

Class Schedules 2014

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

NEWTON ABBOT

All classes held at Karate Academy,
8 Signal Buildings, Brunel Road,
NEWTON ABBOT, TQ12 4PB

TUESDAY 10am-11am
5pm-6pm
6pm-7pm
7pm-8.30pm

THURSDAY 10am-11am
5pm-6pm
6pm-7pm
7pm-8.30pm

SATURDAY 10am-12noon

SUNDAY 10am-12noon
Brown & Black Belts Only

KINGSTEIGNTON

All classes held at Kingsteignton OAP Club,
Oakford Lawn, Kingsteignton

FRIDAY 6pm-7.30pm

TORQUAY

St Martins Church Hall, Barton Hill Road,
Torquay

TUESDAY 6pm-7.30pm

St Lukes Lower Hall, Sheddons Hill Road,
Torquay

FRIDAY 6pm-7.30pm

PAIGNTON

Paignton Community College, Waterleat Road,
PAIGNTON. Drama studio

MONDAY 6pm-7.30pm
WEDNESDAY 6pm-7.30pm

**Parkfield Leisure Centre, The Esplanade,
Paignton**

SATURDAY 10am-11.30am

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

TUESDAY 6pm-7.30pm
THURSDAY 6pm-7.30pm

CHUDLEIGH

All classes held at The Town Hall, CHUDLEIGH

MONDAY 5.30pm-7pm Large Hall
WEDNESDAY 6.15pm-7.30pm
Woodway Room

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

Core Fitness

A MULTI-STYLE FITNESS WORKOUT

Fridays 6.30pm-7.30pm Newton Abbot Dojo
£5 per session
First Session Free



Volume 8 Issue 11 November 2014

Karate Academy

Ju-ichi-gatsu

What a month October was. With all the stresses of the Dan grading and seminar behind us we are now in a position to take our lessons on board and move towards a positive future. January is very close by, and lots of people will make New Year's Resolutions. Why wait? We can start making progress now. We don't need January 1st to make a change. We might even consider that we are getting a head start on everyone else...
John and Kim

BAMA Weekend

The British Association for Martial Arts held it's annual convention at the Newton Abbot dojo in October. Our guest instructors were **Martyn Harris** sensei, **Neil Ellison** sensei, and **Anthony Blades** kyoshi. We were treated to a classic weekend of training in the combative arts, and if you missed it then you really missed out. On Saturday Mr Blades announced that Neil Ellison was to be promoted to 6th

Dojo Traditions

Yame - Quit. Stop doing what you are doing. Immediately. **Matte** means wait, and is commonly used in Judo. **Yame** is a more final type of command. The important thing here is that it is not about "shutting down", and awareness must be continued.

Dan! That evening we went out for Tex-Mex at Rio Grande as organised by Clare Potter. Cheers Clare.

Dan Grading

On Saturday 25th October we were proud to announce that **Richard Carrick** sensei had been awarded *Yondan* (4th degree Black Belt). As Sunday 26th rolled by we were pleased to announce that **Ross Chesterton**, **Jim Wight**, and **Clare Potter** sensei had all passed their *Sandan* (3rd degree Black Belt) examination. Our new *Nidan* holders are **Cat Maslin**, **Nicola Carrick**, and **James Warren**. And the list of successful *Shodan* holders now includes **Andrew Power**, **John Drew**, **Samantha McCarthy-Patmore**, **Leah Watson**, **Jessica Alger**, **Grace Pitts**, and **Adam Castle**!

Well done all, it was hard-earned. You must be proud of your accomplishments but not rest on your laurels. Now the hard-work begins.



Grading Results

On Sunday 2nd November the following students successfully passed their grading examination.

1st Kyu
Carl Withers

2nd Kyu
Cain Power

3rd Kyu
Luca Martinez, Nathan Rowe,
Summer Wight

4th Kyu
Jack Burley, Ewan Hale

5th Kyu
Samantha Bowles, Finn Hearn,
Connor Lee, Isaac Spurrier

6th Kyu
Noah Taylor

7th Kyu
Adam Craig, Jamie Griggs

8th Kyu
Luis Vizcaino

9th Kyu
Anna Hinds, Lyta Kerr, Jo Wells

The next kyu grading will be held on Sunday 14th December.

If you want to be included in the next grading examination, you need to show your instructor that you know all the parts of the syllabus by the end of November as the last two weeks before a grading should be time to refine your techniques, not still be learning them. Students who train twice a week should aim to grade every three-four months. Students who only train once a week will take longer.

Lotta Bottle

Available Now! Karate Academy 500ml Water Bottles. Just ask your instructor. Members' price £5 each or £9 for two.



Thanks

Big thanks to Paula Hickin-Botham who is going out of her way to distribute leaflets in order to get people to try out the Core Fitness classes on Friday night in Newton Abbot. For any class to continue there have to be people who are using it, just to cover the costs if nothing else; so new members are always necessary and Paula's efforts are greatly appreciated. Also thanks to Josie Hext's mum and Laura Plumb for distributing some Karate leaflets.

Titles

Not to blow our own trumpet, but to avoid misunderstandings, the awards that were made to John Burke and Martyn Harris at the BAMA seminar were that both now have the title **Renshi**. This is a title meaning "polished expert" and is totally separate from any Dan ranking. The titles were awarded by Kyoshi Anthony Blades.



Did you know that Karate Academy has its own facebook page? If you are on facebook, please look at it so you are kept up to date with the latest news and announcements.

Birthdays

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

3rd Callum Endacott
4th Oakley Watkins
5th Damian Kitt (Big 4-0)
8th Nikita Clarke
10th Jamie Brown
20th William Hemus, Frederick Leach
22nd Nicola Carrick
23rd Lee Barber
27th Olivia Harrison

Happy Birthday to You

Dates for your Diary and Timetable exceptions

Sunday 2nd November Kyu Grading
Tuesday 11th November No Torquay Class
Sunday 23rd November Ladies Self Defence 1-4pm
Sunday 14th December Kyu Grading
Sunday 21st December Special Lesson & Annual Awards

Last Word

Some dojo don't allow people to observe. You have to wait outside while training is on. Most of the time we are fine with people watching. We have nothing to hide. In fact, we want parents and families to take on board the messages that we try to get across so that they can be reinforced at home. The only time that people watching becomes an issue is when they cease to just observe. We know that most of the time they are just trying to help their child by calling out on what they are getting wrong, but they are actually causing more upset by doing so. The child may not understand Sensei. The child will not come to understand Sensei when there is a constant diversion of their attention away from Sensei. It's about the student getting mixed messages. "Okay, you're going to Karate to listen to Sensei. While you are there I am going to interrupt. You must not interrupt." So what are we to do? Well, the best way is if the parents are actually training too. Then they will understand that it is not easy, that there will be confusion, and that if Sensei chooses not to correct something it is probably because there is a far more important issue at hand and it is *that* one that needs dealing with rather than which leg is out in front...

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

Oss

New Members

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

Ben Rogers, Harley Leggatt, Rowan Booker (Ashburton)
Callum Endacott (Kingsteignton)
Josie Baxter-Hext (Chudleigh)
Ciwan Ozbek, Sevin Ozbek (Newton Abbot)
Ce'sar Boothe (Paignton)
Rowan Walia (Totnes)
Logan Smith, John Joe Van-Martins, Jake Van-Martins (Torquay)

And the welcome return of
Olivier Petit (Newton Abbot)

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

Don't wait for a "Buddy Day" to bring a friend along.

