

Karate Academy

Eleven!

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November Next!

So what will things be like next November? I know, you are looking at this wondering what we are on about as THIS November is only just getting underway. Next November seems a long way off. If you don't do something about it now, next November will not be any better than this November. Oh, you've got Christmas to think about before then, and then Next Year. Whatever you would like 2013 to be, begin it now. Begin it now because if you don't it will still be far off in the future and things won't get done until BAM!!! It's here and you still haven't got what you wanted. That's next November. What you want from next November dictates what you are doing now. When next November rolls around, it will reflect what you did in November 2012, that dim and distant memory. Don't sit there wishing you had spend November 2012 more profitably. Use it now, the way you will wish you had used it...

John and Kim

Office Closure

This affects November immediately. The Karate Academy administration office will not be available from October 30th to November 17th inclusive. The telephone will not be manned and emails will be answered sporadically. Sorry, but we need a holiday. You all had yours in the summer, we're taking ours at the start of November. Most classes are on as normal. The ones most affected are the temporary removal of Newton Abbot **weekday morning** sessions (which will resume on Tuesday 20th November) and the **Sunday evening** class (which returns on Sunday 25th November). There will be no Newton Abbot class on **Saturday 10th** due to a prior hall-booking. Sorry for the inconvenience, but instead of missing out please use the plethora of other class times on offer.

BAMA!

13th & 14th October 2012 was a great weekend. The senior instructors of the British Association for Martial

Arts teaching in Newton Abbot, Devon. Students travelled from Teesside, Cardiff, and Finland to come and train with the three instructors for the weekend. Training began on Saturday 13th at 10am with John Burke (5th dan) sensei, and **Martyn Harris** (5th dan) sensei and their traditional bouncing of technique and principles between them, escalating each time. Then at 1pm the Dan grading was hived off under the supervision of Sensei Burke and Martyn Harris (5th dan) sensei, while **Neil Ellison** (5th dan) sensei took the rest of the group through his Animal Fist styles.

Sunday saw a round-robin of all the instructors overseeing those grading and the classes will deal with elements as diverse as Aye-Kidder, BAR, floor-work and the usual hurty-stuff. That's a technical term.

As well as Martyn Harris's Karate Academy members Lee Barber and Garry Taylor gaining Shodan, we were pleased to have **Giles Basson**, **Steve White**, and **Janet Drew** pass to become new Shodan black belt holders. It seems as if Giles is our youngest ever at only 9 years old.

As always, it's not just the day of the test, but what happened before and what happens after that is really important.

Thanks to everyone who supported the course, we know you gained from the experience. Those who did not attend really missed out.

New Members

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

Ashburton	Charlie Taylor, Hazel Bourne, Lexi Taylor
Newton Abbot	Tiago Ford
Paignton	Ryan Christer, Elenor Freeman, Thomas Freeman
Totnes	Saskia Nicholls



▲ Steve White, Sensei John Burke, Sensei Jim Harvey and, front, nine-year-old Giles Basson, at the karate grading in Newton Abbot.

Seaton black belt double

KARATE

GILES Basson, aged 9, is one of the youngest students to earn a black belt from the Karate Academy according to Sensei John Burke, head of the organisation and one of the judges on duty at a martial arts convention in Newton Abbot, sanctioned by Karate Academy and The British Association for Martial Arts.

Basson was one of two karate students from Seaton who were awarded black belts.

Local tradesman Steve White and Basson, a pupil at Seaton Primary School, were put through a grueling schedule that tested their knowledge and ability of Shotokan Karate over two days before being awarded the level of black belt by three fifth Dan instructors.

The wording on the certificates given to the two reads: "The bearer of this award has achieved the standard sought in the search for the limits of physical endurance and efficiency in the art and spirit of Martial Arts, that after examination was judged to be worthy of the grade Shodan (1st Dan) in the Martial Art of Shotokan Karate-Do."

Both karate students train together at the Seaton Martial Arts Centre under the careful instruction of Sensei Jim Harvey. Mr Harvey has taught karate for many years and was the original instructor of the aforementioned Sensei John Burke. He has also trained Basson since the latter was only four years old.

For further information about karate in Seaton, please contact Jim Harvey of Seaton Martial Arts Centre on 07867 818667.

Midweek Herald, East Devon



Women's Self Defence

Following on from the success of the last event, Clare Potter sensei has volunteered to repeat the course on Saturday 24th November at 1.30pm.

The 3 hour course does not require any previous martial arts experience, and is specifically designed to be a no-nonsense approach for your mums, aunts, cousins, and sisters



who don't practice Karate. Those of you training 2 or 3 times a week can investigate the efficacy of joint-locks, but someone who doesn't train just needs to get the attacker off of them. Please invite your relatives and friends to this course. It is only £10 and it might just save a life. Places must be booked on 01626 360999. Karate-ka are very welcome, and it is deemed especially useful to teenage girls with the way that society is becoming.

Dates for your Diary and Timetable exceptions

Tuesday 30th October	No Newton morning class
Thursday 1st November	No Newton morning class
Sunday 4th November	No Newton class
Tuesday 6th November	No Newton morning class
Thursday 8th November	No Newton morning class
Saturday 10th November	No Newton class
Sunday 11th November	No Newton class
Tuesday 13th November	No Newton morning class
Thursday 15th November	No Newton morning class
Sunday 18th November	No Newton class

Birthdays

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

30th October **Mathew Keirman** *missed off of last month's newsletter, sorry...*

- 1st George Lawrence
- 2nd Rick Lezemore sensei
- 4th Hazel Bourne
- 8th Susan Bailey
- 11th Bidwell Fairlove sensei
- 12th Harrison Hammond, Kit Hughes-Johnson
- 13th Jared Wray sensei (16)
- 14th Jacob Bulmer-Lindsay
- 15th Archie Williams, Ryan Christer
- 18th Nick Williams (18)
- 20th Cameron Greenwood, Frederick Leach
- 22nd Nicola Brown sensei, Joshua Bowles, Benjamin Bowles, and Isabelle Bowles
- 23rd Lee Barber
- 27th Christine Anhut sensei, Caleb Clarke (16)
- 28th Jessica Bryant
- 29th Ann Westwood

Happy Birthday to You

Hanshi Wingrove in Cornwall

Those of you who enjoy the advanced **Jutsu** teaching of Terry Wingrove (9th dan) hanshi will be pleased to hear that he is teaching in St Austell on Sunday 18th November 2012. The 10am start means that a few of us will be leaving Newton Abbot at 7.30am if anyone else would like to come along.

Grading Results

Members who are considered to be of the right standard are tested in an exam, and on Sunday 28th October we had one such test at the Newton Abbot dojo.

The results are as follows:

- 2nd kyu
Shaun Cooper
- 3rd kyu
Zoe Brown, Samuel McCarthy,
Rob Patmore
- 4th kyu
Scott Elson, Laura Pattinson, Sharon Keirman
- 5th kyu
Andre Hughes, Cameron Greenwood,
Andrew Power
- 7th kyu
Tamzin Przybylska, Corey Edworthy
- 8th kyu
Jacob Bellinger, Ellie Pleass, Jack Hemus
- 9th kyu
Adam Faulkner, Carl Tilling, Hannah Joint

Congratulations one and all. Now the hard work starts as you move forward towards your next test.

In order to be sent a grading notice (the only way that you can take part is to receive and return one of these) you must show that you are eligible in class. Your instructor will give you a notice when you are good enough to take the test. Your job is to make sure you are good enough.

Last Word

Sometimes we can become stuck in a rut. Sometimes the voice of our instructor doesn't get through. When this is the case it is good practice to turn your ears towards another voice, to help you focus on what that first voice was saying. That's why we are glad to be a team of instructors.

As November gets underway I will be absent from the Devon dojo for a short while. Some people will train less during the time I'm not there (others will train more). You should use this opportunity to experience the other instructors. Richard and Lee are sandan—the level at which you “earn your name” in traditional Japanese arts. Ross, Jim, and Clare, as well as my teacher, Jim Harvey, are nidan—more than competent,

steaming ahead with what they know. Zack, Nicola, and Steve are shodan—they have proven themselves time and again. More than that, they are all graduates of our Instructor Training Programme (as is Sabrina, assisting in Torquay). Not half an hour of lecture, but a year of learning how to teach and how to put it into practice. Just like with the technical grade, there is a lot to learn and a lot to polish, and these Ladies and Gentlemen are upholding the standards of our group. Come and learn from them. Proud to be the Keikokai. See you in the dojo. **Oss**

Karate Academy

