

# Karate Academy

**FIVE!**

*Volume 6 Issue 5 May 2012*

## May Madness!

The weather is warmer and we're starting to enjoy the year. Bank holidays galore—only this is England so it will be raining...

Our training reflects the need to put ourselves through it whatever the weather. Classes only ever really stop for Bank Holidays, although some special events might cause a change for a day or so. What that means is that you can always catch up and always do some more training, even when your life throws interruptions at you. Please have a good look at the timetable with this newsletter as there are a couple of changes.

We, as a team of instructors, are always here to help with private sessions, facebook notifications, email and phone advice, if you need support or just to check you are doing the technique right, talk to us. Our contact details are 01626 360999, [info@KarateAcademy.co.uk](mailto:info@KarateAcademy.co.uk) or join us on Facebook (look up Karate Academy).  
John and Kim

## Alan Ruddock Sensei

It is my sad duty to inform you that Alan Ruddock sensei, the Aikido man who trained with O'Sensei Ueshiba passed away suddenly on 2nd April 2012. He will be missed by many, and treasured by those of us who trained with him.

## Back from Japan

My trip to Japan was a wonderful experience. I spent two weeks with Terry Wingrove hanshi in Kyoto and Tokyo, where I trained with some extremely experienced teachers and saw some lovely cultural sights and sites.

The highlight for me was training with **Tsuchiya sensei**.

The octogenarian has a wealth of knowledge and historical detail, and his teacher was a student of Itosu sensei. He's pictured here with his old friend

**Terry Wingrove hanshi**.

There will be some interesting news shortly that is directly due to our visit to Japan.

## Patrick McCarthy

9th Dan Hanshi Patrick McCarthy will be at the Newton Abbot dojo on Wednesday 13th June at 6pm. This is an open seminar for all grades but most suitable for adults. The subject matter will be flow drills—adding one technique to another in a close application context. McCarthy hanshi is the author of several books and the translator of several more—he's predominantly responsible for bringing The Bubushi to a western audience

(a must-read for all Black Belts).

The course costs £25 and places are limited—you must book by calling 01626 360999. There are people coming from all over the UK to train with Hanshi. He didn't tour last year, and might not tour next year, so come and train with him now while you can.

## Bunkai Bootcamp

This special course is available for the last time this summer. A week with John Burke sensei teaching exactly how to work out the applications to your Karate kata. There will not be many people on the course. Most people can't take the high level of information. Those who can find that the world of Karate is suddenly opened up to them like a deciphered book.

For your place on the course we would discount for our members to £150.

Please call 01626 360999 to reserve your place.

## Demo Season

Book demos now. School fetes. Summer fairs. Charity bashes. If you know of an event being organised that we should be part of then please book our attendance now, as it takes a while to get messages out to all the students and we would want to put on a good show.

## TMAS

The Martial Arts Show has stands with all sorts of goodies for sale, demonstrations from of all sorts of martial arts, and a competition zone for those who want to try their hand at winning a medal or two.

There will be celebrities on hand, including **Gok Wan!** John Burke sensei's *Bunkai Workshops* during the show are free for those who come along. Minibus for those of you who booked seat picks up at Torquay dojo 6am and Newton dojo at 6.15am



## Grading Results

On the 6th May the Kyu Grading that was held at Torquay dojo saw the following promotions:

### 6th kyu

John Lewis

### 8th kyu

Hugo Edwards  
Aidan Hawlor  
Steven O'Brien  
Aljun Gelbolingo

### 9th kyu

Eachann Sheils  
Melanie Morrison  
Samantha Bowles  
Corvan Elliott  
Julie Green  
Martyn Green  
Ewan Hale  
William Przybylski  
Ben Skeffington



Well done, and remember, the work towards that next grade is *on-going*. Let's make it happen.

Next kyu grading is scheduled for Saturday 9th June

## New Members

The following student joined the Karate Academy in the month of April:

**Newton Abbot:** Charlie & Toby Wright, Krzysztof Zmuda, Victoria Witts, Jake Stratton-Arisoy and welcome back to Sean Sliney

**Paignton:** Antony Anderson, Stephen Brand

**Totnes:** Jasmine Barratt, Archie French

**Ashburton:** Fergus Lloyd

Welcome one and all.

## Ladies Self Defence

The next Ladies Self Defence course will be held on **Sunday 10th June 2012 12pm-3pm** at the Newton Abbot dojo.

Clare Potter sensei will lead the course and be assisted by John Burke sensei. £10 per person.

## Timetable Exceptions

The following are exceptions to the regular timetable during the month of May:

**Sunday 6th** No classes. Kyu grading

**Monday 7th** No classes. Bank Holiday Monday

**Sunday 13th** No Newton Abbot classes due to The Martial Arts Show.

**Sunday 20th** No Totnes class due to Olympic Torch event

**Monday 4th June.** No classes due to Bank Holiday.

**Tuesday 5th June.** No classes due to Jubilee Celebration

**Wednesday 13th June.** No classes due to Seminar



## Summer School

This summer there will be one month's training in one week, plus extra activities like bo staff, kata and self defence.

The confirmed dates are Mon 6th August to Fri 10th August. 10am-3pm each day, Newton Abbot dojo, at a cost of only £60 for the whole week.

Booking forms now available. £10 deposit secures your place. Open all ages and grades.

Call 01626 360999 for family discounts.

## Timetable Changes

There will not be any classes in Torquay on Tuesdays due to no instructors being available for the foreseeable future. If Tuesday is your training day then please come across to Paignton, Newton Abbot or Ashburton.

On Mondays Torquay will have classes at 5.50-7pm and 7pm-8.30pm.

On Thursdays Torquay classes remain at 5pm, 6pm, & 7pm.

Saturdays in Torquay are still 10.30am-12pm

The changes are effective from Monday 21st May

## Birthdays

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

3rd Toby Wright

4th Ryan Bovey, Daniel Carrick

6th Connor Lee

8th John Knight

11th Poppy Hammond

13th Melanie Morrison, Sean Sliney

17th Colleen Clark

23rd Samantha Bailey

27th Simon Keenan

29th Tommy Craven, Ewan Hale

Happy Birthday to You

## Coming-up

**Saturday 12th & Sunday 13th May** The Martial Arts Show at Birmingham NEC

**Sunday 10th June** Ladies Self Defence Newton Abbot.

**Wednesday 13th June** Patrick McCarthy hanshi at Newton Abbot.

## Last Word

One day it will be just that. The Last Word. When that time comes what will I be able to say about my time here?

Having seen standards across the UK and even in Japan, I know I will be happy with my Karate. What of the impact we have on other people, though? What of the feeling we leave people with? It's easy to be hurtful. I know, I've put my foot in it more times than I can remember. Hopefully it will be recorded that things that were said in jest were just that—jokes. Hopefully it will be remembered that more was done to support than to tear down.

I know what I've got to work on.

Proud to be the Keikokai.

See you in the dojo. **Oss**

*Dedicated to Black Belt Excellence*



# Flow Drill/Application Seminar with Special Guest

## Patrick McCarthy Hanshi

£25 per person



**Patrick McCarthy** 9th Dan Hanshi founder of the **International RyuKyu Karate Research Society** and direct student of **Kinjo Hiroshi** sensei. Responsible for the resurgence of grappling in Karate and the rediscovery of **renzokugeiko** (flow drills) as well as translator of the **Bubishi** and numerous other historically important works.

This seminar is appropriate for all adult Karate-ka and high-grade juniors due to the attention span necessary. The seminar will be busy, so please **book early** to ensure your place.

**01626 360999 TO  
BOOK YOUR PLACE**

### Wednesday 13th June

### 6pm onwards Newton Abbot



This popular no-nonsense practical hands-on workshop is being presented again in Newton Abbot at the Karate Academy.

You don't need any martial arts experience or special equipment, just come along to see and train the essential skills that allow women to overcome an aggressor of any size or strength. This stuff works. It's not flashy like the movies and you haven't got to be able to kick over the back of your head.

The teacher is **Clare Potter**, Karate 2nd Dan Black Belt, and just a couple of her male training partners for "*demonstration purposes*".

**Book now on 01626 360999**

You will learn what to do when someone tries to hit you, grab you, throw you down or pin you to the wall. You can work with one of the ladies present, and if you want to you can make sure it works with one of the guys.

# Women's Self

# Protection

**only £10 per person**

## Sunday 10th June 2012

## 12noon-3pm

**KARATE ACADEMY  
CREDIT/DEBIT CARD AUTHORITY**

I authorise the amount of **£25.00** to be debited from my card for Patrick McCarthy Seminar

Please debit my account details below:



**Card Type:** Visa / Mastercard / Switch / Solo / Electron / Other (please specify)

**Card Number:**

**Valid From (MM/YY)**

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**Expiry Date (MM/YY)**

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**Issue No (Switch Only):** \_\_\_\_\_ **Security No:** (Last 3 digits on reverse of card) 

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**Name on Card:** \_\_\_\_\_

**Signed:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**KARATE ACADEMY  
CREDIT/DEBIT CARD AUTHORITY**

I authorise the amount of **£10** to be debited from my card for Ladies Self Defence Course

Please debit my account details below:



**Card Type:** Visa / Mastercard / Switch / Solo / Electron / Other (please specify)

**Card Number:**

**Valid From (MM/YY)**     **Expiry Date (MM/YY)**

**Issue No (Switch Only):** \_\_\_\_\_ **Security No:** (Last 3 digits on reverse of card) 

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**Name on Card:**

**Signed:** \_\_\_\_\_ **Date:** \_\_\_\_\_