

# Karate Academy

TEN!

Volume 6 Issue 10 October 2012

## October Oscillates!

This month marks the middle of our term. The people who are starting out on new grades (including new members) are beginning to "get it", we're over the "too new" phase and we're not yet accomplished. It's not Christmas yet, though some would have you think it is. Our big event is only a few days away, and we're very excited. My guests are always a treat to learn from.

All of the interruptions to our normal schedule have a roll-on effect, so please make sure you book your private lessons etc, because there are some disturbances to the normal order this month.

The seminars are fun and informative, and you need your regular lessons, too.

Our contact details are [info@KarateAcademy.co.uk](mailto:info@KarateAcademy.co.uk) or call 01626 360999 or join us on Facebook (look up Karate Academy).

John and Kim

## Timetable Changes

Newton Abbot. Sunday 5.30pm class has been scrapped because it is under-utilised. The Brown & Black Belt lesson has been extended so that we can cover more of what the Brown Belts and Black Belts need.

## Office Closure

This hardly affects October, but advanced notice is better than no notice. The Karate Academy administration office will not be available from October 30th to November 17th inclusive. The telephone will not be manned and emails will be answered sporadically. Sorry, but we need a holiday. You all had yours in the summer, we're taking ours at the start of November. Most classes are on as normal.

## Women's Self Defence

Once again, Clare Potter sensei put on a great course for the ladies at Newton Abbot dojo. On Saturday the 29th September we had a full class thanks to her rallying efforts, and got stuck straight into a burst of no-nonsense practical self protection techniques that don't rely on strength and can overcome attackers of any size. The nights are drawing in, now, and it becomes more important that girls know how to look after themselves. We were especially happy to see some of the teenagers attending this course, which has primarily been for grown-women before.

## Video Developments

The Members' Website has a new page with the Syllabus Videos available for download. That means they are with you instantly (well, dependant on your download speed) and cheaply (\$12.50, approx. £8.40 instead of £15). DVDs are still available through your instructor if you prefer.

The Syllabus videos feature John Burke sensei for tuition, with demonstrations by James Smith sensei and Mike Daniels sensei. You can see exactly what is required for your grade's Basics, Kumite, Kata, and Oyo, and Bunkai for the higher grades. Video at home can really help parents

who want to help their children to do it correctly, and also adults who need to check on whether their recollection of what was said in class was correct.

Please go to the Members' website and download yours today.

They make an excellent resource library.

## BAMA!

13th & 14th October 2012 see our big event of the year. The senior instructors of the British Association for Martial Arts will be teaching in Newton Abbot, Devon.

*You all should be there.*

Training begins on Saturday 13th at 10am with John Burke (5th dan) sensei, then at 1pm those who are taking a Dan grading will be hived off under the supervision of Sensei Burke and **Martyn Harris** (5th dan) sensei, while **Neil Ellison** (5th dan) sensei takes the rest of the group.

Sunday sees a round-robin of all the instructors overseeing those grading and the classes will deal with elements as diverse as Ippon gumite, Bagua, Xing Yi, Okinawan Kempo, and kata bunkai.

The course is suitable for all grades. The training is long but friendly and not too formal. Adults in particular will benefit from training with these senior instructors.

Juniors will preferably be senior grades. Costs for the whole weekend are only £25 per person. Please book your place on 01626 360999

Unfortunately *Stuart Howe sensei* is going to be out of the country for the whole of October and will not be able to come and teach us on this occasion. Those of you who have not yet trained with Sensei Howe have really missed out. Please don't miss out on training with our other guests: Martyn Harris sensei and Neil Ellison sensei. Things change in this world so quickly, you must get your training in with them while you can.

## New Members

The Karate Academy is pleased to welcome the following new members who joined

during the month of September:

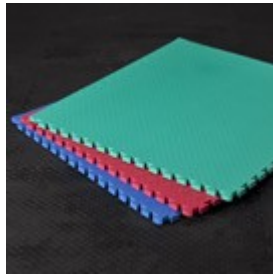
Ashburton	Walter Fisher-Barnett
Chudleigh	Finlay Kinmond
Newton Abbot	Carl Withers



***Dedicated to Black Belt Excellence***

## Mats for Sale

We have a quantity of Red or Green 1mx1mx20mm used training mats for sale. Before we list them on ebay we are offering them to our current members. They make a great floor in a garage, or even in the garden. Create your own training area. If you are interested in purchasing some mats, please call Kim on 01626 360999 for a price.



## Birthdays

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

2nd Francesca Keirman, Connor Patmore  
3rd Dave Floyd sensei, Shana Osborne  
4th Jon Ward sensei  
10th Jim Wight sensei  
11th Ethan Bradshaw-Price  
17th Ruby Simmons sensei  
18th Zack Morgan sensei  
19th Finlay Kinmond  
20th Walter Fisher-Barnett  
21st Dave Pickhaver sensei  
25th Corey Edworthy  
27th Lorraine Alderson  
28th Jake Hollingshead  
30th James Antcliff, Matthew Keirman

**Happy Birthday to You**

## Grading Results

Members who are considered to be of the right standard are tested in an exam, and on Sunday 30th September we had one such test at the Newton Abbot dojo.

The results are as follows:

### 2nd kyu

Adam Castle

### 3rd kyu

Jess Bailey

### 4th kyu

Tabitha Morgan

### 5th kyu

Henry Morgan

### 6th kyu

Hannah Tribble

### 7th kyu

Finn Hearn, Cain Power

### 8th kyu

Luca Martinez, Melanie Morrison, Eachann Sheils, Stephen Brand, Linsey Budge, Samantha Bowles

### 9th kyu

Jasmine Martinez, Charlie Wright, Fergus Lloyd, Connor Edwards, Nathan Rowe

Congratulations one and all. Now the hard work starts

as you move forward towards your next test.

In order to be sent a grading notice (the only way that you can take part is to receive and return one of these) you must show that you are eligible in class. Your instructor will give you a notice when you are good enough to take the test. Your job is to make sure you are good enough.

## Dates for your Diary and Timetable exceptions

**Saturday 6th October** No Newton Abbot lessons

**Sunday 7th October** One Newton Abbot class, 5.30-7pm. Advanced training.

**Tuesday 9th October** No morning class.

**Sat 13th-Sun 14th October** BAMA Seminar and Black Belt Grading. No regular lessons on Sunday.

**Saturday 20th October** No Torquay class due to wedding at the hall.

**Sunday 28th October** No regular Newton Abbot class due to Kyu Grading

**Tuesday 30th October** No Newton morning class.

## Last Word

The giant who heads Microsoft, Bill Gates, gave a speech at an American University. He was straight talking instead of the puffed up bravado that often comes with leavers' speeches. As well as telling people that they should be nice to nerds, because they might end up working for one, he also

stated that the idea that you could re-take exams until you passed was not relevant to the real world. In the real world things have to be right at the right time or they fail to be of use. Here at the Karate Academy we can have it both ways.

You CAN resit exams until you get them right.

You MUST have your skill-sets in place should you ever need them.

It is a matter of degrees. Exams here mark the movement from one area of learning to another. Skill sets for the real world require that your actions and attitudes match the required outcomes.

What does this mean on the dojo floor?

You can't repeat the same mistakes and expect a different outcome. That's madness. To move on and move forward you need to adapt and adopt the things that your teachers are telling you. You need to change the habits that you have developed.

Sometimes people feel stuck in a rut.

They are. For as long as they are willing to stay in that rut. We can help you to get out of it, and sometimes the advice might not be what you want to hear, but there is no pleasure in being harsh for the sake of it. All advice in the dojo is there to aid your development.

So come and get some.

- Regular classes.
- Private lessons.
- Seminars.
- Reading material .
- Viewing material.
- Training every day.

There's no-one offering what we offer.

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

