

Class Schedules 2017

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

NEWTON ABBOT

All classes held at Karate Academy
King Street Studios, King Street,
NEWTON ABBOT, TQ12 2LG

MONDAY 6pm-7.30pm new class

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-12noon
BROWN & BLACK BELTS ONLY

PAIGNTON

All classes held at Paignton Community
College

SATURDAY 10am-11.30am
Performing Arts Suite (Waterleat Road)

WEDNESDAY 6.30pm-7.30pm
Dance Studio (Borough Road)

TORQUAY

St Martins Church Hall, Barton Hill Road,
Torquay

TUESDAY 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 6pm-7.30pm

Volume 11 Issue 6 June 2017

Karate Academy

HALF

Where did that go, then? We're half way through the year. We've accomplished some amazing things already, and there are more to come. With so much going on the Half Term holiday flew by. And now we're right back into the regular drive of training. Let's use the rest of this year to see just how far we can go. Striving keeps us thriving.

John and Kim

NEW Class

At Newton Abbot dojo there is an additional class now being run on **Monday** evening at **6pm**. The 90 minute lesson is available to all ages and grades, giving you another opportunity to train and develop.

Kick-a-Thon

This year's Kick-a-Thon fundraiser was for **YoungMINDS**. Each student performed Two Thousand and Seventeen sponsored front kicks in aid of the charity. There were 81 people in the dojo, and even the Little Warriors did their part in their short session before the main gathering. It was inspirational to see some very young children join in for the full set as well. We took it steady, sweated buckets, and got through it together. Each group did their own batches, and then we all did the last 17 as a group. On top of that, at Sensei Lee's suggestion, we did

an extra 25 to commemorate the people who were killed in Manchester.



We are thrilled to announce that the pledged total is in excess of **£6,000**. All we have to do now is collect that money in and get it to the charity as

soon as possible. Well done to all who took part.

Demo Season

Yes, it is time for school fayres, and community gatherings. If your school would like us to do a demonstration as part of their Summer Fete, please have them contact us early, as we can only do one a day and we need plenty of notice to get together a group.

Right now we have a demonstration at Buckland Community Centre in Newton Abbot scheduled for Friday 9th June at 6pm. Naturally, there won't be a Kingsteignton lesson at that time because everyone will want to be at the demo.

At the Ogwell Fair on Saturday 24th June we are demonstrating at 2pm.

At Cranbrook on Sunday 25th June we will also have a demonstration in the afternoon.

In Buckfastleigh on Sunday 16th July at 2pm

Please listen out in class for other events of this nature that we can spread the word about the wonders that Karate training can achieve.

Ladies Self Defence

Sensei Clare's popular guide to essential self-defence for women is returning on Sunday 11th June, 1pm-4pm, at the Newton Abbot dojo. Please book your place on 01626 360999; just £10 per person.



Dedicated to Black Belt Excellence

Last Word

It can leave you reeling. There's the pace of life, all the fantastic additional events that we have on, or just the intensity of training. Or perhaps it is recent events. You thought an election was stressful and then we get the tragic loss of life in Manchester and London. Your head's spinning just trying to process the information and the emotion. And then you look down that line in the dojo and you realise that we are all doing the same. We're all going through it. We've got the pride of the Kick-a-Thon, the information overload from the seminars, and our own hopes, dreams, fears and frustrations to deal with. Although no-one else has their trials exactly the same as you, they all have their own. And we'll stand shoulder to shoulder and deal with them. They're different. We're different. And we're all trying to get by. Exams. Work. Family. Relationships. Health. Take a breath. And another.

Take action. Focus the mind.

Yoi.

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

Karate Academy



Hanshi McCarthy

As you are probably aware, there are very few "old" karate books due to the decimation of Okinawa during World War 2. That's why the Bubishi is such a treasure. The man who translated it into English is Patrick McCarthy. His rank of 9th Dan was awarded to him by Kinjo Hiroshi in Okinawa.

We were hugely pleased to host Hanshi McCarthy for two consecutive evenings training at Newton Abbot dojo.

On Tuesday 30th May after a tour of Buckfast Abbey with Lewis and Natasha Barlow, Hanshi McCarthy taught a combination of moves utilising arm-bars, foot stomping, and strikes.

On Wednesday 31st after a visit to Tor Abbey Hanshi worked us through his bumping drill and then explained how his elbow drill evolved through catching, striking, and then locking, thus providing a template for every other kind of combative interaction.

Each day also had a lecture on historical and philosophical matters, and the opportunity to come out for a meal with the guest instructor where he could share more stories from his reservoir of escapades.

There were 30 Keikokai members on the Tuesday, 28 on the Wednesday, out of the 41 attendees each day. People travel many miles to come and train with Hanshi McCarthy, including from Wales, Cornwall, London, and Oxford.

New Members

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

Mimi Bantock, George Jones (Little Warriors)
Conrad Bird, Madeleine Bird, James Heathman, Catherine Kendall (Newton Abbot)
Theo Kimble (Chudleigh)

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

Bully Buster

Self Defence.

Making choices!

Making safe choices.

Tell an adult!

Cyberbullying - stay safe

Personal space. Respect for yourself and others.

What can the Police do? Who else can help?



You have a voice! You have a choice!

Saturday 16th September 2017

1-2pm 4-9yrs £5

2:15-4pm 10+yrs £7.50

**Karate Academy, King Street Studios,
 Newton Abbot. TQ12 2LG.
 Call 01626 360999**

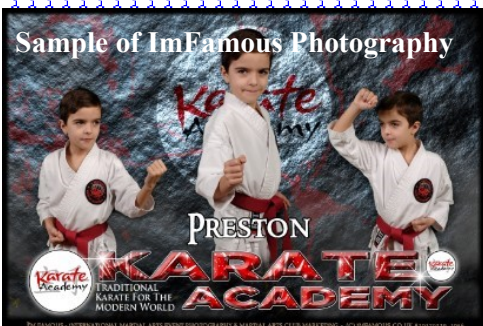
Email Natasha@KarateAcademy.co.uk

Birthdays

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

- 1st Sara Pitchford
- 2nd Mick Jones, Esme Kenny
- 4th Oliver Murphy
- 7th Eleanor Randle-Jones
- 8th Natasha Barlow sensei, Ellie Stretton
- 10th Alex Clulow
- 11th Lewis Barlow, Adam Castle, Daniel Monnington-Hayes
- 13th Rhys Sallery
- 15th Lucy Turney
- 16th Thomas Marshall
- 18th Kim Burke
- 20th Maria Antonilli, Charlotte Pitchford
- 22nd Scott Elson
- 26th Alex Doyle
- 30th Linsey Budge

Happy Birthday to You



Dates for your Diary and Timetable exceptions

Monday 5th June New class,
6-7.30pm, Newton Abbot dojo.

Wednesday 7th June
no hall availability in Paignton (Exams)

Friday 9th June no Kingsteignton
class due to Buckland Demo.

Friday 9th June Buckland
Community Centre demo
beginning at 6pm.

Sunday 11th June Ladies Self Defence
1pm Newton Abbot.

Tuesday 13th June I'm Famous
Photography session at
Newton Abbot 5-8pm

Wednesday 14th June
no hall availability in Paignton (Exams)

Sunday 18th June I'm Famous
Photography session at
Newton Abbot 10am-2pm

Saturday 24th June
Demo at Ogwell, 2pm

Sunday 25th June Demo at Cranbrook
Wednesday 5th July

no hall availability in Paignton (Exams)
Saturday 8th & Sunday 9th July

Bunkai Weekend, Newton Abbot.
10-4 Saturday, 10-2 Sunday.
£60 per person in advance,
£75 on the day.

Cornwall Training Weekend Perran Sands, Perranporth

What a tremendous event!

Thanks to everyone who supported the training camp at Perran Sands in Cornwall. I think it was our most popular course ever. On Friday 2nd June 61 people (including the families of Karate-ka) got together for a weekend of training by the sea. It was the first time we had used Perran Sands holiday park in Cornwall. We chose it because of the quality of the beach following last year's discord at the state of Minehead's beach. How right we were! There were miles of golden sands. Saturday morning saw Kyoshi Anthony Blades lead the group through his sensitivity and centre-ing drill, adding in complexity and effectiveness as the morning progressed. By the afternoon we had found ways to use the new "Sand Kata" and found applications and things we needed to work on.

After a brief break for lunch we looked at how kata must come alive, and then it was into the ocean. The Atlantic is brisk at this time of year, and it made for some testing balance drills.

The evening of pizza and into the Live Lounge for musical merriment gave us some giggles.

Sunday morning weather was less inspiring, so we held our first session in the Dunes Bar, looking at the most basic mechanics of stepping and driving, which led to our control of "shock" in striking and hikite.

After lunch it was time to go and face Sensei Atlantic again. He was there, waiting for us, and he'd served up a warning of jellyfish to scare us off. Undaunted, we trained our shock power into controlling the other person's balance and little bit of 5 Element Theory to help with delivering power. The ocean greeted us as we did press-ups, wrestled, and got dunked together.

Young and not-so-young did us proud on that beach. The sense of community that you get from shared experiences is nothing to be sniffed at. Thank you to all who attended, particularly the 39 on the beach, and to Kim for doing the organising. During the weekend Kyoshi Anthony Blades decided that **Kelly Turney** be awarded 4th kyu, and proudly announced the promotion of **Dave Floyd** to 5th Dan. Congratulations both.

Please let us know how you felt the weekend went, and anything that we can do differently to make it even better.



100's of
photos of
the event
can be
found on
our
members
Facebook
page.
Please go
and have
a look

Dear Parents,

We are very excited to announce that we have booked I'm Famous International Event Photography to come to our club and photograph ALL OUR STUDENTS!!

There is no obligation to buy but parents and students can purchase photos to take away on the night or online afterwards. Prices start from £10 and siblings can be photographed together. The club will receive an XXL print with the whole club on it so would like to urge as many students as possible to come along on the night as possible (even if you train on a different night don't worry - just pop in for a few minutes!) so that we have an amazing club photo with everybody in it.

To see examples of their work parents can visit I'm Famous' website www.imfamous.co.uk
We look forward to having a great time on this night—make sure you put the date in your diary!! Tuesday 13th June 5-8pm or Sunday 18th June 10am-2pm



UK Martial Arts Show

A group of us travelled all the way to Doncaster for Saturday 6th and Sunday 7th May for the UK Martial Arts Show. John Burke rensai taught 4 busy workshops and the other attendees managed to get to training with martial arts legends like Bill "Superfoot" Wallace and Aidan Trimble sensei. The next event of similar ilk is the Kaizen Martial Arts festival in October, set up in competition with the Doncaster event. Anyone interested in attending please liaise with Rensai John for tickets.

Bunkai Weekend

Those who want to know how the applications to their kata work will surely want to sign up for the Bunkai Weekend. John Burke rensai is teaching the core principles with plenty of examples over Saturday 8th and Sunday 9th July. 10-4 and 10-2. The weekend participants might well want to write notes as participants are coming in from northern Europe as well as all over the UK to get to grips with the keys to making their kata work. Coincidentally, Rensai John's next article appears in Martial Arts Illustrated magazine around the same time.

Essex Grapple

A group also travelled up to Romford to train with Rensai John as he was asked to teach a seminar on Grappling in Kata Bunkai. 3 hours just rolled by, yet it was probably enough for most people in attendance.



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



Kick out boredom, come to Summer School

One month's training in one week at Karate Summer School, Fitness Training, Self defence, Traditional training, Martial Arts Games, to help build Confidence, Self-Esteem, Coordination, Listening Skills, Balance, Awareness, all the while having fun.

**Monday 7th - Friday 11th August 2017 10am-3pm each day
£60 for the week or £17.50 per day**

**Karate Academy, King Street Studios, King Street,
Newton Abbot TQ12 2LG 01626 360999**

**Fill in the Registration Form available from
reception now to reserve your place**

Summer School

Summer School, something interesting for the school holidays. One month of training in one week. Only better. Because of the immersive nature of training from 10am-3pm each day, the body and the mind tend to retain information better. And we'll even get the chance to do some of the things that there just isn't time for normally. Kobudo, and few games, etc. Monday 7th-Friday 11th August at the Newton Abbot dojo.

The cost on the website is £60 for the week. Our Early Bird offer is for those who want to pay in full before the end of June: £50 only.

