



Funakoshi's Throws

We were back in Romford for John Burke renschi to teach Funakoshi's Throws on Sunday 20th May. People went down really well...

Last Totnes

Our final Totnes class will be on Wednesday 27th June 2018. We are very sad to say that there is not enough support to keep the class going. Members who did use the Totnes class should come and train in Paignton, Torquay, Ashburton, Chudleigh, or Newton Abbot rather than miss out.

New Classes

From July we are adding 3 new Little Warriors classes to the regular timetable. From Tuesday 3rd July 5pm-5.30pm in Ashburton, Friday 6th July 5pm-5.30pm in Paignton and Tuesday 10th July 5.30pm-6pm in Torquay. We are also adding a general Karate Class in Paignton 6-7pm from 6th July. Paignton classes will be held in the Drama Studio at Paignton Community College, Waterleat Road.



Little Stars

Our Little Warriors are recognised in class as to who has the best attention or most improvement in class each lesson. Our Star of the Day is awarded a certificate. In the past month we have had:

| | |
|------|----------------------|
| 2/5 | Brody Simpson |
| 12/5 | no single individual |
| 14/5 | Luca Henson |
| 16/5 | Jamie Steed |
| 19/5 | Harry Dear |
| 21/5 | Megan Underhill |
| 23/5 | Joseph Curnow |
| 26/5 | Jessica Power |
| 30/5 | Dexter Allen |

And Aiden Teague received a field promotion to entitle him to wear the orange stripe. Congratulations, Aiden.

Last Word

Maintaining ability can be harder than creating it in the first place. We get complacent. We think we know stuff. It can be a rude awakening when we find out that our standard has slipped or we're not quite as good as we thought we were. That's why the Karate principle of Shoshin—beginner's mind—is so important. We approach everything anew, every lesson. Whether it's white belt basics that we try to get better at or some advanced principle, or simply that we are taking care with our partners in the dojo. We don't know what kind of day they have had or whether they are feeling strong today. They may have worries or concerns that will impinge on their usual good nature. Or we might have worries or concerns that stop us from being entirely present in the moment. That's why we need to deliberately practice Shoshin. Choose Shoshin. It helps us to keep things fresh and it helps us to only have our current situation as the one we deal with. It keeps Karate time for Karate. Proud to be the Keikokai. See you in the dojo. **Oss**

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The Summer in Devon brings a variety of wonders. We enjoy the good weather. Many businesses that rely on tourists will have their peak in this season; and it also brings people to the region who don't know the roads, and whose behaviour would not be repeated in their home towns. We encourage our members and their families to enjoy the Summer. We are also mindful that we do not switch off the awareness that we are developing through Karate training during what, for many, is a relaxing time. That includes awareness of when we need sunscreen... John and Kim

Kaizen

Saturday June 16th sees the Kaizen Martial Arts Expo in Nottingham. Teaching on the same bill are Renshi John Burke and the legendary Terry O'Neill sensei alongside a wide variety of other arts and teachers.

Brecon

We have another "away weekend" booked, this time in the beautiful Brecon countryside? At Danywenalt YHA on the weekend of Friday 27th-Sunday 29th July we'll be training in the field with Martyn Skipper sensei sharing the teaching duties with John Burke renschi. We encourage you to book soon, as we are running the course at £125 per person including Friday evening training and meal, Saturday breakfast, training, packed lunch, training, and evening

meal; and Sunday breakfast, training, packed lunch, and training before people head home. Very different to Perran Sands, this is another type of experience. Only 2 spaces left, call now if you want to come along.

Hanshi

There are not many genuine 9th Dan Karate men. We are very happy to announce that one of them, Hanshi **Patrick McCarthy**, the translator of the **Bubishi** and author of **Legend of the Fist** (his new book which is out NOW!) will be teaching for us on 30th June and 1st July.

The seminar is suitable for all grades. Due to the length of the seminar we suggest that it isn't suitable for children. We have people travelling from all over the UK to come and train with Patrick. So we've had to put the course on at Newton Abbot Leisure Centre as we don't have enough room at our dojo. Naturally, with all the teachers wanting to train with him, we are unable to run any other lessons that weekend. Don't miss out, make sure you are booked in.



Dedicated to Black Belt Excellence

Coming Up:

We try to let you know about future events with plenty of notice so that arrangements can be made for work/travel/etc.

Special events are enhancements to your regular training, and it is regular training that should form the bulk of your training plan.

Optional extras include:

- 16th June Kaizen Martial Arts Expo, Nottingham. Outdoor training with different instructors including Terry O'Neill sensei. **DEAL: £17 tickets are available from Sensei John at £15**
- Spring Weekend with Patrick McCarthy. Flow drill training—30th June & 1st July. Newton Abbot Leisure Centre because it is too big to fit in our dojo. £95 per person both days or £50 for one day.
- Brecon Training Course, Danywenalt, Wales 27-29th July. Outdoor training. £125 per person. Instructors John Burke sensei and Martyn Skipper sensei.
- Summer School. Our “month in a week” training during school holidays, 6th-10th August. **DEAL: Early Bird pricing until 30th June £50 for the week. £60 per week/£17.50 per day thereafter**
- Doncaster 15th September. Bunkai course with John Burke renshi.
- Wrawby 16th September. Bunkai Course with John Burke renshi.
- Holland 29th-30th September, Bunkai Weekend in Schoonover.
- Mexico 20th-21st October. Bunkai Course with John Burke renshi.
- Okinawa. 4-18 November. Some of us are off to Japan for training.

Plus workshops on Kumite, Bunkai, Bully Buster, Ladies Self Defence, Pressure Points. A busy year ahead. If there are

any workshops or guest instructors you would like added to the schedule let us know and we will see if we can arrange it.

New Members

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

Skyler-Jai Smith, Luca Henson, Peter Chadwick, Roo Chadwick
(Little Warriors)

Harrison Ball
(Newton Abbot)

Nathaniel Pike
(Chudleigh)

And welcome back to **Aidan Hawlor!**

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

Birthdays

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

Happy Birthday to You

- | | |
|------|---|
| 1st | Sara Pitchford |
| 2nd | Mick Jones, |
| 4th | Oliver Murphy |
| 7th | Eleanor Randle-Jones |
| 8th | Natasha Barlow sensei, Ellie Stretton |
| 10th | Alex Clulow, Lilly Parker |
| 11th | Lewis Barlow, Adam Castle, Daniel Monnington-Hayes |
| 15th | Lucy Turney |
| 18th | Kim Burke, Joshua-Jay Munden |
| 19th | Jamie Steed |
| 20th | Maria Antonilli, Charlotte Pitchford |
| 22nd | Scott Elson |
| 26th | Alex Doyle |
| 28th | William Underhill, Megan Underhill |
| 29th | Chad Boden |



Perran

Thanks to everyone who made the SouthWest Karate Experience 2018 such a roaring success. Training on the beach alongside our fellows is always a great thing. And the expert tuition from **Anthony Blades** kyoshi and **Neil Ellison** renshi really made the event special. Great training, great singing, memories were formed. We're really interested to hear what you

think we should do with the event for 2019...

Congratulations to those who graded on the beach: **Nathan Rowe shodan, Charlotte Pitchford shodan, Nicola Parker shodan, Deborah Needham nidan, and James Drake sandan**. Now the hard work begins.

1000's of photos were taken during the weekend, check the Keiko Facebook page to see a selection.



Dates for your Diary

- Saturday 16th June Kaizen Martial Arts Expo, Nottingham.
Classes on as normal
- Saturday 23rd June Little Warriors Stripe Test
- Sunday 24th June Kyu Grading, no Brown and Black belt class
- Saturday 30th June & Sunday 1st July
Hanshi Patrick McCarthy Seminar,
Newton abbot Leisure Centre.
No regular classes this weekend.

UKMAS

We were well represented up at the Doncaster Dome on 5th and 6th May. Our members got to train with Bill “Superfoot” Wallace and Judo legend Brian Jacks as well as supporting renshi John’s 4 workshops (which were busier than some tv celeb’s slots).