

# Karate Academy

Kickin' it!

## Kick-a-thon

Olivia Holmes Foundation

The sponsorship forms for this year's Kick-a-thon are available now. If you haven't done one before, then you need to know that we are in training for performing 2,013 kicks to raise money for a charity. It will take place on **Saturday 4th May 2013**. Working with the cancer department of the local hospital, the **Olivia Holmes Foundation** aims to make life a little easier for those children in hospital and their relatives who often have to leave work and family behind to stay with them. You can read all about the good work that this group does here: [www.OliviaHolmes.co.uk](http://www.OliviaHolmes.co.uk). Their current project is helping provide a comfortable outdoor space at the Exeter Oncology unit for the children and their families.

Every penny helps. If you raise £5 then that is £5 that the charity would not have had if you didn't go and get it. Some people will raise £100, some will raise £5. We don't judge, we're just grateful for your hard work. So please, ask your friends and family to sponsor you. We have two months to get this together, let's do an Excellent job.

## From the Top!

Well done. Those of you training now and moving towards your goals are in a better place than those sat on the sofa watching TV. We are a quarter of the way through the year, and many have given up on their aspirations already. Not us. We make it to the dojo in all kinds of weather, do our best with whatever limitations we have—always striving to make them just a little less—and we sweat and strive to get what we can from what we've got.

Use the timetable, use the special events, use the resources on the Members Area of the website. Laugh with us and cry with us, strive with us as we move ahead. The Karate Academy is as strong as the people in it. That means you.

John and Kim

## DAN Grading

Taking your Black Belt is a difficult and strenuous test. The next one will be taking place on **Saturday 6th April 2013**, beginning at 10am. There will not be a normal class that day in Newton Abbot. The candidate will be tested on their skill in their basics, kumite, kata, and oyo; and their spirit is tested through stamina and attitude throughout the day. **All brown belt and black belt students should be there.** Apart from the very real nature of supporting the person who is taking the test, you will also experience the test and receive feedback as to your own progress from our examiners. Anyone hoping to take a Dan grading in October will need to hear what they should be working on. The opportunity only comes along a couple of times per year, not like the regular kyu gradings. There is no charge for those who are not grading, so don't miss out.

## Hanshi Wingrove Visit

Karate's most senior practitioner in Great Britain, the man who was the dojo captain for Vernon Bell (who brought Karate to this country), and who is currently ranked 9th dan in Karate, Ju-jitsu, 5th dan in Judo, and 3rd Dan in Aikido is coming to the Westcountry again.

Sessions with Mr Wingrove involve painful application of techniques, and are suitable for adults of all levels. Only high-grade children will be allowed to attend.

His next visit to the area is now confirmed as

**Sunday 3rd March 2013 at the Newton Abbot dojo £15 per person 10am-2pm.**

This class will replace the regular lessons (both Newton Abbot & Totnes) for that day.



Hanshi's visit In 2007

## Bunkai Theory Workshop

Open to all—and especially useful to high grades and adults—on **Sunday 10th March** we will be going at hyper speed through the principles behind kata applications. You will need a note book and pen as we will be relating the reasons for every move in kata and how you can decipher them for yourself.

This information is normally part of a week-long Bunkai Bootcamp, but we're going to fly through it as a Theory Booster.

The class is **£10**, and it conveniently starts at **1.30pm** so that you will have given Mum her Mother's Day lunch before getting out of her way for the afternoon. Mums—come and get some in-depth info so that you don't over-do the chocolates... Newton Abbot dojo, 1.30pm. Book your place on 01626 360999

## Bunkai Bootcamp & Summer School

What's the Bunkai Bootcamp? Well, this year it is Friday-Monday 2nd-5th August full of kata application training where we get right into the nitty-gritty of how Karate applications work, regardless of style or grade. There are people coming from Ireland and all over the UK to attend because they know how important this information is to the martial artist. Summer School this year will be Monday-Friday 19th—23rd August and is a month's training in one week, plus competition, games, and kobudo stuff that we don't normally have time to fit in. Please book your place on 01626 360999. Bunkai Bootcamp £250, Pay before end March £175, Summer School £75 (£15 per day) or £50 if booked and paid before 30th April.

## Dojo Tip

When we move in the dojo we are often told that we move "from the hara". This is the word for "belly" in Japanese. Hips are "koshi". Really, the term we want to use is **tanden** or **dantien**. It is located 3 finger-widths below the navel, right where your belt knot sits. BUT—it is not on the surface of your body. It is inside. So often it might be better to think of the sacral vertebrae (where your pelvis is joined to your spine) as the place that we move from. This helps you to concentrate from the small of your back rather than just thinking about your front.

## Vacancy

The Karate Academy currently has a job vacancy for a person with their own transport who would be responsible for spreading the word about the classes. 4.30pm-7.30pm Mon-Fri is the ideal time for knocking on a door and asking "Is there anyone in this household who would be interested in Karate classes?" Offering to send them an introductory pack if they are interested. Putting a leaflet through the letter-box where there is no answer. No selling is involved, just canvassing for interest. If that suits you, or you know someone who may be suitable, then please contact Kim on 01626 360999 for a chat or to arrange an interview. This is a permanent weekly paid job for the right applicant.

## TMAX

The Martial Arts Expo (**T-MAX**) and will take place on October 19th & 20th at The Ricoh Centre, in Coventry. The new venue boasts a larger hall, plus an on-site cinema, hotel, and casino. Coventry is still relatively easy to get to, based right in the middle of England.

## Warrior Workout

The new Friday night Fitness class in Newton Abbot is growing nicely as Ross Chesterton sensei puts the Warriors through their paces. Using the best in martial arts exercise with no sparring it is perfect for people who have no martial arts experience. 7pm Friday to energise you for the weekend. £4 per session for Karate Academy members (non-members £5 per session), and the first session is free, anyway.

## Grading Results

At the kyu grading on Sunday 24th February 2013 - held at Newton Abbot dojo - the following students were recognised to have attained the required standards for the ranks listed:

<b>2nd kyu</b>	Lewis Tribble
<b>3rd kyu</b>	David Alderson, Frederick Leich
<b>4th kyu</b>	Andrew Power
<b>5th kyu</b>	Dan Williams, Amy Clark, Hannah Tribble
<b>6th kyu</b>	Deborah Needham
<b>7th kyu</b>	Melanie Morrison, Phil Hale, Ewan Hale, Jacob Bellinger, Harrison Hammond
<b>8th kyu</b>	Carl Tilling, Elliott Ford, Corvan Elliott
<b>9th kyu</b>	Isabelle Bowles, Emily Skitch, Sidwell Miller, Robert Appleby, Finn Graysmark

Congratulations to you all on your achievement, and may you have continued success and improvement with your training. Please note; invitation to grade only occurs when the student has trained and improved sufficiently to be eligible. You should aim for 26 lessons in a 3 month period.

## Brown & Black Belt/Advanced class

The only Brown & Black Belt class in March is Sunday 17th. There is no class on the day of Hanshi Wingrove's visit. There is no class on the day of the Bunkai Theory Workshop. There is no class on the 24th after the kyu grading. There is no class on Easter Sunday. The 17th will see a recap of the things we've covered so far, and if you are early to the dojo you may join me for kata practice. When classes recommence in April there will be a new pace to what we have to accomplish. Commit to be there.

## Birthdays

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

2nd	Andre Hughes
3rd	Samantha Bowles
7th	Grace Pitts
12th	Eddie Pratt, Andrew Bellinger
13th	Lee Warren sensei
16th	John Burke sensei
21st	Jim Harvey Sensei, Andy Wray (milestone)
24th	Eachann Sheils
31st	Aidan Hawlor

**Happy Birthday to You**

## New Members

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

<b>Newton Abbot:</b>	Max Sabine,
<b>Paignton:</b>	Kierra Duffin, Kathryn Birmingham, Daniel Birmingham Zaffron Birmingham, Michelle Fennell, Ella Fennell
<b>Seaton:</b>	Sidwell Miller, Finn Graysmark, Robert Appleby

Welcome one and all!

## Dates for your Diary and Timetable exceptions

<b>Sunday 3rd March</b>	<b>Hanshi Wingrove</b> in Newton Abbot. No regular classes (Newton/Totnes).
<b>Sunday 10th March</b>	<b>Bunkai Theory</b> Seminar in Newton Abbot. No regular Newton Abbot class.
<b>Sunday 24th March</b>	<b>Kyu Grading.</b> No Newton Abbot class
<b>Sunday 31st March</b>	EASTER No classes
<b>Monday 1st April</b>	EASTER No classes
<b>Saturday 6th April</b>	<b>Dan Grading</b> —Black Belt test in Newton Abbot. No regular class
<b>Sunday 7th April</b>	No Totnes class
<b>Saturday 4th May</b>	<b>Kickathon</b> in aid of Olivia Holmes Foundation
<b>Sunday 28th July.</b>	<b>Demo</b> at Bovey carnival. 1pm

## Last Word

The people who make it all worthwhile are those of you who put your gi on when you don't feel great. Those of you who come in even though you had to rush to get here. Those who rearrange their (home) work schedule to make sure they can attend that vital class. When I look in your eyes and see the relief of being in the dojo—that sign that the trip was worthwhile then it was worth it for me too. The funny thing is, the lesson is the same for the guy who gave up last week. The one who says that Karate is boring. Him who thinks he doesn't need to do gedan barai again. He had the same lesson as you, but you got something from it that he didn't. It is probably because you wanted something from the lesson more than he did. Because you were willing to get something more than he was. What made it worthwhile for you ... was you. Proud to be the Keikokai. See you in the dojo. **Oss**



**Karate Academy**