

Class Schedules 2014

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

NEWTON ABBOT

All classes held at Karate Academy,
8 Signal Buildings, Brunel Road,
NEWTON ABBOT, TQ12 4PB

TUESDAY 10am-11am
5pm-6pm
6pm-7pm
7pm-8.30pm

THURSDAY 10am-11am
5pm-6pm
6pm-7pm
7pm-8.30pm

SATURDAY 10am-12noon

SUNDAY 10am-12noon
Brown & Black Belts Only

KINGSTEIGNTON

All classes held at Kingsteignton OAP Club,
Oakford Lawn, Kingsteignton

FRIDAY 6pm-7.30pm

TORQUAY

St Martins Church Hall, Barton Hill Road,
Torquay

TUESDAY 6pm-7.30pm

St Lukes Lower Hall, Sheddons Hill Road,
Torquay

FRIDAY 6pm-7.30pm

PAIGNTON

Christchurch Hall, Torquay Road, Paignton
MONDAY 5pm-6pm
6pm-7pm

Palace Avenue Methodist Church Hall,
Paignton

WEDNESDAY 6pm-7.30pm
7.30pm-8.30pm

Parkfield Leisure Centre, The Esplanade,
Paignton

SATURDAY 10.30am-12pm

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

TUESDAY 6pm-7.30pm
THURSDAY 6pm-7.30pm

CHUDLEIGH

All classes held at The Town Hall, CHUDLEIGH

MONDAY 5.30pm-7pm Large Hall
WEDNESDAY 6.15pm-7.30pm
Woodway Room

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

Warrior Workout

ULTIMATE FITNESS CLASS

Fridays 6.30pm-7.30pm Newton Abbot Dojo
£5 per session or £50 for 12 sessions
First Session Free



Volume 8 Issue 5 May 2014

Karate Academy

gogatsu

How quickly time is flying! We are likely to be in a reflective mood this month, with the anniversary and everything, but the one thing that must stand true is that we are "Proud to be Keikokai". We sign off with it each month and it is no careless boast. Proud of our training, proud of our seniors, proud of our accomplishments, and proud of the goals we are still trying to reach. Pride would be delusion without action in the right direction, though. That means training.
John and Kim

Seminar

Renshi **Anthony Blades** travelled down to Newton Abbot for a terrific session on Saturday 12th April. He was on hand for advice and help in the morning session as well as the 3 hours of the afternoon (which he decided to start early). I know the dojo seniors got a lot from the flow and hip movement drills that Renshi fed us. For some people it felt like the seminar started at 10am.

Dojo Traditions

Nana Korobi, Ya Oki - 7 times down 8 times up. The concept that an indomitable will is built up by having the resolute intention that no matter how many times you get knocked down you will stand up one more time. In this way the idea that you are "beaten" cannot occur.

We did well, and for *all* of the 1st kyu students present to be invited to grade in October was truly an eye-opener! Congratulations too, to **Scott Elson** who was awarded 1st kyu.

Happy Anniversary to Us!

May 14th 1999 was the date that Newton Abbot Shotokan Karate Club became **Keikokai**. We will be celebrating on **Saturday 17th** with a lesson, beginning at 10am in Newton Abbot, which will have each of the instructors sharing a facet of the art in a way you might not have seen before. Once we've all had a go we will light up the barbecue and have a restful reminiscing chat for the afternoon. Everyone is invited.

There will be a book commemorating **15 Years of Keikokai** filled with pics and newsletter clippings. The softcover is £29, the hardcover £39 on or before the day. Afterwards it will be slightly dearer to reflect costs.



Dedicated to Black Belt Excellence

Kyu Grading

The next kyu grading is on Sunday 25th May. The lesson begins at 10am, and anyone can attend, whether they are grading or not.

New students wonder how they will know if it is time to grade. Your instructor will present you with a "grading notice" (an invitation to take the test) once you have demonstrated in class that you have learned the syllabus with the right attitude. That means you have permission to take the test. It is conditional on you continuing to work on, and improve, your skills leading up to the test. Approximately 26 lessons or three months' worth of training twice per week is usually what is required. Everyone is judged on their merits; 3 months? 4? When you are ready.

The previous kyu grading was held on Saturday 19th April- held at Newton Abbot dojo - the following students were recognised to have attained the required standards for the ranks listed:

2nd kyu

Lee Barber

3rd kyu

Aidan Hawlor, Steve O'Brien,
Hannah Tribble

4th kyu

Deborah Needham

6th kyu

Steve Bristow, Eleanor Freeman

7th kyu

Dylan Barham, Jamie Barham, Thomas
Freeman, Irah Newsome, Noah Taylor

8th kyu

Jamie Griggs

9th kyu

Luca Carrasco, Heather Wells,
Hope Wells

Congratulations to you all on your achievement, and may you have continued success and improvement with your training



Planning Ahead

The Summer Camp in Brecon, Wales, has had it's dates set as **25th-27th July 2014**. Please contact Martyn Harris sensei directly as all places should be booked by now (sensei@KarateCardiff.com)

We spend the weekend training in a field surrounded by beautiful scenery and eating and imbibing together.

No age or grade limits, though juniors will, necessarily, need an adult with them. The training is multi-style with tuition from Martyn Harris sensei, John Burke sensei, and Martyn Skipper sensei (who is current kumite world champion).



Apologies

We missed Sensei Clare Potter's birthday off of last month's notices. Clare celebrated on Easter Monday 21st April. 21 again!

Tuite in Tekki

Tekki Shodan, Tekki Nidan, and Tekki Sandan, also known as Naihanchi, are some of our most important kata. *Tuite* is the art of twisting an opponent's limbs, it is the Japanese name for Chin-na. In this seminar on Saturday 3rd May 2014 John Burke sensei we will be exploring the art of Chin-na and how it applies to our kata. There are only 18 places available. Book your place on 01626 360999

Booster Training Day

On Wednesday 28th May 10am-3pm in Newton Abbot Sensei Ross will be teaching a day full of techniques, drills, sticks and games to compliment the regular sessions during half term. Only £10 per person. Bring a packed lunch. If you would like to book a place, call 01626 360999 or email ross@karateacademy.co.uk

The Sword is Drawn!

The Art of Drawing the Sword— **iaido** (ee-eye-doh) - course ended last month. If you would be interested in seeing it continue then please let us know.

Demo to do

On Sunday 4th May (Star Wars Day—May the 4th be with you) we have a demonstration to do at Torquay Football Club at 2pm. The site in Plainmoor is holding a Family Fun Day and has invited us to demonstrate our art in front of the attendees. Please support the demo, the more of us there are the better the demo will be. Demonstrations help make people aware of the club and spread the word.

Picture Perfect

The proof sheets are now available, and you have the option to purchase packages of prints from Photos by Ross. Our hope is that your picture becomes a proud memory of this point in your journey for the future. How will it feel in 15 years time when you see how you are in 2014?



Last Word

Looking back is fun. There are many happy memories of the last 15 years as Keikokai. There are happy memories of the years before that as Newton Abbot Shotokan Karate Club, and the years before that both as a student and teacher at Seaton Shotokan Karate club. I have happy memories of my time at WuShuKwan and of my time at Renshinkai. I think the 15th Anniversary Book will show some happy memories.

But Looking Forward is also fun. Looking back is useful as a reminder of lessons learned, and some that I'm only ready to learn now (rather than when those lessons occurred). Looking forward opens up whole new vistas of the possible, probable, and potential. Now what shall we do with it...

Proud to be the Keikokai.

See you in the dojo.

Oss

New Members

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

Allanah Kerr (Newton Abbot)

James Burrige (Chudleigh)

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

Birthdays

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

3rd Toby Wright

6th Connor Lee

9th Eleanor Freeman

18th Sebastian Brickell,

Luis Vizcaino, Summer Wight

29th Tommy Craven, Ewan Hale,

Trystan Frampton-Good

30th Heather Wells

Happy Birthday to You

Dates for your Diary and Timetable exceptions

Saturday 3rd May. Parkfield Centre, Paignton closed for the day.

Sunday 4th May No normal lessons

Sunday 4th May. Torquay Football club Family Fun Day. Demo at 2pm.

Monday 5th May No lessons. Bank Holiday.

Monday 26th May No lessons. Bank Holiday.

Wednesday 28th May Booster Training Day