

Class Schedules 2016

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

NEWTON ABBOT

All classes held at Karate Academy,
King Street Studios, King Street
NEWTON ABBOT, TQ12 2LG

TUESDAY	10am-11am 5pm-6pm 6pm-7pm 7pm-8.30pm
WEDNESDAY	4.30pm -5.15pm LITTLE WARRIORS 6.30-7.30pm LADIES ONLY
THURSDAY	10am-11am 5pm-6pm 6pm-7pm 7pm-8.30pm
SATURDAY	9am -9.45am LITTLE WARRIORS 10am-12noon
SUNDAY	10am Brown Belts and above only.

TORQUAY

St Martins Church Hall, Barton Hill Road,
Torquay

TUESDAY	6pm-7.30pm
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PAIGNTON

All classes held at Paignton Community
College, Waterleat Road, PAIGNTON.

Performing Arts Suite	
SATURDAY	10am-11.30am
WEDNESDAY	6pm-7.30pm

EXETER

CRANBROOK Education Campus

WEDNESDAY	6-7.30pm
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KINGSTEIGNTON

Kingsteigton OAP Club,
Oakford Lawn, Kingsteigton

FRIDAY	6pm-7.30pm
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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

MONDAY	6pm-7pm
WEDNESDAY	6pm-7pm

CHUDLEIGH

The Town Hall, CHUDLEIGH

MONDAY	5.30pm-7pm
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Volume 10 Issue 11 November 2016



Eleven Twelfths

Halloween just gone. Bonfire night this month. Then Christmas. This year is flying by, and we need a timely reminder to stay safe in the dark evenings. That might be as simple as wearing reflective clothes while out walking, remaining aware of others, including traffic. It might mean avoiding those places where fools dressed as clowns might linger. Getting in the dojo regularly, and hearing those safety messages repeated keeps our awareness at peak performance levels. Self Defence starts with looking after yourself.
John and Kim

Ladies Self Defence



For the last time this year, Clare Potter sensei will be teaching her popular Ladies Self Defence class at Newton Abbot dojo. On Sunday 20th November from 1-4pm, ladies will be welcome to come and train with Clare. To enjoy the class you don't need to have any prior martial arts training. It is suitable for most ages, but strength and fitness are not a requirement. It is only £10 per person. The participants wear clothes they can exercise in, though it isn't an exercise class it is good to be able to move. It is just about practical, simple techniques that work for everyone, regardless of their size or strength. Please book your place by calling 01626 360999 or email clare@KarateAcademy.co.uk

Dojo Traditions

Tsuchi 土 - Earth. In our training, it is vital to be grounded in our attitudes and in our technique. Fanciful things don't serve us well. Stability in stances and solidity at the moment of impact for our technique is the quality of earth. It can be said that the ground is powerful, because with it we can get an equal and opposite reaction.

Newton Abbot Parking

We would like to remind all members and their families that the **Resident Permit Holders parking bays must not be used** when training, picking up/dropping off at King Street Studios unless you have said permit. The parking bays at the Academy itself are for the instructors. Most of you are really good and conscientious, but a few cause us to receive complaints from residents about what they perceive as "our" behaviour...



World Karate Day - 100 Kata Challenge

On Saturday 22nd October students in Newton Abbot, Paignton and Oldmeldrum did 100 kata to celebrate World Karate Day in league with the 100

kata challenge group in Okinawa. Congratulations to all who took part.



Renshi Harris (5th Dan) Yara Kusanku Seminar Sunday 11th December 2016

Yara Kusanku is the name of a kata, similar to our *Kanku Dai*. Learning this version can help us to see similarities and differences in styles and lineages in Karate. **Renshi Martyn** is a respected teacher, and everyone can benefit from this seminar.

10am-2pm All grades welcome.
£25 per person

To book your place call 01626 360999,
email kim@karateacademy.co.uk



Dedicated to Black Belt Excellence

Yara Kusanku

Most of Shotokan Karate is related to movements found in the Kanku Dai or Jion kata. On Sunday 11th December 2016 we will be hosting **Martyn Harris renschi** teaching the version of Kanku known as *Yara Kusanku*.

This provides us with some interesting differences and similarities, so that we might gain further insight into our own kata. Even the Heian kata are based on Kanku Dai movements.

This course will take place at Newton Abbot dojo at a cost of £25 per person.

The South West Karate Experience 2017!

Come and train with us on the beach at the end of half-term, 2nd-4th June 2017, Perran Sands Holiday Camp. We'll be training on Perranporth beach, where we know there is a tide, sand, and surf.

The Haven centre has Archery and Golf, Swimming, and evening entertainment, and on Saturday night we will get together for a pizza party where the Karate Academy supplies the pizza. We'll have a weekend's training, and down-time. The caravans are self-catering, and we'll be booking people in to make best use of the space we have. It's only £125 per person. You can book your place with a £30 deposit and pay the balance in easy monthly instalments.

121s

Please make a note of your appointment in your training diary. Please use the private lessons for clarification and help with things we may not have had enough time for in class. Please be early and get yourself warm before the allotted time, these lessons are short and might be wasted if the student is not prepared. If you are unable to make a booked session, please let us know as soon as possible so we can offer the slot to another student.

Grading Results

On 8th October we recognised the following Little Warriors for moving on to the next step in their development:

Green stripe

Emily Dungey, Ryan Paul

Yellow Stripe

Nathan Dungey, Korben Simpson

Red Stripe

Max Battong, Eric Farrelly

Orange Stripe

Joshua Adams, Amy Baker,
William Baker, Isabella Chombunchuay,
Zac Cutler, Daniel Monnington-Hayes,
Isla Perry, Charlie Pitchford,
Sunny Weedon, Joby Wiggin

On 16th October the following individuals, after a hard test, were recognised at their new grades:

1st kyu

Sam Bowles, Charlotte Pitchford

2nd kyu

Elisabeth Cazier, James Ellis
Catherine Flannery, Olivia Harrison

6th kyu

Catherine Driknall, Gareth Saunders

7th kyu

Daniel Turney

8th kyu

Eva Perry

9th kyu

Matthew Daborn, Emily Dungey,
Alfie Gill, Wil Hodgkinson-Reeves

Students are given permission to take the grading examination when the instructor thinks they are ready. The only way to illustrate that you are ready is in class, with the right attitude and attention each week. The last kyu grading of 2016 will take place on Saturday 17th December.

Dates for your Diary and Timetable exceptions

Thursday 10th November—No Ashburton class due to school function.

Saturday 12th November—No Little Warriors Class. Students welcome to attend 10am class.

Sunday 20th November—Ladies Self Defence, 1-4pm Newton Abbot. £10 per person

Tuesday 6th December—No Torquay class due to hall availability.

Sunday 11th December—Martyn Harris renschi teaching *Yara Kusanku* in Newton Abbot.

Saturday 17th December—Last kyu grading of 2016.

Sunday 18th December—The Special Lesson

Birthdays

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

1st Joseph Harding
3rd Debbie Whitefoot
5th Jim Klassen, Kazimierz Russ
12th Reuben Racey
15th Ed Cochran
17th Danail Karaivanov
22nd Nicola Carrick sensei,
Aiden Draper, Nicola Parker
27th Olivia Harrison
29th Gareth Saunders

Happy Birthday to You

New Members

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

Tim Crout, Phoebe Crout, Sky Traynor, Charlie Martin, Serena Bennett
(Newton Abbot)

Esme Kenny, Riley Whitefoot
(Little Warriors)

Alex Shilston (Chudleigh)

Sarah Cobby (Ashburton)

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

More Travels

Seminars with Renshi John have recently been conducted in Doncaster and Scotland. In case any of you wanted to come along, it is only right to let you know when and where these things are... November 12th there is a Dan grading examination for Martyn Harris's students in Cardiff. December 3rd marks Martyn Skipper sensei's 40th Anniversary of starting training, so there will be a celebration lesson and meal in Manchester.

Last Word

People start to get excited as we come into the "holiday season". They start to lose their common sense. Selfish acts on the roads and in the shops get more commonplace despite how we're "supposed" to be feeling generous and thankful for what we have. Our best defence in these matters is to be the way we expect others to be. If we want more people to be courteous then we must be courteous. If we expect more people to be generous then we must be more generous. It isn't about religion or nationality, just common decency, and that makes it about martial arts. Our fighting skills teach us how to control our aggression, and our release of tensions into the pads means we don't feel the need in social situations. Indeed, we tend to be the peacemakers just because we understand the outcomes of violence. The best way we can help others is to be examples of how we think we should be.

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

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

Karate Academy

