

Class Schedules 2015

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, Sheddin Hill Road,
Torquay

FRIDAY 6pm-7.30pm

PAIGNTON

Paignton Community College, Waterleat Road,
PAIGNTON. Performing Arts Suite

MONDAY 6pm-7.30pm
WEDNESDAY 6pm-7.30pm

Parkfield Leisure Centre, The Esplanade,
Paignton

SATURDAY 10am-11.30am

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

First Quarter

Spring is on it's way. Honest. It will be here soon. We need to make room for Easter eggs and work on how we want to be this summer. And we need to do it now. We've all seen the people who go hell-for-leather in June to get their Beach Body, but working that way does not create good life-habits. So now is the time to take action. People who want it will do it. Others will make excuses. Apart from anything else, there is so much to cover in class that we really have to be there or we'd miss out.
John and Kim

Happy Mother's Day!

Sunday 15th March is Mothering Sunday. Please remember to celebrate the lives of those who take care of us on this day.

Kick-a-Thon

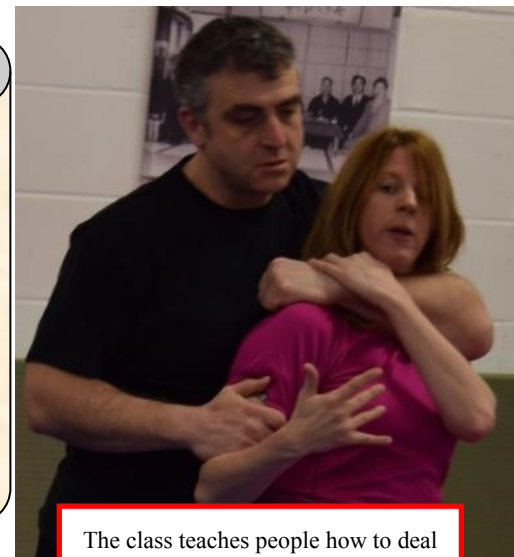
Training proceeds apace, and by now you should all have had your sponsorship forms. You have plenty of time to get sponsors, so the key is to make sure that we actually start and then add sponsors in a small regular way rather than rushing around at the last minute. For those who are concerned about whether they will be fit enough to complete the 2,015 kicks, rest assured that with regular training we will get you there.

If anyone needs extra sponsorship forms, please just email kim@karateacademy.co.uk or call 01626 360999.



Ladies Self Defence

Clare Potter sensei taught a full and non-stop (and vital) self-defence class on Sunday 15th February. The most frequent comment at the end was "I want to come back and do it again".



The class teaches people how to deal with bigger attackers without the need for strength.

Tekki Workshop

Saturday 14th March 2015 from 1-4pm
John Burke rensai will be teaching practical applications to this fundamental kata. You know what he says, brown and Black Belts—Go and Have Another Look at Tekki. Only £10 per person.

Dojo Traditions

Meiyo 名誉 - Honour. From the 7 Principles of Bu. Translating this into everyday actions is perhaps the hardest part of the martial arts. Acting with honour is about your personal integrity. If you didn't do your promised press-ups it doesn't really hurt anyone but yourself. Except that it turns into a habit of not keeping your word...

Tekki Bunkai Workshop

PRACTICAL KATA BUNKAI FOR SELF-DEFENCE

Saturday 14th March 2015 1pm-4pm
£10 per person Newton Abbot Dojo

Dedicated to Black Belt Excellence

Grading Results

The next kyu grading will take place on Sunday 15th March at Newton Abbot dojo.

To be invited to grade requires nomination by your instructor. They will be happy to do this once they have seen in class that you have learned all the necessary requirements.

The Travels

Our members are not restricted from training elsewhere. In some clubs people are told that they "cannot train" with outside groups. While there may be good reason for this (a man cannot ride two horses) mostly it comes down to control and fear. It would be hypocritical of us to do the same, especially as our instructors teach people from other groups... At the end of February John Burke renshi taught his Pressure Points course to students of GojuRyu, Gojukai, and free-style Karate at the dojo of Luke Perry sensei and Kyn Pomlett sensei in Oxon. Then the following weekend he took part in a charity seminar alongside a group of other instructors in Coventry. In the middle of this month Renshi will be teaching in a Tekki Bunkai Workshop in Newton Abbot where people from outside the area have already booked to attend. You can see that our style of tuition and the knowledge that we have at our disposal is in demand! Our students are very welcome to come to these seminars, and we put on courses like these at home, too, so that you don't miss out.



Reminder

As we increase our sweat-levels with training it is useful for members to have water close at hand. We sip water during training to keep hydrated. Don't gulp it because that isn't going to help you get cooler and it isn't going to quench your thirst.

To help our members we have created Karate Academy water bottles. They are just £5 each, or £9 for two, and can be obtained from your instructor.



1-2-1s

Members can make great use of personal training with an instructor at the Newton Abbot dojo. Private lessons are available - usually held on Saturday afternoons— you just have to call 01626 360999 to book yours.

A couple of things—for us to deal with your appointment it's best to call between 9.30am and 3pm. If you leave a message we'll call you back should you ring at other times, but you'll understand that when we're teaching or picking up the kids from school then there will inevitably be delays. Alternatively email Kim@KarateAcademy.co.uk with your request and we will email you back with available slots to choose from.

This is a free service to students who pay monthly or for the year. Pay per session students, the fee for a private session is £15.



Birthdays

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

- 1st Sevin Ozbek
- 7th Grace Pitts, Noah Taylor
- 12th Andrew Bellinger
- 13th Lee Warren sensei, Samantha Bowles
- 14th William Smedley
- 16th John Burke renshi
- 21st Jim Harvey sensei
- 23rd Cas Power
- 24th Eachann Sheils
- 27th Catherine Flannery
- 28th Luca Carasco, Johnjoe Van-Martins
- 29th Sarah Baker, Maia Knight
- 31st Aidan Hawlor

Happy Birthday to You

Martial Arts Tradeshows

Wednesday 11th March we need your help.

A team from the **Martial Arts and Combat Expo** are coming to us to interview John Burke renshi and video a class.

In Newton Abbot. On a Wednesday. When we don't usually have a class...

So we're going to put on an extra class for the documentary. 5pm for everyone, though if some adults can make it earlier it would be good for demonstrations. MACE is taking place at Bristol University in the summer. 44 instructors teaching for charity.

Last Word

The right way or the wrong way? It can be about technique or it can be about attitude. It could be about a hundred things. All we can say is that one person's right way will be wrong for someone else. When it comes to training in the dojo there are some things that we are very particular about, just as it should be. It can be about health and safety; it can be about the effectiveness of a technique. It will always be with good reason. Unlike some schools where the repetition of dogma is used to cover up the inadequate training of the instructor, our team have been involved with the martial arts for substantial amounts of time. They continue to train. They continue to ask questions. They continue to test and to strive for excellence without the bounds of politics or background getting in the way. You can trust what they are telling you, because the information was hard-earned.

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:

Nesta Knight (Paignton)
Gracie Stone (Torquay)
Alice Kelly and Macey Pearce,
(Newton Abbot)

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

Dates for your Diary and Timetable exceptions

MARCH

Wednesday 11th March extra class to be filmed for MACE

Saturday 14th March Tekki Bunkai Workshop Newton Abbot 1-4pm.

Sunday 15th March Kyu grading in Newton Abbot.

Wednesday 18th March Paignton lessons in Gymnasium instead of P.A.suite.

Wednesday 25th March **NO CHUDLEIGH** class

APRIL

Wednesday 1st April **NO CHUDLEIGH** class

Sunday 5th April Easter Sunday **No Classes**

Monday 6th April Bank Holiday **Monday No Classes**

Saturday 11th April **NO NEWTON ABBOT** class, Paignton class as normal so please go along so you don't miss out.

Sunday 12th April **NO NEWTON ABBOT** class

Wednesday 22nd April **NO CHUDLEIGH** class

