

# Class Schedules 2016

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

**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

## TORQUAY

St Martins Church Hall, Barton Hill Road,  
Torquay

**TUESDAY** 6pm-7.30pm

St Lukes Lower Hall, Shedden Hill Road,  
Torquay

**FRIDAY** 6pm-7.30pm **not 11th March**

## PAIGNTON

All classes held at Paignton Community  
College, Waterleat Road, PAIGNTON.

Performing Arts Suite

**SATURDAY** 10am-11.30am  
**WEDNESDAY** 6pm-7.30pm

## KINGSTEIGNTON

Kingsteigton OAP Club,  
Oakford Lawn, Kingsteigton

**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

## 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 or speak to an instructor at the Newton Abbot dojo where the diary is kept on the front desk.

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. 1-2-1s are subject to availability.

Volume 10 Issue 3 March 2016

# Karate Academy

## The First Quarter

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**Happy Easter!** The temptations of chocolate! While we truly believe that a "little bit of what you like does you good" our mantra as Karate practitioners is self-control. Part of the fun of that is that it makes the chocolate last longer, so you can continue to enjoy it in future weeks. It is good to smile as we reach Spring, looking at what we've survived, and it is also good to have trained enough to feel like we deserve the treat that is chocolate... And lots of things this month look like treats!  
John and Kim

## Applied Karate!

The **application** of our techniques should be known as Oyo, but generally the world thinks of them as *Bunkai* (meaning analysis). We have a group from Bristol coming to Newton Abbot dojo on **Sunday 6th March** for a **Bunkai Workshop**. Our members are very welcome to attend, as the principles that we are teaching are universal across styles and arts. 10am-3pm, Renshi John Burke will take us through a heap of applications to the moves from our kata. This makes them relevant to **self defence** and, of course, purple belts and above need to know them to answer the technical question in their grading. So if you want to learn, please come along. Bunkai Workshop tickets are £25 each.



**Dedicated to Black Belt Excellence**

## Ladies Self Defence

As you know, there is a regular Ladies Only Karate class, and it certainly performs a function. On top of that we have a class that is just about **Self Defence** for women. Clare Potter sensei leads this class, for which no martial arts experience is necessary, and in it she teaches practical, no-nonsense strategies for dealing with attackers of any size. This isn't a class that people wear a gi for, and you don't have to be fit to do it. In this day and age it has become increasingly important for women in particular to know how to look after themselves, and when you see how many people come back for frequent visits to this class, you come to understand that training those skills and maintaining them is vital. So come along, and tell female friends and relatives to come along, to the Ladies Self Defence class. **Sunday 13th March** 1-4pm at Newton Abbot dojo. The class is only £10 per person.

## Kung Fu Panda

We have booked the Alexandra Cinema in Newton Abbot for an exclusive Karate Academy Only screening of the new film Kung Fu Panda 3 on it's opening weekend. Sunday 13th March at 10am our film begins. 100 of our members can watch the film at this showing, with tickets being a mere £5 per person. Parents and friends are welcome, with the proviso that everyone attending is representing the Karate Academy, so behaviour and presentation at the cinema must be impeccable.



## Dojo Traditions

**Shotokan** 松濤館 - The Hall of "Pine Waves". Funakoshi sensei taught Karate. An Okinawan who moved to Tokyo, he also used to write poetry. Writing poetry was considered to demonstrate the ideal of the warrior scholar. His pen-name was Shoto—Pine Waves. When his students built him his dojo, they named it the Shotokan. Today the Karate that has descended to us is named after that building.

## New Members

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

**Sonny Weedon and Archie Grant**  
(Little Warriors)

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

## Looking Ahead

The next **Kyu grading** is on Sunday 20th March starting at 10am. Come along, even when it is not your time to grade, to support your classmates who are testing and get some practice for your own benefit.

## Butlins

### The South West Karate Experience

(June 3rd-5th) at Butlins Minehead. Training away from home makes it a holiday and you get to immerse yourself in Karate at the same time. With good weather we'll be training on the beach, with sessions being taken by **Anthony Blades 7th dan kyoshi**, **John Burke 5th dan renshi**, and **Martyn Harris 5th dan renshi**. If the weather is bad, we have the use of an indoor venue. Please ask for details if you are interested in coming to this special weekend of training. We may still be able to get rooms at a good rate for you if you book early. Currently £150 per person which includes accommodation, buffet breakfast and evening meal and training. This event will also be the site of a British Association for Martial Arts Black Belt grading under Kyoshi Blades.

## Cancer Support

Fundraising for charity, John Burke renshi taught in Walsall at the **Martial Artists Supporting Children with Cancer** seminar, February 20th. The donation to the



charity was £25 per attendee. Other teachers include Lucci Delgaudio, Anthony Rushton, Tony Pillage, and Mick Tully at the event, which also marked the 5th Anniversary of host Wayne Keough's Budo Martial Arts club.

## Koryu Uchinadi

**Renzokugeiko** means flow drills. The translator of the Bubishi **Patrick McCarthy 9th dan hanshi** is coming to Newton Abbot on Wednesday June 8th to teach his brand of Karate (Koryu Uchinadi) flow drills from 6pm onwards. £25 per person. Spaces are limited so book soon. People travel from all over the UK to meet this well-travelled instructor.



## Hall of Fame

The Martial Arts Illustrated Hall of Fame Black Belt Awards have nominated John Burke renshi for an award. The ceremony will be in Burton-on-Trent on Sunday 24th April. Tickets are £40 per person. Please let us know if you would like to attend.

## Birthdays

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

- 1st Sevin Ozbek
- 7th Grace Pitts, Noah Taylor
- 11th Jack Harding
- 12th Andrew Bellinger
- 13th Lee Warren sensei, Samantha Bowles
- 14th William Smedley
- 16th John Burke renshi
- 21st Jim Harvey sensei
- 22nd Louise Paul, Elmo Taylor
- 23rd Cas Power, Lucy Barr, Charlie Brimblecombe, Jonathan Ward
- 24th Eachann Sheils
- 26th Kelly Turney
- 27th Catherine Flannery
- 28th Luca Carasco, Johnjoe Van-Martins
- 29th Sarah Baker, Maia Knight
- 31st Aidan Hawlor

**Happy Birthday to You**

## Easter

Classes will be on as normal during the school holidays with just a few exceptions which are:

**Easter Weekend** Normal classes on Good Friday and Saturday, no classes on Easter Sunday or Bank Holiday Monday.

## Last Word

With the amount of wind and rain that has driven over Britain recently it can be hard to think of March as Spring. That is where we are, though. A time of renewal, growth, and celebration at having withstood the rigours of Winter. Sometimes we have personal winters even in June or July. Knowing that these things are cyclical, that these events will pass, too, can give us the strength to get past them. Knowing



that good times will eventually *end* means that we treasure and cherish them while they are here. As long as we acknowledge that this is the way of the world and don't try to fool ourselves, that is. This kind of awareness is part of our growth as Karate-ka. Sometimes people ask whether we are sad that so many people have left us over the years. Of course, a little bit. The greater part is knowing that we were able to see them at all, that we were part of their lives and that we accomplished things together for a while. Take care of the people around you. Practice doing so. Sometimes we will not succeed as much as we like, but we'll continue to try, and that will help us with all areas of our lives, including Karate. Proud to be the Keikokai. See you in the dojo. **Oss**

## Dates for your Diary and Timetable exceptions

**Sunday 6th March**—no Brown & Black Belt lesson.

**Sunday 6th March**—Bunkai Workshop, Newton Abbot 10-3. £25 per person.

**Wednesday 9th March**—Paignton class in the Gymnasium for one week only due to exams in the Drama Studio.

**Friday 11th March**—No Torquay class due to hall availability.

**Sunday 13th March**—no Brown & Black Belt lesson.

**Sunday 13th March**—10am Kung Fu Panda screening, Newton Abbot cinema. £5 per person. 1pm Ladies Self Defence, Newton Abbot dojo. £10 per person.

**Sunday 20th March**—kyu grading

**Sunday 27th March**—Easter. No classes.

**Monday 28th March** — Easter. No classes.

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