

Class Schedules 2016

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
WEDNESDAY	4.30pm -5.15pm LITTLE WARRIORS 6.30-7.30pm LADIES ONLY
THURSDAY	10am-11am 5pm-6pm 6pm-7pm 7pm-8.30pm
SATURDAY	9am -9.45am LITTLE WARRIORS 10am-12noon
SUNDAY	10am Brown Belts and above only.

TORQUAY

St Martins Church Hall, Barton Hill Road,
Torquay

TUESDAY 6pm-7.30pm

St Lukes Lower Hall, Sheddin Hill Road,
Torquay

FRIDAY 6pm-7.30pm

PAIGNTON

All classes held at Paignton Community
College, Waterleat Road, PAIGNTON.

Performing Arts Suite

SATURDAY 10am-11.30am
WEDNESDAY 6pm-7.30pm

KINGSTEIGNTON

Kingsteigton OAP Club,
Oakford Lawn, Kingsteigton

FRIDAY 6pm-7.30pm

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

MONDAY 6pm-7pm
WEDNESDAY 6pm-7pm

CHUDLEIGH

The Town Hall, CHUDLEIGH

MONDAY 5.30pm-7pm Large Hall

Looking for a great way
to spend
Summer?



Don't get bored during
the School Holidays,
STAY active this summer

Summer Special.

One week of Karate Summer School Training,
Fitness Training, Bully Buster Training, Martial Arts
Games, all to help build Confidence, Self-Esteem,
Coordination, Listening Skills, Balance, Awareness, all the
while having fun.

**Monday 1st-Friday 5th August 2016 10am-3pm
each day**

£60 for the week

Open to all ages from 8 years

**Karate Academy, 8 Signal Buildings, Brunel Road,
NEWTON ABBOT, TQ12 4PB 01626 360999**

Call or email now to reserve your place

**Early Booking Discount: Book and pay by end of
May and get the week for just £50**

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Karate Academy

Five Twelfths

This month has a couple of Bank Holidays. It also has plenty of regular sessions, so don't miss out; get along to an "alternative" class. Make the most of your training. As we head to another school holiday at the end of May, there are even more opportunities to train, and on the back page there you'll see details of our popular Summer School, with an early-bird discount. It isn't just for children, either. We usually have adults on that course as well. With the other special courses coming up, your opportunities are wide open! John and Kim

Butlins

Imminent. A year's worth of planning has brought us to the stage where the course is all paid up and the rooms are allocated. **The South West Karate Experience** (June 3rd-5th) at Butlins, Minehead is very nearly here.

Anthony Blades 7th dan kyoshi, John Burke 5th dan renshi, and Martyn Harris 5th dan renshi will be teaching on the beach, and we will have the use of an indoor venue if the weather lets us down.



Dedicated to Black Belt Excellence

Dojo Traditions

Gasshuku 合宿 - Training camp. The idea is not just that we go somewhere different to train, but that in putting ourselves in a different environment we get more from our art. This is often related to the idea of shugyo, or austere training.



Outside of Karate time, members will have the use of Butlins' facilities, including the swimming pool and the entertainment that they are so good at. Please ask for details if you are interested in coming to this special weekend of training. We may still be able to get rooms at a good rate for you if you get in touch with Kim urgently. Currently £150 per person which includes accommodation, buffet breakfast and evening meal and training.

This event will also be the site of a British Association for Martial Arts Black Belt grading under Kyoshi Blades. Training outside is a joy, and this type of course is designed to be challenging and reveal new depths to the art which we all love so much.

While most of the instructors are at Butlins there will be no Friday class in Kingsteigton (3rd June), no Paignton class on Saturday (4th June), no Little Warriors on Saturday (4th June) and no Brown and Black Belt class on the Sunday.

New Members

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

**Katie Parker, Ethan Stuart,
Kaiya Barnes-Cox (Newton Abbot)
Lilly Russ, Daniel Mannington-Hayes,
Amy Baker, William Baker
(Little Warriors)**

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

Dates for your Diary and Timetable exceptions

Monday 2nd May—Bank Holiday. No classes.

Saturday 7th May—No Little Warriors.

Saturday May 14th—Keikokai 17th Anniversary.

Monday 30th May—Bank Holiday. No classes.

Butlins Weekend - see article on cover

Wednesday 8th June—No regular classes due to Hanshi McCarthy seminar in Newton Abbot.



sensei's teacher). We would urge all senior grades, and adults regardless of grade to get along to the seminar. Renshi John first trained with him 20 years ago, and if he sees fit to continue that practice maybe you should too. Spaces are limited so book soon. People travel from all over the UK to meet this well-travelled instructor.

Hall of Fame

The Martial Arts Illustrated Hall of Fame have included John Burke renschi in their Black Belt Awards. On Sunday 24th April Renshi was accompanied by Dave Floyd, Clare Potter, Natasha Barlow, Lewis Barlow, and Carl Tilling to the ceremony in Burton-on-Trent. A good time was had by all.

UK Martial Arts Show

Saturday 7th and Sunday 8th May sees the UK Martial Arts Show in Doncaster. John Burke renschi will be among many other teachers giving seminars and demonstrations at the event.

Essex Locks

Anyone fancy a trip? Renshi John has been asked to teach a seminar on **Locks and Holds in Kata Bunkai**. The seminar is on Sunday 15th May in Romford, Essex.

Grading Results

The **kyu grading** that took place on Sunday 1st 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

Garry Hewings, Cas Power

3rd kyu

Jack Burley

4th kyu

Paul Thompson, Daisy Graysmark

6th kyu

Elly Baxter, Rachel Leggatt, Jonathan Ward

7th kyu

Kaavya Ganesan, Lennon Lemar, Gracie Stone

8th kyu

Catherine Drinkall, Ruth Dungey, Lousie Paul, Rhys Sallery, Kelly Turney,

9th kyu

Elesha Stretton, Anna Wolfreys

On Saturday 30th April 2016, the following Little Warriors (4-7 year olds in our pre-martial-arts class) were recognised at the next stage of their development:

Yellow Stripe:

Emily Dungey, Alfie Gill, Wil Hodlinson-Reeves, Ethan Kirkbride, Ryan Paul, Eva Perry, Thomas Sinclair

Red Stripe:

Max Cook, Korben Simpson

Orange Stripe:

Max Battong, Lucas Daborn, Logan Prichard



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.

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

Birthdays

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

4th Reece Gibbins
6th Connor Lee (16!),
Logan Phillips
16th Archie Grant
17th Daniel Turney
18th Summer Wight,
Korben Simpson
22nd Matthew Daborn,
Adam Prosser
28th Oliver Elphick
29th Ewan Hale

Happy Birthday to You

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

Last Word

Why bother? Members get their regular classes with regular instructors where they learn the art and get exercise. Why would they need courses and seminars? How about the opportunity to train with people they wouldn't normally meet? Famous instructors? Different skill-sets? Different voices that get something across in a different way? How about "because you can"? Did you know that there are clubs that try to restrict where you can train and who you can learn from? While we're here opening up whole worlds of experience to you. Bringing instructors to you so that you don't have to travel to Australia or Sunderland to meet them. And that's the key, really, isn't it? If your instructors and their instructor think that someone is worth training with, don't you think you should? It will mean putting yourself out, sure. Stepping out of your comfort zone. And it's not about getting a new grade. Just training.

