TORQUAY

St Martins Church Hall, Barton Hill Road,
Torquay

TUESDAY 6pm-7.30pm

St Lukes Lower Hall, Sheddon Hill Road,
Torquay

FRIDAY 6pm-7.30pm

PAIGNTON

Paignton Community College, Waterleat Road,
PAIGNTON. Performing Arts Suite

MONDAY 6pm-7.30pm
WEDNESDAY 6pm-7.30pm

**Parkfield Leisure Centre, The Esplanade,
Paignton**

SATURDAY 10am-11.30am

ASHBURTON

All classes held at Ashmoor Leisure Centre,
ASHBURTON

TUESDAY 6pm-7.30pm
THURSDAY 6pm-7.30pm

TOTNES

All classes held at TOTNES Pavilion Leisure
Centre

TUESDAY 6pm-7.30pm
THURSDAY 6pm-7.30pm

CHUDLEIGH

All classes held at The Town Hall, CHUDLEIGH

MONDAY 5.30pm-7pm Large Hall
WEDNESDAY 6.15pm-7.30pm
Woodway Room

www.KarateAcademy.co.uk
info@KarateAcademy.co.uk
01626 360999 or 08000 155152

Volume 9 Issue 6 June 2015

Karate Academy

One Half

This month sees the "longest day" and after that the nights start drawing in again. Just as the seasons change, so too must our plans and expectations. If they don't then we would not be capable of progress.
John and Kim

Congratulations

Please help us to recognise the efforts and achievements of our newest Dan grades, awarded their new ranks in a splendid grading over Friday 15th and Saturday 16th May 2015.

Shodan **Alex Clulow**, **Shana Osborne**,
Deabra Stuart, **Jack Zheng**
Nidan **Natasha Barlow**, **Paula Hickin-Botham**.

Yondan **Lee Warren** sensei
We were also privileged to have international guest **Juha** and **Jari Tuominen** grading with us (yondan and sandan, respectively).

Dojo Traditions

Jin 仁 - Mercy. From the 7 Principles of Bu. We spend our training time learning how to inflict pain in the service of self defence. What use is this ability if we don't also have the capacity for mercy? Every time we save our partner from injury through training we exercise compassion and the ability to prevent doing harm. We call it control. Our sympathy and assurity that we will only use what we have been taught for the right reasons separates us from the barbarians.

Great spirit, technique, attitude and etiquette was shown over the two days, not just by those who were tested, but also by those who just came along to train.
Well done.

Mighty Martyn

On Saturday 18th July we present you with a great opportunity. **Martyn Harris** renshi from Cardiff will be teaching at the Newton Abbot dojo from 1pm. He will be sharing the Okinawan kata **Wando** for your education and edification. This is not a syllabus kata—we're learning it for fun, and as a contrast to kata you might already know. The cost of this session is a mere £10. It is your chance to get something that is a little bit different.



Dedicated to Black Belt Excellence



Ladies Self Defence

REALISTIC TECHNIQUES FOR TODAYS WORLD

Saturday 11th July 1-4pm £10 per person, Newton Abbot

Kick-a-Thon

We did it! On Saturday 23rd May 2015 the club got together in Newton Abbot and Paignton to raise money for Devon Air Ambulance. Each member from the smallest to the biggest performed Two Thousand and Fifteen front kicks in a very tiring and sweaty morning session. In Newton Abbot there were 55 members who had pledges of £3200. In Paignton there were 17 members with pledges of £400, which means that our total pledge for the charity is £3600. Well done everyone.

The next step is to collect that money in so that we can present it to DAA. Please collect all funds by 15th June 2015 and get it to Kim at the Newton Abbot dojo.



UK Martial Arts Show

A group of us went to Doncaster to the UK Martial Arts Show on Saturday 9th and Sunday 10th May. Sensei Clare and Sensei Natasha very much enjoyed training with **Bill "Superfoot" Wallace** and movie star **Michael Jai White**, and Renshi John Burke's seminars were well received. There was a very different feeling at this event to some we have travelled to, and it made it a very pleasurable event! Next year it will be Saturday 7th and Sunday 8th May.

Demo Season

Karate Academy performs demonstrations at School Fayres, Fetes, and charity dos. We are already taking bookings for July and August, and we only do one per day.

We already have:

- Ashburton Family Fun Day **Saturday 6th June 2pm**
- St Michaels Primary School, Kingsteignton **Friday 12th June 3pm**
- Chudfest, Chudleigh **Sunday 12th July 1pm**
- Kingsteignton Oakford Lawn **Saturday 22nd August time tbc**

in the diary, and can afford to do a couple more.

If you would like us to demo at your event then it needs to be booked with plenty of notice in order to ensure a good-sized group. Contact Kim for details Kim@KarateAcademy.co.uk

Coming Soon

Little Warriors pre-martial arts training for small children. These short classes are fun and aimed at 4-7 year olds, getting them ready for Karate classes. Weds 4.30-5.15pm and Saturdays 9-9.45am in Newton Abbot. £4 per class or £25 per month. Plus: The **Ladies Only Karate** class on Wednesday evenings 6.30-7.30pm in Newton Abbot. £5 per class or part of your monthly membership.

Both classes start 8th July.

Birthdays

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

- 2nd Rowan Booker
- 7th Joshua Hatfield
- 8th Natasha Barlow sensei, Tommy Zheng
- 10th Alex Clulow
- 11th Lewis Barlow, Adam Castle
- 12th Nesta Knight
- 17th Jerry Revell, Jamie Barham
- 18th Kim Burke, Josie Baxter-Hext
- 19th Hannah Tribble, Alice Kelly
- 20th Maria Parsons-Antonilli, Charlotte Pitchford
- 21st Melanie Baker
- 22nd Scott Elson
- 29th Maya Albagli

Happy Birthday to You

New Members

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

Kiera Harvey, Ross Harvey and Taylor Harvey (Newton Abbot)

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

Dates for your Diary and Timetable exceptions

- Saturday 6th June** Demonstration in Ashburton 2pm
- Friday 12th June** Demonstration at St Michaels, Kingsteignton
- Saturday 11th July** Ladies Self Defence Course 1pm-4pm £10 per person
- Sunday 12th July** Chudfest Demonstration 1pm
- Saturday 18th July** Wando seminar with Martyn Harris renschi 1-4pm, £10 per person. Learn this fluid kata with our special guest.
- Friday-Sunday 24th-26th July** Martyn Harris renschi's Summer Camp, Brecon Wales.
- Monday 17th-Friday 21st August** Summer School, Newton Abbot Dojo, 10am-3pm each day, £60 for the week or £15 per day.
- Saturday 22nd August** Demonstration at Oakford Lawn, Kingsteignton

When a class has to be cancelled due to hall not being available, please don't miss out on your training. You can attend a class at any of our venues, so when the above classes are not on try one of the others. If there is a travel problem, try a different day, talk to other members and arrange a lift. No need to miss out.

Last Word

When someone earns a Dan grade they go through an immense rollercoaster of emotions. They are proud of what they have achieved, sometimes surprised. Then they go through an intense re-evaluation of the event, of what they did well and what they did poorly. They start to doubt. Then they come to terms with the decision, and trust that the examiners—who have more experience than they themselves do—know what they are doing and made the right decision. Then they try to live up to their new grade, and all the responsibilities that it brings. During this process, their instructor pretty much leaves them alone. No amount of explanation or brow-beating can help them. They have to work their way through it. When they come out the other side they are Black Belts, and their place in our family of Dan Grades is solidified. The test isn't just one day.

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

