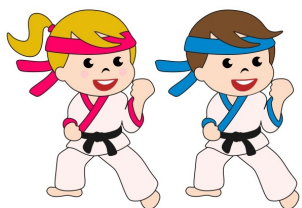




Our Little Warriors are recognised in class as to who has the best attention or most improvement during that lesson. Our Star of the Day is awarded a certificate. In the past month we have had:

- 2nd Max Stevens
- 4th Maddox Robbins
- 5th Tommy Thompson
- 6th Sam Nash
- 9th Lucas Kirkbride
- 12th Gus Schwab & Ayrton Sharp
- 13th Ollie Imeri
- 18th Oliver Russell
- 19th Jack Parton & Ayrton Sharp
- 20th Samuel Coaker
- 23rd Dexter Allen
- 25th Roo Chadwick, William & Megan Underhill
- 27th Joseph Curnow



Dates for your Diary

March

- 1st replacement Newton Abbot morning class
- 7th No 10am class in Newton Abbot
- 10th Black Belt Pre Grading 10am-1pm
Open to all brown and black belts.
Students who want to attempt a Dan grade in June **MUST** attend
- 16th Little Warrior Stripe Test
- 17th Kyu Grading
- 22nd Paignton in Sports Hall not Drama Studio.
- 28th NO Newton Abbot 10am class
- 29th replacement Newton Abbot 10am class
- 30th Kyu Pre-Grading session 10am.



Sunday
12th May
Keiko Karate
20th Birthday
Celebration

Last Word

Another busy year. More and more special events coming up. More and more courses and shows. It's worth saying again: it's the regular lessons that make us what we are. It's the regular lessons that build our habits. It's the regular lessons that make the special times special. You always have a choice about how you take critique. It could be a boon; a present to help us to get better. Or you could take it as an insult and miss out on what it could do for you. Messing up is part of the journey, and making those small, regular course corrections is what makes us get to where we want to go. No matter how long you have been travelling in a mistaken direction you can always set off in a different direction or retrace your footsteps to correct your course. Little by little, bit by bit, we're on our way.

Proud to be the Keikokai.

See you in the dojo.

Oss



**Dedicated to Black Belt
Excellence**

Volume 13 Issue 3 March 2019



頑張って

March is the last part of the first quarter. We've already had events and gradings, and Easter is just around the corner. That's why it is so important to make regular progress your plan. If we keep putting things off until we find the perfect time for them then they will not happen at all. Making even a little bit of progress each week is so much better than making none because you are sat on your sofa. What will you choose this week? A small step forward?
John and Kim

Bunkai 2 - Tuite

On 2nd February Renshi John taught his Bunkai Fundamentals seminar in Newton Abbot. Participants came from Essex, Cornwall, and Wales as well as locally. The course seemed to go down well, with 3 hours of hands-on work laying out just how we apply the moves from our kata.

The next step on the Bunkai path is on Saturday 23rd March 1-4pm. This will be on the subject of Tuite—the art of twisting hands. Renshi John will reveal just how this is relevant to Karate kata. We hope you can join the people who

have already booked from other areas of the country. It is humbling that some will drive 5 hours each way to come and train with Renshi.

Ladies Self Defence

This popular class with Clare Potter sensei again took place at Newton Abbot dojo on Sunday 10th February. It was well attended by our own members and ladies from outside of Karate who wanted to learn practical skills that could end up saving someone's life. Everyone came away with positive experiences and more confidence.

Classes Off

Please have a look at the Timetable exceptions box on page 4 for a couple of changes this month. Other classes are running as normal as far as we are aware, and we continue straight through to Easter.

Summer Activities

Back by popular demand, 5th-9th August 2019 for Summer School. A week of training, games, history and more. Still only £60 for the week or £17.50 per day. Early booking discount is £50 for the week paid by 31st May 2019.



Little Warriors Activity Days will return in the summer, too. £15 per day, dates to be confirmed soon.





2019 Training on the Beach

Perran Sands
Perranporth, Cornwall
31st May - 2nd June

THE big weekend course at the beautiful Perran Sands! A fantastic weekend for both training and family time.

The cost of training for the whole weekend is £40 per person in group booked accommodation, or £75 per person for members who are taking their own tents/caravans, or booking privately. On the current group booking, we only have the following accommodation left for the 3 nights. If you would like us to add on a 7 night stay or alternative grade accommodation, please email Kim@KarateAcademy.co.uk with your request and we will try and get the best price for you.



- 2 bed chalet (sleeps 6) x1 £225
- 3 bed Standard Caravan - Newer Model (Sleeps 6) x 1 £280
- Room in shared caravan (includes training) x4 £150 single / £225 couple sharing room

Full payment is due by end of March 2019

to secure the accommodation at these prices. For bookings after 1st April, call us for availability and quote, or book direct with Haven and pay the training only element (£75 per person).

Students who are attempting a Dan Grading (Black Belt) on the beach do not need to pay the training element of the course, only the accommodation. The exact amount due will be on the invoices that will be sent out in the next 2 weeks.

Pre-test Test

The next kyu grading (coloured belt test) is on 28th April. Our 10am lesson on Saturday 30th March is being used as a pre-grading, feedback and nominations to grade will be given out at this session.

Anyone wishing to attempt the April test must come to that lesson.

Birthdays

The following students celebrate their Birthday this month (March)

- | | |
|------|---|
| 2nd | Theo Shepherd |
| 4th | Alwyn Manson |
| 7th | Callum O'Sullivan |
| 8th | Sienna Schwab |
| 9th | Roo Chadwick |
| 11th | Jack Harding |
| 13th | Lee Warren sensei |
| 14th | Annalise Stancombe |
| 16th | Charlie Parton |
| 20th | Nicolas Jankowski |
| 21st | Jim Harvey sensei |
| 22nd | Louise Paul, |
| 23rd | Cas Power, Sam Iskander |
| 26th | Kelly Turney, Dexter Allen, Niji Bellchambers |
| 27th | Catherine Flannery |
| 28th | Luca Carasco, Olivia Martin |
| 29th | Daniel Taylor |
| 31st | Claire Hunt, Peter Chadwick |



Happy Birthday to You

On-line Bookings

Our online booking and payment system for regular classes and private lessons is now fully active. You access it via the www.KarateAcademy.co.uk site's menu. Just look for Book Here, Sign in, then you can manage and monitor your training progress right there. Kim has registered all current members so that you can add lesson credits and book your own 121s and seminars. If you haven't received your login details please ask for them.

Hygiene

It's an embarrassing subject, but it needs saying. Some of the things we do rely on very close proximity to a training partner—you can't throw someone long distance. As such, it is highly unpleasant to work with someone who stinks. We all sweat, and fresh sweat is understandable. What is bad, though, is when someone smells before class has even started.

You need a clean gi. You need to make sure that hair and nails are acceptable. You also need to make sure that your body is clean. Anyone who sweats should also use deodorant. Please prepare for training.

Childcare

Parents wouldn't dream of saying to the staff in Debenhams "Just look after my child while I go and park the car", and if you abandoned your child in there while you "just popped out" they would call social services. The same is true of the Karate Academy.

Unfortunately, because we try to be sociable, some people think that our waiting area is a creche. Children in our waiting area are the responsibility of their parents. Their behaviour and health is not something that we can be responsible for. It's true that children in class are under the care of the instructor and can be unattended by parents, but the same is not true of the other areas of the building.

Paignton

Paignton and Torquay based students, you know that there is a Friday evening lesson at Paignton community College that you can make use of? At the moment the only people going there all come from Newton Abbot, leading us to think that we might as well just run another Newton Abbot class. It's only worth us continuing to pay rent in Paignton if Paignton & Torquay people actually use the class.

NEW class

A new Karate class was added to our timetable last month. This class runs 6.15 -7pm on Tuesdays in Newton Abbot - is for people with Additional Needs. The class is structured in a way that those with learning or cognitive restrictions can still come and enjoy the benefits of Karate without worrying about slowing down other people in class.

New Members

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

Neil Tappenden, Molly Venables
Jack Venables, Iris Cleland-Howes
Chloe Duller, Layla Fearon-Tozer
Harry Andrews, Xanda Bailey,
Anya-Mae King
(Newton Abbot)

Frederico Forti, Jayce Hunt, Milo Hunt,
Finn Andrews, Alfie Cromwell
(Little Warriors Newton Abbot)

Ed Fogarty (Torquay)

Sienna Schwab, Delphi Schwab
(Ashburton)

Peter Jarvis, Gus Schwab
(Little Warriors Ashburton)

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