

Karate Academy

November

Dojo Tip

Contrasts. *Maegeri* (front kick) goes forwards. Flicking it upwards makes it more like *Kingeri* (groin kick). Contrasting the two kicks on pads clearly illustrates this, as the striking planes are at 90 degrees to each other. The same difference is true of *Yoko kekomi* and *Yoko keage*. Thrust or flick? Forward or upward? The issue is in making sure that the kick goes in the right direction when there is no pad or target. Whether the technique is used in basics, or sparring, padwork, kata, or application, the route will be identical even when the range changes.

From the Top!

The season rolled around with a storm didn't it? There's a distinct chill in the air that let's us know the British winter is on it's way. Never mind, it happens every year... We can help you to stay warm! Making a decision now, to keep going when it is easier to sit indoors is what makes the martial artist a special person. They say "no pain, no gain", and certainly when you practice and art that includes punches, kicks, strikes, locks, throws, chokes, and strangles there will certainly be some physical pain (must learn to "tap"). The real strain, though, is in getting in to class. Getting out of the chair at home and getting that cold keiko-gi on. Getting through those mental barriers is what sets the martial artist apart. Be one.

John and Kim



Master Ken & the Keiko crew—
hamming it up...

Tragic Loss

The teacher of Patrick McCarthy hanshi, and the man responsible for finding the only known photograph of Itosu sensei (the teacher of Funakoshi sensei) has passed away. **Kinjo Hiroshi** sensei was at home with his daughter on Thursday 10th October 2013. Sensei was born in 1919. I know you will join me in passing our condolences to his family, friends, and students.



Kinjo Hiroshi
Hanshi 9th Dan

Richard Kim
Hanshi 9th Dan

Patrick McCarthy
Hanshi 9th Dan

Ladies Self Defence

Clare Potter sensei teaching her popular class again on Sunday 3rd November 12noon—3pm at Newton Abbot dojo. No uniform or experience required. This class is an absolute must, especially for all your female friends and relatives who can't/won't take regular Karate classes. Basic, useful techniques to use in realistic situations. £10 per person. There are few opportunities to run this class, these days, so make sure you take advantage while it is being offered. Please call 01626 360999 to book your place.

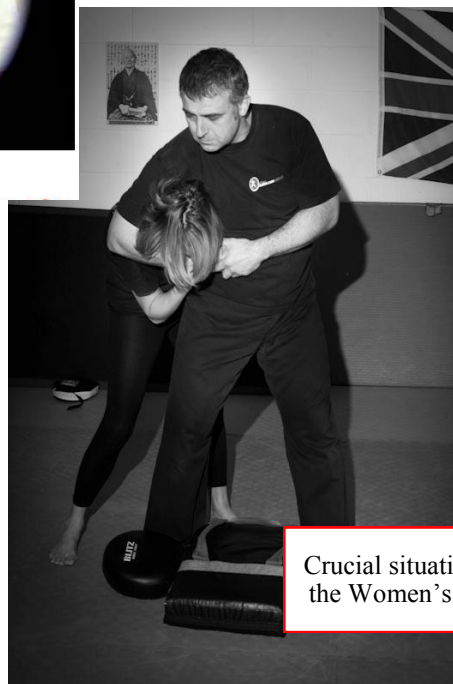
Dedicated to Black Belt Excellence

On the Road

Some of us have been travelling around a bit, recently. There was the trip to Coventry to the **Martial Arts Expo**, then the seminar with Master Ken which was held on another planet; and then a seminar in Scotland at Steve Gordon sensei's club. Well done to everyone who made the effort to travel, it does rather show up those who won't even go from one side of Torbay to the other... I think it's true to say that we had a good time. John Burke sensei's workshop at TMAX was brimming, and "over" far too quickly despite being 30 minutes longer than scheduled. The **Master Ken** seminar was hilarious and embarrassing and he was every bit as funny in real life as he is in his web-show (not for children).

The trip to Scotland was interesting, with John Burke sensei invigilating an impromptu grading as well as teaching a great bunch of people at **Steve Gordon** sensei's club. People travelled from Nottingham and various parts of Scotland to be able to attend.

The fact that these events can take place and normal classes still be held is a tribute to the great teaching team that we have. Thanks to everyone who covered someone else's lesson. Because of you we don't have to cancel classes.



Crucial situations are dealt with in
the Women's Self-Defence class.

Winter Warmer

Cold weather arrived yet? We have a limited supply of adult fleece jackets. Blue, Grey, Men's, Women's, M, L, XL. Please call 01626 360999 to check for availability. They have the words "Karate Academy" across the back, and the Keiko Karate club logo on the left breast. Only £19.95 each. They work great as an "over-gi" too. You can order from your instructor or pick one up at the Newton Abbot dojo.

Brown and Black Belt class

There will not be advanced classes on the 10th due to the kyu grading.

Kingsteignton Class!

Our little group grows stronger over there, so we have increased the lessons to 5.30-6.30pm and 6.30-8pm. All grades are welcome.

Kyu Grading

The next kyu grading is on Sunday 10th November. The lesson begins at 10am, and anyone can attend, whether they are grading or not. New students often wonder how they will know if it is the correct time to grade. The answer is that when you have shown in class that you can perform to the required standard, your instructor will present you with a "grading notice" - basically an invitation to take the test. Getting a grading notice doesn't mean that you have passed, it means you have permission to take the test. It also assumes you are going to continue to work on, and improve, your skills leading up to the test. If you get a grading notice on 22nd September and then you don't train until the 6th October you should take it that the notice has become void.

Approximately 26 lessons or three months' worth of training twice per week is usually what is required. For some it is longer, and for some it is faster, but if you have been in a coloured belt for more than 3 months you might like to seriously ask your teacher what you need to do to change that colour.

The previous kyu grading was held on Sunday 6th October - held at Newton Abbot dojo - the following students were recognised to have attained the required standards for the ranks listed:

1st kyu

Samuel McCarthy

4th kyu

Carl Withers

5th kyu

Luca Martinez

6th kyu

Eachann Shiels

7th kyu

Saskia Nicholls

8th kyu

Tiago Ford, Damian Kitt, Eros Medina

9th kyu

Isobel BurrIDGE, Laura Fontaine, Charlotte Pitchford

Congratulations to you all on your achievement, and may you have continued success and improvement with your training



Birthdays

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

5th Damian Kitt

12th Harrison Hammond

13th Jared Wray

15th Archie Williams, Ryan Christer

20th Frederick Leach, Cameron Greenwood

22nd Nicola Brown sensei, Isabelle Bowles

23rd Lee Barber

Happy Birthday to You

New Members

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

Newton Abbot: Sebastian Brickell

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

Dates for your Diary and Timetable exceptions

November 3rd Women's Self Defence 12-3 Newton Abbot.

November 10th Kyu grading Newton Abbot. No other Newton Abbot classes.

November 23rd Dan grading in Cardiff. Anyone who wants to come along and support the event is very welcome.

Last Word

"If you knew you'd be fighting for your life tomorrow, would you train differently today?" It's a great quote, isn't it? It immediately stirs up all sorts of feelings. The majority of us will not be fighting for our lives tomorrow. The majority of us will never know real physical violence. There are those who say that they do not wish to live in a world where we are suspicious of every day; where we are fearful of life's events and conditions. They would not sacrifice today because they do not believe there will be a violent situation tomorrow.

They might be right.

I don't want to be paranoid, either. I will, however, be careful of my life and look after those around me. I will test myself with confrontation for no other reason than it is my own mind and weaknesses that must be confronted. The testing doesn't end. Yet with every step, with each small success, true confidence arrives. Not fake boisterousness. True confidence. Sure knowledge of ability. With each small failure I have the opportunity to review the setbacks and choose paths over, around, or through them. Understanding where I lack ability gives me the opportunity to improve.

These things only happen with pushing yourself, so the quote above fits. It is useful, even though it comes from a place of aggressive posturing. There is no need to be embarrassed. There is no need to be arrogant. Only a mindset based on Karate as a Path. For Life.

Proud to be the Keikokai.

See you in the dojo. **Oss**

