



THREE!

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Spring is in the air!

Didn't February fly past? March typically sees the changing of the seasons with the equinox, and we'd expect to see plenty of life in the dojo. It also marks that point where all the people who thought Karate was a good idea for their New Year's resolution have either embraced the art properly or vanished because they don't like the hard work.

And it is hard work. It should be.

So much of modern society revolves around things being easy that people come to expect it. Karate is not easy. Making your way up through the ranks is not easy. Progress in Karate is earned, not given. If that is too much trouble then the person who thinks so is right not to do Karate. Or at least they are right if they desire to stay where they are.

Anyone who wishes to make real progress—at anything—will need to adjust their attitude. Stop kidding yourself. Anything of value is earned. Yes, someone is going to win the lottery. And lots of other people are not. You have a higher chance of not winning it than winning it. So if you desire success then you are only left with earning it.

As this season brings about more daylight and grants us more natural energy we must be careful about how we apply it. Some will put their energy into destructive behaviours. Not us. We will give our energy to behaviours that will enrich our lives, help others, and build a better society for all of us. We've seen the standard of generations gone by. Now we will set the standard. In Karate and Life.

We, as a team of instructors, are always here to help with private sessions, facebook notifications, email and phone advice, if you need support or just to check you are doing the technique right, talk to us. Our contact details are 01626 360999, info@KarateAcademy.co.uk or join us on Facebook (look up Karate Academy).
John and Kim

Ladies Self Defence

Emergency! Ladies Self Defence course will be on at Torquay dojo on **Saturday 24th March 2012** from **1.30pm-4.30pm**. This vital course is **only £10 per person**. Please reserve your place on 01626 360999.

TMAS

Tickets for the Martial Arts Show are now available through Sensei John. £15 for one day or £25 for the weekend. On March 5th the ticket price will go up from this "early booking" price. The Martial Arts Show has stands with all sorts of goodies for sale, demonstrations from of all sorts of martial arts, and a competition zone for those who want to try their hand at winning a medal or two.

There will be celebrities on hand, including **Gok Wan!** John Burke sensei's *Bunkai Workshops* during the show are free for those who come along. We are booking a minibus for travel on the Sunday, if you would like a seat they are £17 per person and early booking is essential, only 8 seats left.

Timetable Exceptions

The following are exceptions to the regular timetable during the month of March:

Saturday 24th No regular Newton Abbot sessions due to demo at Sainsburys Newton Abbot for Sport Relief. 11am.

Sunday 25th No regular Newton Abbot sessions due to Kyu Grading in Torquay.

Masterclass 6

Terry Wingrove Hanshi has agreed to let us host the 6th Masterclass at the Newton Abbot dojo on Saturday and Sunday 14th and 15th April 2012. The Jutsu Masterclass teaches some painful techniques from the very heart of the martial arts, regardless of style or affiliation; directly from one of the very few genuine 9th Dan Karate men. This course is £25 for the weekend or £15 per day, and it is not for children. With people coming from all over the UK, please make sure your place is booked in advance. You need to inform hanshi via sensei@cyberbudo.com and it's a good idea to let us know, too on 01626 360999

Ashburton Open Day

Well done to Sensei Ross and everyone who came along to help out with the Karate Academy demonstration over at the Ashmoor Centre in Ashburton. The class was very enjoyable and we have been invited to do more during the next school holiday. If your school would like an activity session during the holidays just let us know who we need to speak to in order to organise it!

Bunkai Bootcamp

From 31st July to 4th August John Burke sensei will be teaching an intensive week of sharing the secrets of Karate Kata Application. We are quite rare in the Karate world as the applications we teach are practical self-defence. This is what has led to John being in demand with courses across the UK and articles in the martial arts magazines as well as people buying his books and DVDs in France, Belgium, Denmark, Netherlands, Italy, Spain, Mexico, USA, and Japan. This course is a distilled training event to pass on those principles for all martial artists to get a grip on and understand the huge possibilities that kata represent. Those coming in from Denmark and Greece, Scotland, and Eire pay £295 for the privilege. For your place on the course we would discount for our members to £150. Please call 01626 360999 to reserve your place.

Summer School

This summer there will be one month's training in one week, plus extra activities like bo kata and self defence. The confirmed dates are Mon 6th August to Fri 10th August. 10am-3pm each day, Newton Abbot dojo, at a cost of only £60 for the whole week. Book now to secure your place. Open all ages and grades.
Call 01626 360999 for family discounts.

Extra Lesson

Saturday 31st March as an extra lesson at Newton Abbot dojo. We need all sorts of grades and levels of ability to come in for a session from 1pm-4pm. During this class you will get to hear from the instructors and the trainee instructors as they are assessed on how well they teach you! No pressure there then. You will be part of their success and part of their torment, and you get a lesson into the bargain. Please email info@KarateAcademy.co.uk to let us know that you can attend.

Grading Results

On the 26th February the Kyu Grading that was held at Torquay dojo saw the following promotions:

1st kyu

Natasha Barlow
John Drew
Ethan Heppell
Eric Pateman
Grace Pitts
Nick Williams

2nd kyu

Leah Watson

3rd kyu

Matthew Keirman

4th kyu

Jessie Bailey
Shawn Cooper
Samantha McCarthy
Lewis Tribble

5th kyu

Lewis Barlow
Zoe Brown
Scott Elson
Samuel McCarthy
Amanda Moss
Nyah Moss
Shana Osborne
Robert Patmore
Shannon Withers

6th kyu

Lorraine Alderson
Maria Higginson
Andre Hughes
Daniel Williams
Benjamin Oyo

7th kyu

Amy Clark
Cameron Greenwood
Andrew Power

8th kyu

Eleanor Antcliff
James Antcliff
Jack Burley
Leroy Chan
Lucy Fear
Cain Power
Charlie Rebello

9th kyu

Melanie Baker
Rebecca Baker
Abigail Froom
Blayde
Goodinson
Devin Hogan
Tilly Hughes-Johnson
Lotte Minty
Steven O'Brien

Well done, and remember, the work towards that next grade is *on-going*. Let's make it happen.

New Members

The following student joined the Karate Academy in the month of February:

Newton Abbot: Connor Lee, Christine Anhut sensei, Hannah Joint, Daniel Witts, Lucas Moore, Kayleigh Fuller, Benjamin Dobson, Elliott Ford, Jack Hemus, and welcome back to Dave Floyd sensei and Danni Floyd sensei.

Paignton: Bradley Metcalfe

Totnes: Alastair Skilton

Torquay: Aljun Gelbolingo, Ewan Hale

Ashburton: Melanie Morrison

Chudleigh Knighton: Finlay Kinmond

Welcome one and all.

Birthdays

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

2nd Andre Hughes

3rd Samantha Bowles

7th Grace Pitts

12th Eddie Pratt

13th Lee Warren sensei

16th John Burke sensei

17th Alfie Pimm

21st Andy Wray sensei

23rd Jon Ward

24th Eachann Sheils

29th Maia Knight

31st Aidan Hawlor

Happy Birthday to You

Coming-up

Saturday 3rd March Pressure Test and Kumite workshop, Newton Abbot, £10 per person

Saturday 24th March Demonstration at Sainsburys Newton Abbot for Sport Relief 11am

Saturday 24th March Women's Self Defence Course, Torquay, 1.30pm-4.30pm, £10 per person

Sunday 25th March Kyu Grading, Torquay

Saturday 7th April Black Belt grading.

Saturday 14th and Sunday 15th April Terry Wingrove

Last Word

At the recent grading it became apparent that the majority of people are very interested in learning "new stuff". They can be infatuated with it. Often this is to the detriment of their "old stuff". Getting graded to yellow belt does not mean that your Heian Nidan is perfect. It does not mean that you can discard 5-step kumite in favour of more "interesting" forms. It does mean that your standard was good enough to pass. Even if the pass mark was 80%, it does not mean that you can't make progress towards 100% (or at least 99%). So yes, when you get a new grade you have new things to learn, and yet the warrior never takes his eyes off of refining his existing skills either.

Yes, that means that your life in your new grade is harder. That you have *more* responsibilities, not less. Yes, it takes **real** character to deal with that, and these trials would not be set before you unless you had the potential to defeat them. So let's work on it. Learn the New, refine the Old. Better and better in every way. You and your friends save Karate with us.

Proud to be the Keikokai.

See you in the dojo. **Oss**



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