

Training Aids

Did you know that we have DVDs of the grading requirements for each grade up to Black Belt? If you want the material more accessible then you may prefer downloads. They're on the Members website. Every person training with us should have a free copy of the Syllabus book, but you might want the video, and they're not expensive. You might also notice that we have a range of books and DVDs on the subject of Kata Bunkai. Purple Belts and above are asked questions in their grading about applications, and while we will happily supply answers in class there is nothing like a bit of back-up research at home. The wealth of information available these days means there are no excuses for high grades not knowing what their moves are supposed to do...

Notifications

Most people are on Facebook these days, or so it seems. If you are training with us or are the parent of someone training with us then please consider joining our **Keiko Karate** Facebook group. It is a private

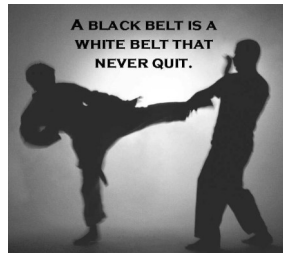


group, but we have included the question "where do you train and who is the instructor" to clarify that only our people can be part of it. That means that we often share notifications directly to the group because the Karate Academy pages can be viewed by anyone. Like "we've had a cancellation for a private lesson at 2pm, who would like it?" and other notes on training and events.

Please use it to help "stay in the loop". Apply to join the group, stating where you train and who your teacher is and we will approve you.

Sandan Training

The Black Belts who are Sandan level and above (3rd Dan) got together to train on Saturday 10th of February. They enjoyed bo training and kata, "adaptive kumite", and rehearsing and consolidating the shodan kata.



Last Word

猿も木から落ちる-Sarumo kikara ochiru - even monkeys fall from trees. We all make mistakes. Not carrying them forward into the rest of our lives is the task of leaving guilt behind. Mistakes can benefit us if we choose to learn from them. Whatever behaviour allowed the mistake to occur must change. There are so many pitfalls in life and in Karate. Take your eye off one and another seems to loom up twice as fast. Go and deal with that one and the first one is there, worrying you incessantly. Change the behaviour that allows the pitfall to worry us doesn't mean "stop caring about problems". It simply means a calm acceptance that when they do occur we will deal with them. Your mawashi geri is causing you problems? Deal with it. Do something about it. No point in being "sorry" that your mawashi geri isn't better. Moaning that someone corrected your mawashi geri isn't going to make the mawashi geri any better. That's going to take work... Proud to be the Keikokai. See you in the dojo. **Oss**

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Karate Academy

Saru mo ki kara ochiru

March, and the First Quarter of the year rounds out. Easter is early this year, and will be on us imminently. You will have noticed the constant references to our Perran Sands course and we make no apologies for harping on about it. We believe this will be an amazing event and a great experience. So we'd love it if more people could be there. Weirdly, we're also having to remind people that they need to train regularly at the moment, too. Occasional visits are nice, but our habits are made by what we regularly do...
John and Kim



Pressure Points

John Burke renshi's seminar in Newton Abbot on Saturday 24th February was attended by participants from Essex, Cornwall, Oxford, and others plus our



Dedicated to Black Belt Excellence

own people. John is the author of the Pressure Point Guide for Martial Artists book and DVDs. This painful subject is one of the most popular requests that we get. The information can be a real equaliser regardless of strength and size. All senior grades are urged to include this in their studies.

Pre Grading

The Brown belts and above got together on Sunday 25th February for a workout that would duplicate the stresses of a Dan Grading. The instructors took the class through the grind and made notes as to the eligibility of students to be tested later this year. The first opportunity for a Dan Grading will be at Perran Sands. The one after that will be later in the year, probably around October. Maintaining our standards is a daily job, and for students to be proud of their achievements the battle must be hard-fought and hard-won.

Easter

Seems a bit early to be talking about Easter, but the next Newsletter will be after Easter, so we need to let you know that we don't have any classes on the Bank Holidays Easter Sunday or Easter Monday. The other days of the school holidays will have a normal timetable including Good Friday.

Coming Up:

We try to let you know about future events with plenty of notice so that arrangements can be made for work/travel/ etc. Special events are enhancements to your regular training, and it is regular training that should form the bulk of your training plan.

Optional extras include:

- **South West Karate Experience 2018.** A weekend of training on the beach at **Perran Sands** in Cornwall. 1st-3rd June. This one should be at the top of your list. **Anthony Blades** kyoshi, **Neil Ellison** renshi, and **John Burke** renshi, teaching together on the beach is an opportunity that you don't want to miss. If you haven't already booked, please do so, our initial allocation of caravans are **sold out** and we want to get you the best deal that we can. You can be sharing or sole occupiers. Just call Kim to discuss. We currently have 2 rooms available for anyone travelling alone £150 for the weekend including training. Day training is also an option if you are unable to stay on site, £35 one day/£60 weekend. Full schedule of events will be advised in event booklet.

- 5th-6th May UK Martial Arts Show, The Dome, Doncaster. Train with many different masters of different arts. **DEAL: £79 weekend entry and training tickets are available from Sensei John at £30.**
- 16th June Kaizen Martial Arts Expo, Nottingham. Outdoor training with different instructors including Terry O'Neill sensei. **DEAL: £17 tickets are available from Sensei John at £15**
- **Spring Weekend with Patrick McCarthy. Flow drill training— 30th June & 1st July. Newton Abbot Leisure Centre because it is too big to fit in our dojo. DEAL: Early Bird pricing until 30th March is £75 for the weekend. After it will be £95.**



- MHKA Summer Camp, Brecon, Wales 6-8 July. Outdoor training.
- **Summer School.** Our "month in a week" training during school holidays, 6th-10th August. **DEAL: Early Bird pricing until 30th June £50 for the week. £60 per week/ £17.50 per day thereafter**

- Holland 29th-30th September, Bunkai Weekend in Schoonover.
- Okinawa. 4-18 November. Some of us are off to Japan for training.

Plus workshops on Kumite, Bunkai, Bully Buster, Ladies Self Defence, Pressure Points. A busy year ahead. If there are any workshops or guest instructors you would like added to the schedule let us know and we will see if we can arrange it.



Dates for your Diary

Sunday 11th March	Mother's Day
Sunday 18th March	Kyu Grading
Friday 30th March	Good Friday
Sunday 1st April	Easter Sunday, no classes.
Monday 2nd April	Easter Monday, no classes.
Saturday 7th April	Workshop 1-4pm

Little Stars

Our Little Warriors are recognised in class as to who has the best attention or most improvement in class each lesson. Our Star of the Day is awarded a certificate. In the past month we have had:

- 7/2 Brody Simpson
- 10/2 Lilly French
- 12/2 William Underhill
- 17/2 Dylan Hone
- 19/2 Megan Underhill
- 21/2 Dexter Allen
- 24/2 Jack French
- 28/2 Theo Shepherd



Tests

- The next Little Warriors Stripe Test is on Saturday 17th March at 9am.
- The next kyu grading is on Sunday 18th March at 10am.

Birthdays

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

- 2nd Theo Shepherd
- 4th Alwyn Manson, Lilly Prior
- 7th Noah Taylor
- 11th Jack Harding
- 13th Lee Warren sensei, Atticus Parker
- 14th Annalise Stancombe
- 16th John Burke renshi,
- 20th Nicolas Jankowski
- 21st Jim Harvey sensei
- 22nd Louise Paul, Elmo Taylor, Madeleine Bird
- 23rd Cas Power, Sam Iskander, Jack Dymond
- 26th Kelly Turney, Dexter Allen, Niji Bellchambers
- 27th Catherine Flannery
- 28th Luca Carasco,
- 29th Sarah Baker
- 30th Sarah Cobley
- 31st Claire Hunt

Happy Birthday to You



New Members

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

Jacob Hoyle, Isaac Hoyle, Andrea Whitefoot, Ashton Fenwick, Lilly Parker (Newton Abbot)

Fin Blatchly (Ashburton)

Joseph Curnow, Jack French (Little Warriors)

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