

Notifications

Stay up to date with announcements by joining our **Keiko Karate** Facebook group.

It is a private group, so we have included the question "where do you train and who is the instructor" to clarify that only our people can be part of it. That means that we often share notifications directly to the group because the Karate Academy pages can be viewed by anyone. Please use it to help "stay in the loop". Apply to join the group, stating where you train and who your teacher is and we will approve you.

Funakoshi's Throws

Following last year's Grappling seminar, the Romford crew have invited John Burke renshi back again to teach Funakoshi's

Throws. Sunday 20th May. Anyone want to come?



Last Word

We've said it before, and no doubt we'll say it again. We can be a bit isolated down here in Devon. Courses, events, and seminars, competitions and camps are happening further North regularly. Karate-ka down here can become unsure of how they stack up against the tuition available elsewhere. Well, we're happy to put our students in front of teachers in other places because we know the standard that we have created. Travelling broadens the mind, they say, and if you find yourself training with teachers from the USA or Japan or Australia in the next month or so you'll find that you are quite well prepared. Of course they are going to teach differently, or there would be no point in going to them at all. Yet, our attitude and skill levels will see us through. Putting yourself "out there" is a big step, and once you have taken it you come to realise what sort of level you are really at. And it all starts in the Dojo. It all starts with applying yourself in your regular classes. That's how we build up to those pressures.

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



Little Stars

Our Little Warriors are recognised in class as to who has the best attention or most improvement in class each lesson. Our Star of the Day is awarded a certificate. In the past month we have had:

4/4	Frank Farrelly
7/4	Josh Sharp, Emily Bath, Deborah Needham
11/4	Niji Bellchambers
14/4	Freya Wallwork
16/4	Joshua Adams
18/4	Holly Brimblecombe
21/4	Roo Wakely (and Elsie)
25/4	The Whole Class
30/4	Dexter Allen



Coffee & Cake

Debbie's Coffee and Cake Day on Saturday 21st April to help raise funds for Elsie's Big Stride was supported to the tune of £126, with members donating money and cakes, and generally having a good time. Elsie herself came to Little Warriors with her sisters.

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Karate Academy

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Sun and greenery and nature all around us returning to life. Yes, even in England we can have Spring. Things are getting very busy this month with regards to special events. We hope you can join us for some of them, but remember that it is training twice per week or more in your regular classes that gets results. The specialist knowledge available in the special seminars isn't much use to you if you didn't learn how to move in the regular classes. With that said, we're proud of our people and their ability, so training amongst other martial artists doesn't phase us, and can be a very big, brave step for some people. John and Kim

Ladies Self Defence

This time, Sensei Clare ran two Ladies Self defence classes on the same day. **22nd April 2018**. This was to have smaller groups so that we could better handle the individual needs of the attendees, as the last one was so busy it was difficult to move. The attendees definitely benefitted from the increased attention. Well done to Sensei Clare and her helpers Jim and John.

UKMAS

Well that came around quickly. Up at the Doncaster Dome on 5th and 6th



Dedicated to Black Belt Excellence

May there will be a plethora of instructors of different martial arts demonstrating and teaching. If anyone wants to go along they'll need to get organised sharpish.

Bank Holidays

Yes, May has TWO Bank Holidays. This year they are Monday 7th and Monday 28th, and naturally, we won't have any classes on those days. There are also a couple of classes not available due to the Perran Sands course. Details in the Timetable exceptions box.

Brecon

We know, don't we, that Sensei John loves training in that big old field surrounded by the beautiful Brecon countryside? This year, he booked the Danywenalt YHA on the usual weekend of Friday 27th-Sunday 29th July even though the usual organiser couldn't make it. Martyn Skipper sensei was only too happy to join in with the teaching. We encourage you to book soon, as we are running the course at £125 per person including Friday evening training and meal, Saturday breakfast, training, packed lunch, training, and evening meal; and Sunday breakfast, training, packed lunch, and training before people head home. Very different to Perran Sands, this is another type of experience.

Demo Season

With so much going on, it is imperative that we have as much notice as possible to support events like school fayres and fetes. If you want a demo at your school then you need to sort out when the event is as soon as possible so that we can get a squad together to make it exciting.

Coming Up:

We try to let you know about future events with plenty of notice so that arrangements can be made for work/travel/etc.

Special events are enhancements to your regular training, and it is regular training that should form the bulk of your training plan.

Optional extras include:

- **South West Karate Experience 2018.** A weekend of training on the beach at **Perran Sands** in Cornwall. 1st-3rd June. This one should be at the top of your list. **Anthony Blades** kyoshi, **Neil Ellison** renshi, and **John Burke** renshi, teaching together on the beach is an opportunity that you don't want to miss. If you haven't already booked, please do so asap as spaces are now very limited. £150 per person for accommodation and training, Day training is also an option if you are unable to stay on site, £35 one day/£60 weekend. Full schedule of events will be advised in event booklet.
- 5th-6th May UK Martial Arts Show, The Dome, Doncaster. Train with many different masters of different arts. **DEAL: £79 weekend entry and training tickets are available from Sensei John at £30. Almost sold out, book soon.**
- 16th June Kaizen Martial Arts Expo, Nottingham. Outdoor training with different instructors including Terry O'Neill sensei. **DEAL: £17 tickets are available from Sensei John at £15**
- **Spring Weekend with Patrick McCarthy.** Flow drill training— 30th June & 1st July. Newton Abbot Leisure Centre because it is too big to fit in our dojo. £95 per person both days or £50 for one day.

- Brecon Training Course, Danywenalt, Wales 27-29th July. Outdoor training. £125 per person. Instructors John Burke sensei and Martyn Skipper sensei.
- **Summer School.** Our "month in a week" training during school holidays, 6th-10th August. **DEAL: Early Bird pricing until 30th June £50 for the week. £60 per week/£17.50 per day thereafter**
- Wrawby 16th September. Bunkai Course
- Holland 29th-30th September, Bunkai Weekend in Schoonover.
- Okinawa. 4-18 November. Some of us are off to Japan for training.

Plus workshops on Kumite, Bunkai, Bully Buster, Ladies Self Defence, Pressure Points. A busy year ahead. If there are any workshops or guest instructors you would like added to the schedule let us know and we will see if we can arrange it.

Dates for your Diary

Saturday 5th-Sunday 6th May	UK Martial Arts Show
Monday 7th May	Bank Holiday, no classes.
Tuesday 8th May	No Torquay class - Church using hall
Sunday 20th May	Funakoshi's Throws in Essex with John Burke renshi.
Monday 28th May	Bank Holiday, no classes.
Thursday 31st May	No Newton Abbot morning class.
Friday 1st-Sunday 3rd June	Perran Sands course and Dan Grading No regular classes this weekend.

Grading Results

On Sunday April 29th we held a kyu grading at Newton Abbot dojo. The following people were recognised to have attained the required standard for new grades:

- 1st kyu**
Rachel Leggatt
- 2nd kyu**
Paul Thompson
- 3rd kyu**
Thomas Flannery, Eva Perry, Gareth Saunders, Daniel Turney
- 4th kyu**
Amelia Hinds, Ethan Kirkbride, Elesha Stretton
- 5th kyu**
Ian Perry, Sara Pitchford
- 6th kyu**
Matthew Daborn, Eleanor Randle-Jones, Helena Stuckey-Howard, Lucy Turney
- 7th kyu**
Lyndon Bush
- 8th kyu**
Jack Dymond, Mark French, Andrei Lascu
- 9th kyu**
Sophie Ash, Heston Brocklehurst, Grzegorz Jankowski, Nicolas Jankowski, Julio Perez-Giron, Lilly Prior, Fortuna Trekker, Andrea Whitefoot

In order to take a grading examination, the student must be nominated by an instructor. This happens when the student has proved competent in their regular lessons. On the day of the test they still need to demonstrate just why they should pass. The result depends on the student and their effort.

On Saturday 28th April 2018, the following Little Warriors (4-7 year olds in our pre-martial-arts class) were recognised at the next stage of their development:

- Green Stripe**
William Bath, Niji Bellchambers, William Harvey, Theo Shepherd
- Yellow Stripe**
Aaron Power, Jess Power
- Red Stripe**
Lily French, Roo Wakely, Freya Wallwork
- Orange Stripe**
Aria Froom

Instructors nominate Little Warriors to graduate to the next stripe when the students have learned what they have to do from the Little Warriors curriculum.

Birthdays

The following students celebrate their Birthday this month (May): **Happy Birthday to You**

- 2nd Ewan Marshall
- 3rd Toby Wright
- 7th Helena Stuckey-Howard, James Sherry & Fin Blatchly
- 8th Joshua Clark
- 9th Isla Perry & Aiden Teague
- 10th Amyas Holroyd
- 12th Lily French
- 14th Alex StuckeyHoward
- 16th Joshua Beams
- 17th Daniel Turney & Ethan Sansom
- 18th Korben Simpson
- 25th Matthew Daborn & Archie Pimley
- 27th Jacob Hoyle & Frank Farrelly
- 28th Oliver Elphick



New Members

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

Jamie Steed
(Little Warriors)

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