

Class Schedules 2016

Private Sessions are held on Saturday 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
WEDNESDAY	4.30pm -5.15pm LITTLE WARRIORS 6.30-7.30pm LADIES ONLY
THURSDAY	10am-11am 5pm-6pm 6pm-7pm 7pm-8.30pm
SATURDAY	9am -9.45am LITTLE WARRIORS 10am-12noon
SUNDAY	10am Brown Belts and above only.

TORQUAY

St Martins Church Hall, Barton Hill Road,
Torquay

TUESDAY 6pm-7.30pm

St Lukes Lower Hall, Shedden Hill Road,
Torquay

FRIDAY 6pm-7.30pm

PAIGNTON

All classes held at Paignton Community
College, Waterleat Road, PAIGNTON.

Performing Arts Suite

SATURDAY 10am-11.30am
WEDNESDAY 6pm-7.30pm

KINGSTEIGNTON

Kingsteignton OAP Club,
Oakford Lawn, Kingsteignton

FRIDAY 6pm-7.30pm

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

MONDAY 6pm-7pm
WEDNESDAY 6pm-7pm

CHUDLEIGH

The Town Hall, CHUDLEIGH

MONDAY 5.30pm-7pm Large Hall

EXETER

CRANBROOK Education Campus

WEDNESDAY 6-7.30pm Starts 15th June

Summer Special.

One week of Karate Summer School Training,
Fitness Training, Bully Buster Training, Martial Arts
Games, all to help build Confidence, Self-Esteem,
Coordination, Listening Skills, Balance, Awareness, all the
while having fun.

**Monday 1st-Friday 5th August 2016 10am-3pm
each day
£60 for the week or £15 per day**

Open to all ages from 8 years
Karate Academy, 8 Signal Buildings, Brunel Road,
NEWTON ABBOT, TQ12 4PB 01626 360999

Call or email now to reserve your place

Looking for a great way
to spend
Summer?



Don't get bored during
the School Holidays,
STAY active this summer

Volume 10 Issue 6 June 2016

Karate Academy

Half

June, and a couple of massive events
kick off this month, then we get down to
some regular training. Disruptions to the
calendar only occur for the very best of
reasons, like the course in Minehead
and the visit from an esteemed
instructor. With training available every
day of the week we know you can make
up for any missed lessons. And there's
always Summer School to add even
more options for you.
John and Kim

Butlins

By the time you see this it might be too
late to join us at the Minehead course,
but you should be aware of it as it affects
a number of classes over that weekend.
Many of us will be off, having a great
time at the **The South West Karate
Experience** (June 3rd-5th) at Butlins,
Minehead. This means that there will not
be Little Warriors or Brown and Black
Belt class in Newton Abbot that
weekend. There will be no Paignton
class that Saturday. There will be no
Kingsteignton that Friday night. Those
staying in Devon will still be able to train



Dedicated to Black Belt Excellence

Dojo Traditions

Obi 帯 - Belt. When we first start out there is
little as embarrassing as realising that we don't
know how to dress ourselves. Tying the belt can
feel like a complete mystery. Later, our belts
become objects of pride. In truth, the people they
matter to are those who give them and those who
receive them.



at Torquay on Friday 6-7.30pm and
Newton Abbot on Saturday morning 10-
12.

**Anthony Blades 7th dan kyoshi, John
Burke 5th dan renshi, and Martyn Harris
5th dan renshi** will be teaching on the
beach, and we will have the use of an
indoor venue if the weather lets us
down.
There will also be a British Association
for Martial Arts Black Belt grading under
Kyoshi Blades.

As this trip has proved popular we will
be looking at booking another "Training
by the Sea" event next year. If you have
any ideas of venues we could look at as
an alternative, or if you want Butlins
again, let us know.

Next Ladies Self Defence Course

Sensei Clare Potter's popular **Ladies
Self Defence** course returns on
Sunday 10th July 1-4pm in Newton
Abbot dojo. Book early. £10 per
person. Half of the places have already
been reserved for this increasingly
popular course.

New Members

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

Samantha Morton (Newton Abbot)
William Wrathall and Alfie Bayliss
 (Little Warriors)

Ava Maclean-Godwin, Sonny Maclean-Godwin and Reuben Racey (Chudleigh)

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

Dates for your Diary and Timetable exceptions

Butlins Weekend - see article on cover

Wednesday 8th June—No Karate classes due to Hanshi McCarthy seminar in Newton Abbot. Little Warriors as normal

Sunday 10th July—Ladies Self Defence 1-4pm Newton Abbot.

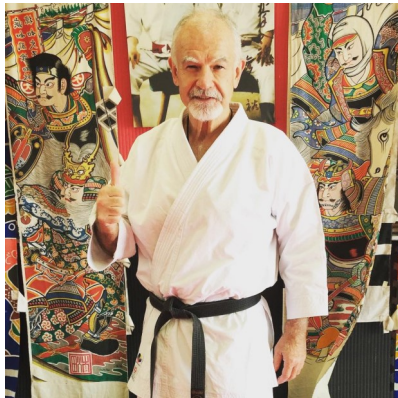
direct link through his teacher, the late *Kinjo Hiroshi* sensei, to *Hanashiro Chomo* and *Itosu Anko* (*Funakoshi* sensei's teacher). We would urge all senior grades, and adults regardless of grade to get along to the seminar. Renshi John first trained with him 20 years ago, and if he sees fit to continue that practice maybe you should too. Spaces are now very limited so book soon. DO NOT turn up if you have not booked. People travel from all over the UK to meet this well-travelled instructor.

Essex Locks

Black belts Dave Floyd, Jim Wight, Clare Potter, Natasha Barlow, and Paula Hickin-Botham all accompanied Renshi John to the **Locks and Holds in Kata Bunkai** seminar in Romford, Essex, Sunday 15th May. A group of 30 or so from multiple clubs got together, and 4 hours flew by. Special thanks to Sensei Clare for doing the driving.



Futari Renzokugeiko Tegumi



Our guest instructor on Wednesday 8th June is **Patrick McCarthy**. He is a Hanshi; a 9th Degree Black Belt; and the translator of the ancient martial arts book *The Bubushi*, which has a new edition available this month. There will be no Ladies Only class that evening, and no Totnes class. Hanshi McCarthy's previous visits have all been very popular and informative. The session costs £25 per person. This teacher is a very senior martial artist, with experience in mixed martial arts and competitive practice as well as a

Celebrate Summer

After the kyu grading on Sunday 12th June, we're planning on having a barbecue at Newton Abbot dojo from 2pm. All welcome.

Exeter Classes

Beginning on Wednesday **15th June** 2016 we shall begin to hold a class at Cranbrook Education Campus, Tillhouse Road, Cranbrook, Exeter, EX5 7EE. Existing members are very welcome to join us there for the 6pm class. Cranbrook is the new town, just getting established, and we are honoured to be invited to teach there as community activities are few and far between at this time.



training should be part of it. You might not feel like it. Then after class you will be glad of having had the experience. You make preparations, certainly. Bring water. Maybe a towel if we're getting sweaty. The instructors know how to pace a class so that people don't expire when it's really hot. They also know how to make the most of the temperature to get you the best results. As we head into that part of the year where people are doing their exams it also becomes important to recognise that you do actually need time away from the books and screens. Yes, revision is important, and coming to training for 2 hours per week can take away that restless feeling you get when all you do is study. Time spent exercising is valuable, because it allows your brain time to assimilate information. Then you own it instead of clawing around in your notes.

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

Birthdays

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

7th	Eleanor Randle-Jones
8th	Natasha Barlow sensei, Tommy Zheng, Ellie Stretton
10th	Alex Clulow
11th	Lewis Barlow (milestone), Adam Castle, Daniel Monnington-Hayes
13th	Rhys Sallery
18th	Kim Burke, Josie Baxter-Hext
19th	Hannah Tribble
20th	Maria Antonilli, Charlotte Pitchford
22nd	Scott Elson
26th	Alex Doyle

Happy Birthday to You

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

Last Word

Summer. In Britain in might be fantastic heat or it might be the wettest thing you've ever seen. It might be exam time or barbeque time. And it might be all of those things in one day. Whatever you've got going on, you know that

