

Class Schedules 2017

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

NEWTON ABBOT

All classes held at Karate Academy
King Street Studios, King Street,
NEWTON ABBOT, TQ12 2LG

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-12noon BROWN & BLACK BELTS ONLY

PAIGNTON

All classes held at Paignton Community College

SATURDAY	10am-11.30am Performing Arts Suite (Waterleat Road)
WEDNESDAY	6.30pm-7.30pm Dance Studio (Borough Road)

TORQUAY

St Martins Church Hall, Barton Hill Road,
Torquay

TUESDAY	6pm-7.30pm
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KINGSTEIGNTON

Kingsteigton OAP Club,
Oakford Lawn, Kingsteigton

FRIDAY	6pm-7.30pm
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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
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EXETER

Cranbrook Education Campus

WEDNESDAY	6pm-7.30pm
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Volume 11 Issue 5 May 2017

Karate Academy

Five Twelfths

Aaah! The month of Bank Holidays! Half Term already. But they've only just gone back after Easter. And there's so much to do. Well, yes, it is a busy time. Isn't it always? So let's enjoy the rollercoaster and run with it, still trying to squeeze in all the things which we know we should be doing. Something's got to give, but time has a way of deciding for us what that should be.
John and Kim

Kick-a-Thon

We hope your fundraising activity is going well. Don't forget that every penny helps. Concern for young people's mental health has become a huge issue recently. This year's Kick-a-Thon fundraiser is for **YoungMINDS**. Sponsorship forms are available from the instructors. Every little helps, and the more we raise, the more help the charity can be, with counselling and information for those who have to deal with mental health issues, particularly amongst the young.

All students should take part in the event that starts at 10am on Saturday 27th May. You will be split into groups, perform 200-300 kicks, then have a break while the next group perform their set, repeat until all 2017 are done. We should be finished by about 12.



Dedicated to Black Belt Excellence

After the kick-a-thon, refreshments will be available.

On the day, we will be asking you how much money you have pledged on your sponsor form so at the end of the kick-a-thon we can announce an estimate of how much we have raised. We will then ask for all forms and money to be handed in by Saturday 17th June.

Some students, us included, have set up a JustGiving page rather than using the sponsor forms. If you would prefer this option, and need instructions on how to set up a page, please contact us.

Good luck everyone. Lets kick mental health's butt.

Hanshi McCarthy

Patrick McCarthy, 9th Dan Hanshi is teaching for us across 2 evenings, 30th & 31st May 2017. Both evenings are now **SOLD OUT**. If you haven't booked a place, please don't turn up.

We expect to have a great time with Hanshi, and anyone who wants to join us for dinner on Tuesday evening is very welcome. Sometimes the tales told over a meal are as interesting as the seminar.

Summer School

Summer School, something interesting for the school holidays. One month of training in one week. Only better. Because of the immersive nature of training from 10am-3pm each day, the body and the mind tend to retain information better. And we'll even get the chance to do some of the things that there just isn't time for normally. Kobudo, and few games, etc. It will be Monday 6th-Friday 11th August at the Newton Abbot dojo.

The cost on the website is £60 for the week. Our Early Bird offer is for those who want to pay in full before the end of June: £50 only. Booking forms are now available.

Last Word

Pride is usually referred to as a sin. It is something to be avoided. Yet here we are, about to sweat buckets to raise some money for a charity, and pride in our achievement is something that we are aiming for. That means that we kick well, that we strive for our goal. That it means something to us rather than a casual thing. So, yes, pride is something that we seek on this occasion. It can be pride in each other if we find it conflicts with humility. Pride in our group and what we achieve. How much we raise, and that we do it as a family. That's something that we can be proud of. Will the kids survive the ordeal? Sure, this isn't our first rodeo. We need water, and short breaks, and the encouragement of our friends and peers. But we'll all make it. Working that day? Don't worry, we'll let you do the Kick-a-thon on your next lesson. Only got a little bit of sponsorship? Don't worry. Every little bit helps. Let's get fit, build a good kicking habit, and do some good for the community.

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

Bully Buster

On Saturday 1st April Natasha Barlow sensei taught 2 very well received sessions about how to deal with Bullying. Not everyone was a Karate Academy member, which meant that we are succeeding in getting information out into the wider community. Well done to everyone who took part. When should the next one be?

Leaflet Distributors Wanted

We urgently need someone to distribute Leaflets in Torquay and Paignton. The classes in Torbay are very light and need new members to keep going. Totnes classes could also do with a boost. If you, or someone you know would be interested in this post, call us for details.

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

Cornwall Training Weekend Perran Sands, Perranporth

Crazy, but we still have spaces on the Cornwall course; so anyone who wants to come along who hasn't already booked, please confirm your place now.

Our high-grade Black Belt examiner, **Anthony Blades** *kyoshi* will be joining John Burke renshi to teach at Perran Sands in Cornwall for a weekend's training on the beach. Getting feedback from Kyoshi Blades is very important for your Black Belt.

Members will be allocated rooms in caravans for the duration of Friday 2nd-Sunday 4th June (the end of Half Term week). We'll be enjoying the sand between our toes and getting good and grubby in our gi as we train outdoors and in the sea.

Places are available at £125 per person. This includes 2 days of training, accommodation and Pizza night on Saturday evening. Easy payment plans are available, just call Kim on 01626 360999.

Caravans are available from 2pm on the Friday and need to be vacated by 10am on Monday 5th, although we will be leaving on the Sunday evening due to the kids being at school on the Monday, however, anyone who does not have commitments on the Monday is welcome to stay and leave Monday morning.

Full use of Haven facilities (swimming pool, club house, etc) is included in the price. Families welcome to join us for a half term holiday.

New Members

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

Sinead Toone, Theo Shepherd,
(Little Warriors)

Thomas Marshall, Gabriel Awerije,
Divine Awerije (Newton Abbot)

Eliza Kubien (Kingsteignton)

Welcome back to **Sue Jones** and **Linsey Budge**

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

Studio Hire

Here at King Street the Studios are also available for Private Hire. If you, or someone you know, would be interested in booking one of the studios for a regular class or one-off event, please speak to Kim on 01626 360999 or email Kim@KarateAcademy.co.uk



Grading Results

At the kyu grading on Sunday 23rd April 2017 - held at the Newton Abbot dojo - the following students were recognised to have attained the required standards for the ranks listed:

4th kyu

Catherine Drinkall

5th kyu

Louise Paul, Kelly Turney

7th kyu

Ian Perry

8th kyu

Mick Jones

Now the hard work begins. Grading examinations may be attempted when your instructor nominates you to take part.

The instructors base their decisions on what they observe in class.

UK Martial Arts Show

Saturday 6th and Sunday 7th May sees the UK Martial Arts Show in Doncaster. John Burke renshi will be among many other teachers giving seminars and demonstrations at the event. Tickets are £79 for the weekend, or £40 direct from John.

Essex Grapple

Anyone fancy a trip? Renshi John has been asked to teach a seminar on Grappling in Kata Bunkai. The seminar is on Sunday 14th May in Romford, Essex.

PiYo & BodyPump

Joining her increasingly hectic schedule, Zoe is teaching Les Mills Bodypump classes at King Street Studios, Newton Abbot from 3rd May.

As a special deal for Karate Academy members, Zoe has agreed that the First class is free then special price £4 per session (normal rate £6 per session). Contact Zoe for more info and to book on 07867 781988

Birthdays

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

2nd Ewan Marshall
7th Helena Stuckey-Howard
8th Joshua Clark
9th Isla Perry
10th Amyas Holroyd
13th Henry Ryder, Sean Sliney
16th Archie Grant
17th Daniel Turney
18th Korben Simpson
25th Matthew Daborn
23rd Gethin Jones
25th Archie Pimley
28th Oliver Elphick
29th Ewan Hale
30th Thomas Knights

Happy Birthday to You

Instructor Training

The next wave of Instructor Training starts on Sat 13th May 1pm-3pm. If you are you over 14 years old, 3rd Kyu plus and would be interested in finding out more, speak to Renshi John or email Kim@KarateAcademy.co.uk to reserve your place

Dates for your Diary and Timetable exceptions

Monday 1st May—Bank Holiday, no classes.

Sunday 7th May—No Brown & Black Belt class

Sunday 14th May—Keikokai 18th Anniversary.

Saturday 27th May—Kick-a-Thon.

Monday 29th May—Bank Holiday, no classes.

Tuesday 30th May—Patrick McCarthy Seminar.
No regular classes.

Wednesday 31st May—Patrick McCarthy seminar. No regular Classes.

Friday 2nd June—No Kingsteignton class

Saturday 3rd June—Training by the Sea. No regular Newton Abbot or Paignton classes

Sunday 4th June—Training by the Sea. No regular classes.

