

# Class Schedules 2015

Private Sessions are held on Saturday or Sunday 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

<b>TUESDAY</b>	10am-11am 5pm-6pm 6pm-7pm 7pm-8.30pm
<b>WEDNESDAY</b>	4.30pm - 5.15pm LITTLE WARRIORS 6.30-7.30pm LADIES ONLY
<b>THURSDAY</b>	10am-11am 5pm-6pm 6pm-7pm 7pm-8.30pm
<b>SATURDAY</b>	9am -9.45am LITTLE WARRIORS 10am-12noon
<b>SUNDAY</b>	10am-12noon BROWN & BLACK BELTS ONLY

## TORQUAY

St Martins Church Hall, Barton Hill Road,  
Torquay

**TUESDAY** 6pm-7.30pm

St Lukes Lower Hall, Shedden Hill Road,  
Torquay

**FRIDAY** 6pm-7.30pm

## PAIGNTON

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

Performing Arts Suite

**SATURDAY** 10am-11.30am  
**WEDNESDAY** 6pm-7.30pm

## KINGSTEIGNTON

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

**FRIDAY** 6pm-7.30pm

## 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** 5pm-6pm  
**WEDNESDAY** 6pm-7pm

## CHUDLEIGH

All classes held at The Town Hall, CHUDLEIGH

**MONDAY** 5.30pm-7pm Large Hall

## Ladies Only Self Defence

No Nonsense  
Course which  
shows simple  
ways to:

- Escape
- Avoid
- Control

the most common  
forms of attack  
against women.

Class led by  
Fully Qualified  
Female  
Instructor

Call NOW  
01626 360999 to  
reserve your place

Could you defend  
yourself against  
an attack?

**Sunday 8th November 2015**  
**1pm-4pm**

**Karate Academy, 8 Signal Buildings,  
Brunel Road, NEWTON ABBOT, TQ12 4PB**

**Only £10 Call 01626 360999**

**Email: Clare@KarateAcademy.co.uk**

**Www.KarateAcademy.co.uk**

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# Karate Academy

## Eleven Twelfths

It gets hectic, from here on in, doesn't it? Holiday events and meetings and shopping and all sorts on the run up to Christmas. During all that it can sometimes be difficult to find time for little old Karate. But if you are not there then skill levels drop off quickly. So, be disciplined. Make just a little time each week for Karate classes. You have 6 days to choose from (7 if you are above brown belt). Get there and persevere. We have interruptions to the timetable, too, so we let you know about them as far in advance as we can. Train wisely. John and Kim

## BAMA!

What a weekend. The British Association for Martial Arts held it's annual Devon seminar on Saturday 10th October 2015. It all began the night before: Friday saw excellent effort from the Dan grade candidates as a our senior students turned out to support those testing under **Kyoshi Anthony Blades** and **Renshi John Burke**. The concentrated sweat session was a great show of spirit.

## Dojo Traditions

**do (道) jo (場) kun (訓).** - The *Dojo* is the Place of the Way. In our case, the Way of the Empty Hand. *Karate-do*. *Kun* means Advice. The JKA dojo kun is very short and abrupt. Funakoshi sensei's *niju kun* is his 20 admonishments for the development of the practitioner. Both of them appear in your training diary. They are rules for etiquette and behaviour.

On Saturday we welcomed **Renshi Neil Ellison** and **Renshi Martyn Harris** along to teach us, also. We kicked off with Clare Potter sensei revealing the secrets of relaxed movement, then into how to turn that into a great big clout with Harris renschi. Ellison renschi then showed how Xing Yi Quan forms fitted into that idea. Amazing how it looked just like our Oyo! After lunch there was a flow session with Blades kyoshi and then the two Renshi passed the torch from one to the other while enhancing the idea of flow in combat. Burke renschi, finally free of his grading duties, got to come on and do a bit with Yoi and the Empi kata, then it was over to Richard Carrick sensei and Lee Warren sensei for a round-up of ideas.

In the evening many of us went out for a lovely meal at a nice little venue here in Newton Abbot.

Sunday morning saw additional training for those who could make it, as Renshi Neil and Renshi Martyn stayed on to do a bit more, including teaching the Aragaki Unshu kata. Those who couldn't make it really missed out. It's so important to put yourself in front of the Black Belt examiners, no matter what your current grade.



**Dedicated to Black Belt Excellence**

## Grades Won

During the weekend, **Richard Carrick** was awarded the title **Tasshi**, meaning Expert. **Kieran Osborne** became our youngest ever **Nidan**. **Janet Drew** was awarded **Nidan**. **Carl Withers** and **Lewis Barlow** both succeeded in achieving **Shodan**. Congratulations all. Now the hard work begins.

## Ladies Only Self Defence

Clare Potter sensei's popular Ladies Self Defence class is much in demand, with calls for it to be held in Cardiff on 22nd November. So that locals don't miss out they can have their opportunity to train **8th November 1pm** in Newton Abbot. If you've done it before you know you need practice. If you haven't done it before you *need* it now.

## 2016 Butlins Training Camp

We are happy to confirm that the teachers on the Minehead course next year will include **Kyoshi Anthony Blades** (7th Dan), **Renshi John Burke** (5th Dan), and **Renshi Martin Harris** (5th Dan). Booking forms can be picked up at the Newton Abbot Dojo, downloaded from the Facebook page, or call to have one sent to you.

## World Karate Day

25th October 2015 was World Karate Day. In Okinawa they began a 100 Kata Challenge to commemorate. 27 of us got together to do so as well.

## Bully Buster

The Saturday 24th October workshop was for the children. It isn't strictly about martial arts, and yet it relies heavily on the principles that we teach. 5-16 year olds who train or are invited along by

people who train can learn posturing, verbal control, and basic physical skills for dealing with the attacks that we receive in our daily lives.

## Grading Results

The **Little Warriors** gathered on Saturday 31st October for their Stripe Test. The pre-martial arts class undertook to show just how far they had come in the last 12 weeks. The following students were awarded their

### Orange Stripe:

Emily Dungey, Nathan Dungey, Alfie Gill, George Goodenough, Isaac Hinds, Wil Hodlinson-Reeves, Ethan Kirkbride, Leilani-Rosa Mejias-Evered, Ryan Paul, Eleanor Randle-Jones, Isobel Randle-Jones, Thomas Sinclair, Elesha Stretton

The **kyu grading** that took place on Sunday 1st November at Newton Abbot dojo was attended by people testing and by those who wanted to support their fellow students. The following people were examined and promoted to the ranks shown here:

### 1st kyu

Phil Hale, Steve O'Brien

### 2nd kyu

Andrew Bellinger

### 3rd kyu

Olivia Harrison, Cas Power

### 4th kyu

Adam Faulkner, Catherine Flannery, Charlotte Pitchford

### 5th kyu

Adam Craig, Paul Thompson

### 6th kyu

Demi Howard

### 7th kyu

Malcolm Cleal

### 8th kyu

Amelia Hinds, Beckii-Claire Leggatt, Logan Smith, Gonzola Silva

### 9th kyu

Yokesh Ganesan, Jack Gibbon

Congratulations, now the hard work begins. To be invited to grade requires nomination by your instructor. They will be happy to do this once they have seen in class that you have learned all the necessary requirements. You are under continuous assessment and will only be put in for the grading examination once your instructor feels you are ready.

## Birthdays

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

1st Joseph Harding  
3rd Callum Endacott  
4th Oakley Watkins  
5th Damian Kitt, Jim Klassen  
8th Nikita Clarke  
10th Jamie Brown  
20th William Hemus, Frederick Leach  
22nd Nicola Carrick sensei  
23rd Lee Barber  
27th Olivia Harrison  
29th Gareth Saunders

**Happy Birthday to You**

## A Note about Photos

Of course we are delighted for our family members and friends when they pass a grading or take part in a big event. And we want pictures to commemorate the day. We are also very considerate when it comes to other people's privacy. Please be careful when you take pictures of people in the dojo. Not everyone wants their face all over social media. Some members actually have *legal restrictions* on having their picture published. If in doubt, keep it to the **KeikoKarate** Facebook page, where we have approved everyone who is able to see it. Or take posed pics at the end of an event when others are not present.

## Last Word

Standards are what they are. Plenty of other places have low standards. Some places have standards that are ridiculously high (your *kekomi jodan* must be left out at throat height until the examiner calls *yame*). We try to take everyone at their merits. You being your best. Some people are capable of more than they actually do. That's not trying and it's not success. Some people achieve a lot less but it is the very best they can manage. That's overcoming obstacles and working hard. I know by which standard I want to be judged. I know what I aspire to. That's why I keep working to get there, and why most of you do, too. The examiner can see things that you might not be able to. That's why we have them. Put yourself in my dojo and you give me the right to judge as well as help and advise. Please don't come to my dojo unwilling to take the advice which you claim you want. If you do take it, then you will succeed. Proud to be the Keikokai. See you in the dojo. **Oss**

## Dates for your Diary and Timetable exceptions

**Sunday 8th November Ladies Self Defence** class. 1pm-4pm £10 per person.  
**Sunday 22nd November - Ladies Only Self Defence** in Cardiff.  
**Saturday 28th November - Dan grading** Cardiff.  
**Saturday 5th & Sunday 6th December** - no Newton Abbot karate class due to hall booking from 10am. Little Warriors as normal  
**Sunday 13th December—kyu grading** Newton Abbot  
**Tuesday 8th December—No Torquay class** due to Church service.

## New Members

The Karate Academy is pleased to welcome the following new members who joined during the month of October:  
**Ruth Dungey, Harvey Johnson, Sue Jones, Toby Jones, Rhys Sallery, Thomas Sykes, Kelly Turney, Samuel Williamson, Thomas Campbell** and Little Warrior **Eva Perry** (Newton Abbot)  
**Oliver Rowsell, Olivia Lamare** (Torquay)  
**Kodey Mae Cooper-O'Donnell** (Ashburton)

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

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