

From the Top!

Thon. Some will try to avoid it. Some cannot be there on the day but will do it anyway. In the end, the student does what the student wants to. Some of us will do it because it is fun. Some because we will be embarrassed not to. Some of us will do it because we believe in the cause and some will do it for the team.

It's not about the Kick-a-Thon.

It's about you.

It's about your growth and your development on a physical level, definitely, but also on a level that is about gradings but then aren't there for the next candidates. What you do speaks far louder than what you say.

John and Kim

Here we go again with the madness that is "The Kick-a-

your perseverance, your determination, and overcoming your obstacles. It is about doing what you promise to do long after the mood that you promised to do in has gone. Like the people who expected support at their Dan

NEW Black Belt

On Saturday 6th April, beginning at 10am, Kieran Osborne, 1st kyu, began his biggest test yet. Supported by the Brown Belts and Black Belts, and under the watchful eye of examiner John Burke and Richard Carrick sensei and Lee Warren sensei, the class was driven through 4 hours of basics, kumite, kata, and oyo, along with the dreaded pressure-test.

Kieran, still only 10 years old, has been training with us for 5 years. His sister, Shana, went through the ordeal alongside him, while his parents looked on anxiously.

At the end of the day, the Black Belts were asked if they would be happy to have Kieran stand alongside them in the same colour belt as them. Unanimously, they said they would.

Thanks to everyone who supported the day.

The story is featured in the Herald Express Newspaper on Thursday 2nd May 2013.

Congratulations, Kieran Osborne, shodan.

Now the training begins...

Kick-a-thon

It's here. The day is upon us. There is to be great physical and mental exertion, and great pride in what we can accomplish working together. I hope your fund-raising efforts are going well, and if you are new to us then please note that sponsorship forms are available now. We are in training for performing 2,013 kicks to raise money for a charity. It will take place on Saturday 4th May 2013 at Newton Abbot and Paignton dojo simultaneously.

Working with the cancer department of the local hospital, the

Olivia Holmes

Foundation aims to make life a little easier for those children in hospital and their rela-

tives. www.OliviaHolmes.co.uk.

Every penny helps. So please, ask your friends and family to sponsor you. Let's do an Excellent job. All monies to be in by 20th May please.

Brown & Black Belt/Advanced class

This class is back in it's regular slot this month, with training for high grades at Newton Abbot dojo, 4pm Sundays.

Dojo Tip

You don't know what the lesson will be about. IT might be a "technical lesson", dealing with some minutae of technique. It might be a total sweat session. Come prepared. Be prepared to work hard, without being asked to, because it is your training, after all. Then, on the occasions where your brain is used more than your body, look after some fitness training for yourself at home. The lesson is necessary, the lesson is what you need at this point in time, and if it didn't satisfy your need for burn this week then, please, exercise yourself.



Grading Results

At the kyu grading on Sunday 28th April 2013 - held at Newton Abbot dojo - the following students were recognised to have attained the required standards for the ranks listed:

2nd kyu Samuel McCarthy, Shana Osborne,

Robert Patmore

3rd kyu Scott Elson

6th kyu Corey Edworthy

7th kyu Eachann Shiels, Jack Hemus, Nathan Rowe,

Fergus Lloyd

8th kyu Ryan Christer, Eleanor Freeman

9th kyu Kelis Rabley

Congratulations to you all on your achievement, and may you have continued success and improvement with your training. Please note; invitation to grade only occurs when the student has trained and improved sufficiently to be eligible. You should aim for 26 lessons in a 3 month period.

Bunkai Bootcamp & Summer School

Summer courses. For the *adults*, the Bunkai Bootcamp: Friday-Monday 2nd-5th August full of kata application training where we get right into the nitty-gritty of how Karate applications work, regardless of style or grade. There are people coming from Ireland and all over the UK to attend because they know how important this information is to the martial artist.

For *all ages*: Summer School. Monday-Friday 19th—23rd August. A month's training in one week, plus competition, games, and kobudo stuff that we don't normally have time to fit in. Please <u>book your place on 01626 360999</u>. Bunkai Bootcamp £250. Summer School £75 (£15 per day).

Women Return

Our popular Women's Self Defence class returned to Newton Abbot dojo on Saturday April 20th at 1.30pm. This class was able to gain good progress and added vocalisation and reaction skills to the repertoire of simple self defence techniques.

Reading Material

Did you know? You can now get hold of Sensei John's books, **Peaceful Mind** (about Heian kata applications—very useful for all grades), **Iron Horseman level 1** (about Tekki Shodan kata applications—very useful for 4th kyu and above), **Fortress Storming** (about Bassai Dai applications—very useful for brown belts and above) and **Fortress Storming—the Minor Version** (very useful for

nidans and above) AND the **Pressure Point Guide for Martial Artists** (very useful for adults) on Kindle? You can have the books with you on your tablet as a resource without lugging around paper!



Birthdays

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

3rd Toby Wright

4th Daniel Carrick 6th Connor Lee

8th John Knight

9th Eleanor Freeman11th Poppy Hammond

13th Melanie Morrison, Sean Sliney

18th Shyam Singam

29th Tommy Craven, Ewan Hale, Joshua Houghton

30th Michelle Fennell

Happy Birthday to You

New Members

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

April:

Newton Abbot: Eros Medina, Maria Parsons-Antonilli,

Irah Newsome

Ashburton: Connor Elson, Dylan Elson

Paignton: Scarlett Bellinger

Recommendation is the highest compliment we can re-

ceive. Welcome one and all!

Dates for your Diary

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and Timetable exceptions

Saturday 4th May Kickathon in aid of Olivia Holmes Founda-

tion

Monday 6th May
Monday 27th May
Sunday 14th July
Sunday 28th July.

Bank Holiday, no classes
Chudfest Demo, Chudleigh
Demo at Boyey carnival. 1pm

Last Word

It's only Karate. It's not life or death. Your family is more important. Spending time with your loved ones is the most important thing you can do. The quality of that time is dictated by how much else there is in your life. Sat on the sofa doing nothing isn't a quality interaction. Having energy and vibrancy enhanced by your time away from your family, the selfish time you must also have to give balance to your interactions, is, in my opinion, best spent, invested, and created, in the dojo.

It's here, in a gi, that we discover our limits and test them.

It's wearing the belt and becoming the belt that helps us to grow and become better people (if that is our intention). Time spent in a gi can be filled with sweat,

tiresome repetition, and blazing revelations. With 33 years of experience in a gi I still have great experiences because I look for them to be such. Do you?

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



SPONSOR FORM

(Continue sponsors on reverse if needed)

Please send your sponsorship form and fundraising total to:

Gift Aid

Name of participant



Name	Address	Postcode (essential for Gift Aid)	Amount	Gift Aid (please tick)	Tick if Paid
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Total Raised _____

PO Box 491 Newton Abbot Devon TQ12 9GG

The Olivia Holmes Foundation

CHARITY NUMBER: 1139564