

New Members

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

Heston Brocklehurst, Aiden Teague
(Ashburton)

Ella Lewis (Cranbrook)

Phil Gregory (Torbay)

Matthew Rowland, Zac Jary, Lilly Prior,

Jack Dymond (Newton Abbot)

Megan Underhill, William Underhill,

Thomas Oran (Little Warriors)

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

days after the event. Thank you all, who made, donated, or bought cakes for the event. We managed to raise £209.85 for the Macmillan Nurses appeal.

Timetable Addition

Our additional Little Warriors class is growing week by week. This now gives them 3 classes a week to choose from, Mondays 5pm-5.45pm, Wednesdays 4.30pm-5.15pm and Saturdays 9am-9.45am. All classes held at the Newton Abbot dojo.

Little Stars

Our Little Warriors are recognised in class as to who has the best attention or most improvement in class each lesson. Our Star of the Day is awarded a certificate. In the past month we have had:

4/10 William Harvey
7/10 Brody Simpson
9/10 Ryan Paul
11/10 Jess Power
14/10 Sunny Weedon
16/10 Charlie Pitchford
18/10 Lucas Daborn
21/10 George Jones
23/10 William Bath
25/10 Theo Shepherd
28/10 Ethan Sanson
30/10 Emily Bath

Hospital Toy Drive

The Karate Academy and PE Services are carrying out a gift drive for the Louisa Carey children's ward of Torbay Hospital for Christmas. We would be very grateful to anyone who would like to donate. It doesn't have to be a new present. The age range cared for by the hospital is newborn to 19 years old.

Please drop presents in at the Newton Abbot dojo, at PE Services or directly with Sensei Clare.

Macmillan Funds

The Coffee Morning brought in so many cakes that we continued to give them out in return for a donation for the next few

Last Word

Pressed for time. Again. So much to do, and time passes us by. That's why we must enjoy every moment we have been given. It's a choice. Deliberately, dare we say "mindfully" - enjoy what time we have. We can still work hard, strive, and seek more of the things we want from our time here. It isn't an excuse to just vegetate because we're just "enjoying ourselves". Just an opportunity for reflection. Breathe. Take in the sensations around us. Sights, smells, tastes, sounds, feelings. To be actively present in each moment. We try to use these principles in the Dojo. We also try to make them part of our lives outside the Dojo. Without this contact and reinforcement from the Dojo how quickly will the lessons learned fade away? Without the message being reviewed (frequently) how quickly would we fall back into our old habits? Unfortunately we have seen it often. What can we do? Keep training. Keep striving. Keep offering. Those who are ready to have Karate will find their way to us. Proud to be the Keikokai. See you in the dojo. **Oss**

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Karate Academy

ELEVEN TWELFTHS

The end of the year is now fast approaching. We start to get swept up in school plays and Christmas events. There are Karate events too: kyu grading, Dan grading, Zanshin seminar, and competition in our club alone... Yet all these things are distractions from the day-to-day ongoing training. If we miss a session we should try to catch up with one of the many other lessons available from the timetable. For progress to be made we need regular practice.
John and Kim

Zanshin

When we ran the Zanshin seminar earlier this year we used the line that it would help to increase our awareness and that this would help with Karate. The lure got people into the room, and then they got a surprising kind of lesson. It wasn't action-packed. It was actually about presence of mind. People who didn't come said they would have loved to have come if they had known what it was going to be like. So Sensei Andrew is doing it again. Dynamic Awareness. It's all about controlling our breathing, and heightening our awareness.

The seminar is suitable for all adults and senior children as sustained concentration is required.

Sunday 19th November 2017
1pm-3.30pm £10 per person
Newton Abbot dojo.

Please book your place on 01626 360999.

Kyoshi Anthony Blades

In any club it is good to have feedback on standards. The teachers brought in should be experienced, knowledgeable, and bring something a little different to the training than you get in your every-day sessions. That's why **Kyoshi Anthony Blades** has been invited to our dojo for the last 18 years. He is returning to Newton Abbot this month.

On **Sunday 12th November** he will be teaching Sandans and above at 10am.

At 11.30am the other Brown and Black Belts can come and join the class.

From 1-2pm coloured belts can join in.

Please ensure you are ready to train and warmed up prior to your session commencing. The fee for training with Kyoshi Blades will be £15 for 3rd Kyu plus (Brown and Black Belts), other grades in the 1-2pm class pay only £6.

While Kyoshi Blades is here, he will also be conducting the last dan (black belt) grading of the year. For anyone not grading this time round, come along and train to gain valuable feedback in preparation for your Dan grading.



Club Competition

Why would you want to do competition? It's not what Karate is about, is it? Correct.

Competition is only one small part of our art. It is a part that reveals our character. How do we deal with losing? How do we deal with winning? There are not many competitions that happen in this part of the country. Renshi John used to compete in London and Birmingham. Not everyone can travel those distances.

On **Saturday 25th November** we will be holding our club competition at the Newton Abbot dojo. There is a small fee of £5 per person regardless of how many categories you enter.

All students are invited to enter and Gold, silver and bronze medals plus certificates will be awarded to the winner and runners up from each category

Categories will include (subject to attendees)

- Junior and Senior Freestyle Kumite (kyu grades)
- Junior and Senior Kata (kyu grades)
- Yudansha Kumite and Kata
- Junior 5 Step Kumite
- Little Warriors Basics, Fitness & Kata.



Sign up sheets are on the board at the studios. It would be helpful if you could add your names to the categories you would like to enter as this helps with the planning of the day.

Good luck everyone



Travels

The Netherlands seminar went very well, thank you, with 20 plus people from Tang Soo Do, Kyoskushin, and WadoRyu coming together to train with Renshi John Burke. Plans are now being made to repeat the experience next year. Training in Shetland was like returning to a familiar family. This small group on a windy, cold island got stuck into Pinan Shodan applications all day on Saturday and then advanced principles on Sunday.

Kaizen Expo

The Kaizen Martial Arts Expo took place for the first time in Nottingham on Saturday 21st October.

Organisation could definitely be improved with a loud speaker and announcements, but the atmosphere was good and the mats were busy. Our guys who came along acquitted themselves nobly in sessions with Tony Bailey sensei (traditional jujutsu) and Simon Oliver sensei (practical Shotokan) as well as Renshi John's session. Well done guys.



Birthdays

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

3rd Debbie Whitefoot,
Samuel Fursdon
17th Danail Karaivanov
22nd Nicola Carrick sensei,
Aiden Draper, Nicola Parker
24th Richard Nguyen
27th Olivia Harrison,
Daniel Murphy
28th James Nguyen
29th Gareth Saunders

Happy Birthday to You

Dates for your Diary

and Timetable exceptions

Sunday 5th November Kyu Grading

Sunday 12th November **Dan Grading**,
and seminars with Anthony
Blades kyoshi.

Sunday 19th November Zanshin
Dynamic Awareness course
with Sensei Andrew Power
1pm-3.30pm £10

Saturday 25th November
Club Competition £5
Little Warriors 9am-10am
Karate 10am-finish

Saturday 16th December
Kyu Grading

Sunday 17th December
The Special Lesson & Awards
11am-2.30pm
Entrance Fee—Food



***Dedicated to Black Belt
Excellence***

Return to the Beach

Next year's South West Karate Experience will take place at the end of the Summer Half-Term holiday at Perran Sands in Cornwall.

Training on that private beach with the sea roaring as our backdrop has called to us again.

We have already booked up our initial allocation of caravans and chalets available at a special rate so anyone who would like to be added on please let us know as early as you can if you'd like to join us **1st-3rd June 2018**.

Our instructors include **Anthony Blades** kyoshi and **John Burke** renschi, and we are pleased to say that adults will have the opportunity of training with **Neil Ellison** renschi and **Martyn Harris** renschi as well.



Okinawa

Obviously, not everyone can go, nor would everyone want to. We just think it is polite to let everyone know about trips like this so that anyone who did want to go knows what's going on.

In November 2018, Renshi John will be going out to Okinawa to train. November 10th marks the 150th anniversary of Funakoshi sensei's birth, so it is important to us. A small group will be going out to Tokyo, visiting the site of O'Sensei's monument, and then journeying on to Okinawa for training and sightseeing. The cost of the trip is £3,200 per person, 4th-17th November 2018. Included in the cost is flights, transfers, accommodation in both Tokyo, Japan and Okinawa, with breakfast, training with Hokama and sightseeing tour. You will need to allow extra for dinner and gifts. Deposits of £500 are payable straight away. with the balance by September 2018 or in 9 monthly instalments of £300. So far 12 people have confirmed, if you would like to come, let us know asap so we can add you to the booking