

# Class Schedules 2014

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

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

**SATURDAY** 10am-12noon

**SUNDAY** 10am-12noon  
Brown & Black Belts Only

## KINGSTEIGNTON

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

**FRIDAY 6PM - 7.30PM**

## TORQUAY

St Martins Church Hall, Barton Hill Road,  
Torquay

**TUESDAY** 6pm-7.30pm

St Lukes Lower Hall, Sheddons Hill Road,  
Torquay

**FRIDAY** 6pm-7.30pm

## PAIGNTON

Christchurch Hall, Torquay Road, Paignton  
**MONDAY** 5pm-6pm  
6pm-7pm

Palace Avenue Methodist Church Hall,  
Paignton

**WEDNESDAY** 6pm-7.30pm  
7.30pm-8.30pm

Parkfield Leisure Centre, The Esplanade,  
Paignton

**SATURDAY** 10.30am-12pm

## 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

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# Karate Academy

sangatsu

2014 is flying by. March will see the first quarter pass us by. The good news is that spring is coming. As time is spent it is up to us to make sure it is spent wisely. Some work time, some family time, some personal time—which hopefully includes some Karate! Even during exams or work stresses, there must still be personal time, or what's it all for?

John and Kim

## Picture Perfect

Photos by Ross will be setting up at the Newton Abbot Dojo during the Easter holidays to take portrait photographs of any student in karate uniform who would like a professional piece of art for their home, complete with back-drop choices. Wednesday 9th April 10am-12noon and Friday 18th April 1-3pm will be drop-in sessions, no appointment necessary, and if you require a specific time-slot then please call us to arrange it. Because of our special arrangement with the photographer, there will be great deals on photo packages that can be ordered.

## Dojo Traditions

**Giri.** Obligation. In the martial arts there are things we must do. Because we must. We are duty-bound and we honour our obligations. When we don't really feel that way about it then it is just another activity, but for those who feel the giri towards their teacher, their club, or their art, then training is so much more. More demanding and more meaningful all at the same time.

## Ch..Ch..Ch..Changes

The Timetable for Totnes and Kingsteignton get's a bit of a makeover this month.

- **Totnes** classes are moving to Tuesday and Thursday evenings in the Meeting Room 6-7.30pm
- **Kingsteignton** classes are being moved to Friday at 6pm Oakford Lawn.
- Friday's 5pm **Newton Abbot** class is being replaced with the 6pm Kingsteignton class.
- The **Paignton** Wednesday classes are becoming 6-7.30pm & 7.30-8.30pm
- The **Brown & Black Belt** Only class will now be held at 10am on Sunday mornings, due to the vote on our Facebook page.

Members are reminded that if for any reason they cannot make a particular lesson then they are welcome to train in any other lesson on the timetable, with any of the instructors.

## Martyn's Flying Visit

On Saturday 22nd February we were fortunate to have **Martyn Harris** sensei visit Newton Abbot dojo to teach us the *Kururunfa* kata of Naha-te. Although not part of the syllabus, it was an interesting session to compare how another style imparts it's message through kata. Sensei Harris is, of course, the organiser of the Brecon Summer Camp in July in Wales.

*Dedicated to Black Belt Excellence*

# Warrior Workout

ULTIMATE FITNESS CLASS

Fridays 6.30pm-7.30pm Newton Abbot Dojo  
£5 per session or £50 for 12 sessions  
**First Session Free**



## Kyu Grading

The next kyu grading is on Sunday 9th March. The lesson begins at 10am, and anyone can attend, whether they are grading or not.

New students wonder how they will know if it is time to grade. Your instructor will present you with a "grading notice" (an invitation to take the test) once you have demonstrated in class that you have learned the syllabus with the right attitude. That means you have permission to take the test. It is conditional on you continuing to work on, and improve, your skills leading up to the test. Approximately 26 lessons or three months' worth of training twice per week is usually what is required. Everyone is judged on their merits; 3 months? 4? When you are ready.

The previous kyu grading was held on Sunday 2nd February- held at Newton Abbot dojo - the following students were recognised to have attained the required standards for the ranks listed:

**1st kyu**  
Alex Clulow

**6th kyu**  
Saskia Nicholls

**7th kyu**  
Garry Hewings

**8th kyu**  
Charlotte Pitchford, Laura Plumb

**9th kyu**  
Adam Craig, Billy Bristow, Sebastian Brickell

Congratulations to you all on your achievement, and may you have continued success and improvement with your training



## Planning Ahead

The Summer Camp in Brecon, Wales, has had it's dates set as **25th-27th July 2014**. Please contact Martyn Harris sensei directly as all places should be booked by now (sensei@KarateCardiff.com)

We spend the weekend training in a field surrounded by beautiful scenery and eating and imbibing together.

No age or grade limits, though juniors will, necessarily, need an adult with them. The training is multi-style with tuition from Martyn Harris sensei, John Burke sensei, and Martyn Skipper sensei (who is current kumite world champion).



## Goodies

Careful drivers are welcome to a Karate Academy car sticker. They are available for free from the instructors while stocks last. Karate Academy Umbrella! Very useful at the moment. Nice and large, these cost £12 each.



## Donations

Thanks to **Mike Maddocks** for lending us his punch-bag while he's away at University, and to the ex-Karate instructor who gave us his old pads and mitts for students to use.

## The Sword is Drawn!

The Art of Drawing the Sword— **iaido** (ee-eye-doh) - course continues this month, and it isn't too late to join in.

The 12 kata of the sword are being taught on Saturday 15th March at Newton Abbot dojo, with a further session on 19th April. 2pm-3.30pm. You will need a bokken (wooden practice sword) and up-to-date martial arts insurance. Karate students should have this anyway (your licence) but others can get a temporary licence (lasting this course) for £10.



The cost is £7.50 per lesson. If there are any questions please call 01626 360999 or speak to Sensei Ross.

## WOMEN!

Clare Potter sensei's Women's Self-Defence class returns on **Sunday 23rd March 2014 from 2-5pm**. The class is only £10, and is all practical (so ideal for your female relatives and friends who don't want to train in Karate).

Please book your places on 01626 360999.

### Dates for your Diary and Timetable exceptions

March 9th	Kyu grading Newton Abbot
March 15th	Iaido Newton Abbot
March 23rd	Women's Self Defence

## Last Word

You bring the energy. The teacher can correct the way you do things. They can help you to learn and understand. The teacher can show you and they can give you tips. They can make it about the feeling or the look, the sound, or the shape. Only you can give it the energy. Some days that's easier said than done, and we all have those days. You're forgiven. But then it would be churlish of you to judge Sensei as they suffer the human swings and roundabouts like the rest of us. So whatever the lesson, whatever the class, whichever teacher you have; you bring the energy. While Sensei seeks to inspire you with the Rightness of Karate you have your part to play in inspiring them to teach you. Demonstrate the energy that is necessary. Inspire the teacher's feelings of being needed and wanted (not necessarily the same thing). Bring the energy. Every time you can.

Proud to be the Keikokai.

See you in the dojo.

Oss

## New Members

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

**Newton Abbot:** Joshua Hatfield, Barnaby Stitt-Sharam, Isaac Hinds

**Chudleigh:** Jamie Brown

**Torquay:** Jason Wong, Matthew Hogan

**Kingsteignton:** Isaac Spurrier, Mark Harrison

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

## Birthdays

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

2nd	Andre Hughes
3rd	Samantha Bowles
7th	Grace Pitts, Noah Taylor
12th	Andrew Bellinger, Eddie Pratt
13th	Lee Warren sensei
16th	John Burke sensei
21st	Jim Harvey Sensei, Andy Wray
23rd	Cas Power
24th	Eachann Sheils
25th	David Stewart
27th	Catherine Flannery
28th	Luca Carasco
29th	Sarah Baker
31st	Aidan Hawlor

**Happy Birthday to You**