

Class Schedules 2015

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, Sheddon Hill Road,
Torquay

FRIDAY 6pm-7.30pm

PAIGNTON

Paignton Community College, Waterleat Road,
PAIGNTON. Performing Arts Suite

MONDAY 6pm-7.30pm
WEDNESDAY 6pm-7.30pm

**Parkfield Leisure Centre, The Esplanade,
Paignton**

SATURDAY 10am-11.30am

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

Volume 9 Issue 5 May 2015

Karate Academy

Five Twelfths

This time last year we celebrating Keikokai's 15th Anniversary. It was a very special day, with many powerful things said and emotions raised. This May 14th it is 16 Years. In some ways, the celebration is taking place all over again, because Kyoshi Anthony Blades will be here that weekend. What with that, the trade show, bank holidays, the election, and the Kick-a-Thon to contend with, it is a very busy month. Please note the timetable exceptions this month, especially over the week-ends. Sorry for any inconvenience caused...John and Kim

Bassai Workshop

From Cornwall, and Cardiff they came, as well as our locals, to see what practical uses can be found within the Bassai Dai kata.

On Saturday 18th April John Burke renschi taught the applications to this fundamental kata. Students and teachers alike learned the painful uses of the techniques as illustrated in the

Dojo Traditions

Rei 禮 - Respect. From the 7 Principles of Bu. Without respect why would we listen to our teachers? Without respect why would our teachers bother to share their knowledge with us? They say that Respect is earned, not given, and that may be true. We must also be willing to give respect to those who endeavour, because of their great efforts they are more than they could be. The greatest effort might be required just to walk in the Dojo.

Fortress Storming book.

On Saturday 30th May Renshi John will be teaching a Pressure Point workshop, 1-4pm £10 per person.

The Big Day

Well, actually two days... We have the pleasure of **Kyoshi Anthony Blades 7th Dan** teaching us and examining students for Dan (black belt) grading. There will not be ANY other classes available on **Friday 15th May** or **Saturday 16th May** because all of the instructors and all of the Brown Belt and Black Belt students will be at the training sessions. Friday is 6pm til finish, and Saturday is 10am-2pm. This is a huge opportunity to put yourself in front of the examiner and receive feedback even if you are not yet taking a Black Belt test. These occasions don't happen every week. The training fee is only £10 for the whole lot, brown and black belts only.

Pressure Point Workshop

**ESSENTIAL TRAINING FOR ALL
BROWN BELTS & BLACK BELTS**



Saturday 30th May 1-4pm £10 per person, Newton Abbot



Dedicated to Black Belt Excellence



Grading Results

The kyu grading that took place on Saturday 2nd May at Newton Abbot dojo was attended by people testing and by those who wanted to support their fellow students.

The following people were examined and promoted to the ranks shown here:

1st kyu

Lewis Barlow

2nd kyu

Nathan Rowe

4th kyu

Garry Hewings

5th kyu

Charlotte Pitchford, Noah Taylor

6th kyu

Adam Craig, Maia Knight,
Heather Wells, Hope Wells

9th kyu

Benson Biju, Douglas Leggatt,
Logan Smith, Gracie Stone

Congratulations, now the hard work begins.

To be invited to grade requires nomination by your instructor. They will be happy to do this once they have seen in class that you have learned all the necessary requirements.

You are under continuous assessment and will only be put in for the grading examination once your instructor feels you are ready.

May Day!

The month of May has TWO Bank Holidays, so enjoy the sunshine, but don't forget all the other things that May has in store for us...



Kick-a-Thon

The Kick-a-Thon is *this* month. That's right, it is getting very close now.

Some people are already on their second set of sponsorship forms, but don't worry, there is still plenty of time for the rest of us to raise some funds before we actually do the endurance feat. The key is to make sure that we actually start and then add sponsors in a small regular way rather than rushing around at the last minute. For those who are concerned about whether they will be fit enough to complete the 2,015 kicks on Saturday 23rd May, rest assured that with regular training we will get you there. If you cannot make class on the 23rd, don't worry we will find another time for you to take part. If anyone needs extra sponsorship forms, please just email kim@karateacademy.co.uk or call 01626 360999.

The Travels

On Sunday 26th April, Sensei Natasha, Sensei Clare, Janet, and Lewis accompanied Renshi John up to the **Martial Arts Illustrated Hall of Fame Gold Awards** in Burton-on-Trent to help recognise Renshi as he received his award alongside martial arts greats like Neal Adams mbe and Alfie Lewis.

Looking ahead, you know that the **UK Martial Arts Show** is on May 9th & 10th at the Dome in Doncaster. It is a collection of teachers and trade stands. Anyone interested in going should contact Renshi John immediately. He has a limited number of tickets to get in to the Show available for free to people who purchase tickets to his seminar.

Birthdays

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

3rd Toby Wright

4th Reece Gibbins

6th Connor Lee

18th Summer Wight, Luis Vizcaino

27th Ce'sar Boother

29th Ewan Hale

30th Heather Wells

31st Sam Halcro

Happy Birthday to You

Demo Season

Karate Academy performs demonstrations at School Fayres, Fetes, and charity dos. We are already taking bookings for July and August, and we only do one per day. If you would like us to demo at your event then it needs to be booked with plenty of notice in order to ensure a good-sized group. Contact Kim for details
Kim@KarateAcademy.co.uk



Free Magazine

There is a new magazine available on the internet, and it's FREE. **Martial Arts Guardian** is put out by noted Karate and Tai Chi man Steve Rowe sensei, and Simon Keegan sensei. A quality product, we advise you to look out for it.

Last Word

Earning a Black Belt is what happens every day. Strange sentence? Yes. You see, every day we are either moving towards our Black Belt ideal or we are moving away from it. On the day of the test it can feel like there is the weight of the world resting on you, as physically the test is difficult, and there are so many expectations involved. Then afterwards we have the issue of whether we "live up" to our new rank. Is your technique good enough? Is your knowledge good enough? Is your behaviour good enough? The Big Truth is that any of these things can be right if your *attitude* is good enough. Attitude sets your altitude with your aptitude. Attitude isn't belligerence. Attitude can be compassionate and it can be merciful. Above all, attitude is about the way that we present ourselves. 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:

Harrison Patten (Chudleigh)
Joseph Harding, Lennon Lemar, William Ward, Ganesan Palani, Jack Harding
(Newton Abbot)
Alice Atkinson (Paignton)
Oakley Baker (Totnes)

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

Dates for your Diary and Timetable exceptions

MAY

Saturday 2nd Kyu grading

Monday 4th Bank Holiday Monday **No Classes**

Thursday 7th No Totnes due to election

Saturday 9th No Newton Abbot class. Paignton as normal.

Sunday 10th No classes.

Monday 11th Paignton class in Sports hall, not drama studio

Friday 15th **NO classes**, All seniors need to be at the Dan Grading.

Saturday 16th **NO classes** all seniors need to be at Kyoshi's class in Newton Abbot

Monday 25th **NO classes**. Bank Holiday.

When a class has to be cancelled due to hall not being available, please don't miss out on your training. You can attend a class at any of our venues, so when the above classes are not on try one of the others. If there is a travel is a problem, try a different day, talk to other members and arrange a lift. No need to miss out.