

Class Schedules 2017

Private Sessions are held on Saturday afternoons at Newton Abbot, by appointment only. To book your appointment call 01626 360999 or email debbie@KarateAcademy.co.uk

NEWTON ABBOT

All classes held at Karate Academy
King Street Studios, King Street,
NEWTON ABBOT, TQ12 2LG

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
SUNDAY	10am-12noon BROWN & BLACK BELTS ONLY

PAIGNTON

All classes held at Paignton Community College

SATURDAY	10am-11.30am Performing Arts Suite (Waterleat Road)
WEDNESDAY	6.30pm-7.30pm Dance Studio (Borough Road)

TORQUAY

St Martins Church Hall, Barton Hill Road,
Torquay

TUESDAY	6pm-7.30pm
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KINGSTEIGNTON

Kingsteignton OAP Club,
Oakford Lawn, Kingsteignton

FRIDAY	6pm-7.30pm
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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
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EXETER

Cranbrook Education Campus

WEDNESDAY	6pm-7.30pm
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Last Word

Training should be a challenge. If ever you feel like you've got it and it is easy then you are probably missing something. It will always be hard work, because we can always be better. We can manage 10 press-ups; we should try for 12. We grow, and stretch our capabilities. We get more able and more capable. We should not be shocked when the next challenge feels like it is too much. Every challenge is too much when we first meet it. Then we strain and grow and get to the point where that new challenge too, is just one of the things that life has thrown at us that we have come to conquer. Of course it isn't just about press ups. It's everything. We rely on each other to see us through. We might not literally need someone else's help. Sometimes the help is just that there are other people there, who don't treat us like we are suffering from some strange disease when we walk in. Familiar faces, each facing their own trials, but people that we trust we will see again.

Proud to be the Keikokai. See you in the dojo. **Oss**

Volume 11 Issue 3 March 2017

Karate Academy

The First Quarter

The kids have only just gone back to school after February Half Term, and already we're looking at Easter arrangements and courses in June. It would be easy to think that this year was already flying away from us, but the truth is that it is difficult to pack it all in. Beside some of the distractions, at the heart of what we do, lies regular training. Those classes that keep us moving and keep us learning. It would be easy to go from one course to the next. Without our basic skills in place, though, the courses do not yield as much benefit.

Keep up the good work, there's still so much more to come.
John and Kim

Zanshin!

Andrew Power sensei delivered a terrific seminar on Sunday 12th February. Stepping outside of their comfort zone, students were required to breathe, and become more aware of their surroundings and what was going on inside them. With exercises designed to open up our peripheral vision and help us out with all aspects of our life, this class was challenging and interesting. It might not have been what some people expected, but it was engaging and different.

Well done to everyone who took part.



Dedicated to Black Belt Excellence

Ladies Only

Once again, Clare Potter sensei is teaching her popular Ladies Self Defence course in Newton Abbot, **Sunday 5th March 2017**. The course is already full, with one group so large that we are holding a private session for them the week before the public class. So anyone who wants to brush up on their self defence skills, let us know so that we can ascertain when/if it is worth running another one. Call 01626 360999.



Previous participants

Bully Buster

There are lots of ways to deal with Bullies. On **Saturday 1st April** Natasha Barlow sensei will be teaching 2 sessions to introduce what we feel are the best ways to get things done. The course deals with de-escalation of situations. With verbal judo, and with physical confrontation. There will be a session from 1-2pm for the 5-9 year olds, and then the 10 years plus group from 2-3.30pm will also include cyber-bullying issues. Book your place for just £7.50 per person.

Leaflet Distributors Wanted

We urgently need someone to distribute Leaflets in Torquay and Paignton. The classes in Torbay are very light and need new members to keep going. If you, or someone you know would be interested in this post, call us for details.

Kick-a-Thon

Well, it seems that concern for young people's mental health has become a huge concern. A surge of votes for this year's Kick-a-Thon fundraiser have brought **YoungMINDS** to the top of the poll. So, we can now announce that our nominated charity is YoungMINDS. Sponsorship forms are attached to this Newsletter, and are available from the instructors, too. Every little helps, and the more we raise, the more help the charity can be, with counselling and information for those who have to deal with mental health issues, particularly amongst the young.

New Members

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

Quinlan O'Connell, Sam Iskander, Kieran Lockyer-Gendre, Tyrese Harris, Harley Harris
(Newton Abbot)

Oliver Clark, Joshua Clark
(Cranbrook)

Henry Ryder
(Chudleigh)

Ewan Marshall, Roo Wakely
(Little Warriors)

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

Parking Problems

We have been confronted by a resident in Newton Abbot who insists that a Karate Academy member is parking in the Resident Permit Holders bays. This, of course, is illegal, and inconveniences people who have the right to park there. Our advice to Members is to arrive early and park responsibly. It might not be the easiest things to do, but it is the right thing to do. Parents are also reminded that sitting in the car, in a Residents Bay, is not permitted.

Hanshi McCarthy

Our 9th Dan guest from Australia will be teaching for us across 2 evenings, 30th & 31st May 2017. However, demand for this course is so high that the Tuesday portion is now fully booked. So anyone who wants to get involved in the Wednesday session, please let us know now so that we can reserve your place. Wednesday evening is £30 per person.



Training by the Sea

It might feel like ages away, but the truth is that June will be here imminently. We need to get our caravan allocation finalised for this training course in Cornwall, so anyone who wants to come along who hasn't already booked, please confirm your place now.

What's happening is that **Anthony Blades** *kyoshi* will be joining us at Perran Sands in Cornwall for a weekend's training on the beach. It will also be the first chance this year for students to attempt their Dan (Black Belt) grading.

Members will be allocated rooms in caravans for the duration of Friday 2nd-Sunday 4th June (the end of Half Term week). We'll be enjoying the sand between our toes and getting good and grubby in our gi as we train outdoors and in the sea.

Places are available at £125 per person. This includes 2 days of training, accommodation and Pizza night on Saturday evening. Easy payment plans are available, just ask.

Caravans are available from 2pm on the Friday and need to be vacated by 10am on Monday 5th, although we will be leaving on the Sunday evening due to the kids being at school on the Monday, however, anyone who does not have commitments on the Monday is welcome to stay and leave Monday morning.

Full use of Haven facilities (swimming pool, club house, etc) is included in the price. Families welcome

Grading Results

At the kyu grading on Sunday 5th February 2017 - held at the Newton Abbot dojo - the following students were recognised to have attained the required standards for the ranks listed:

1st kyu

Catherine Flannery

4th kyu

Danail Karaivanov

5th kyu

Kaavya Ganesan, Lennon Lemar, Gareth Saunders

6th kyu

Daniel Turney

7th kyu

Eva Perry

8th kyu

Alfie Gill, Sara Pitchford

9th kyu

Serena Bennett, Elliot Follano, Leilani-Rosa Meijas-Evered, Madison Findlay-Peers

Now the hard work begins. Grading examinations may be attempted when your instructor nominates you to take part.

The instructors base their decisions on what they observe in class.

Dates for your Diary and Timetable exceptions

Sunday 5th March—Ladies Self Defence class in Newton Abbot, 1-4pm, £10 per person.

Sunday 12th March—next kyu grading.

Wednesday 15th March—no PAIGNTON class due to hall being used for school exams.

Saturday 1st April—Bully Buster sessions

Birthdays

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

5th Sky Traynor

7th Noah Taylor

11th Jack Harding

13th Lee Warren sensei, Samantha Bowles, Atticus Parker

16th John Burke rensai, Kieran Lockyer-Gendre

21st Jim Harvey sensei

22nd Louise Paul, Elmo Taylor

23rd Cas Power, Jonathan Ward, Sam Iskander

26th Kelly Turney

27th Catherine Flannery

28th Luca Carasco, Benjamin Knights

29th Sarah Baker

30th Sarah Cobley

Happy Birthday to You

Instructor Training

Have you ever fancied teaching or assisting a class or taking 1-2-1 sessions? Are you over 14 years old and a brown or black belt?

If you would be interested in a place on our next Instructors Training Program, let us know by email to info@KarateAcademy.co.uk

New course starts after Easter 2017

www.KarateAcademy.co.uk
info@KarateAcademy.co.uk
01626 360999 or 08000 155152

Studio Hire

Here at King Street the Studios are also available for Private Hire. If you, or someone you know, would be interested in booking one of the studios for a regular class or one-off event, please speak to Kim or email Kim@KarateAcademy.co.uk