

Karate Academy

October

From the Top!

The nights are drawing in, the clocks go back on Sunday 27th October. Christmas is coming once again. As it's Karate that we're interested in, and Karate is all about self-defence, can we once again remind members that travelling by road, whether on foot, bicycle, or by car, gets more dangerous now that visibility is becoming harder. Take care, because you cannot trust other road-users to take care of you. Stay safe, stay warm, enjoy the season.

John and Kim

BAMA Seminar 2013

Over the weekend of Saturday and Sunday 28th & 29th September, we enjoyed some great tuition at the seminar of the year.

Renshi **Anthony Blades** (6th dan), Sensei **Neil Ellison** (5th dan), and Sensei **Martyn Harris** (5th dan) joined Sensei **John Burke** (5th dan) in Newton Abbot for a weekend of martial arts. Xing Yi/Bagua, Kempo, bunkai, kata, you've never seen people smiling so much carrying bruises like these! Many thanks to everyone who supported the event. Unfortunately, Stuart Howe Sensei was unable to join us this year, which just brings to bear the point we continually make in class—get to the seminars while you can. Train with our guests while you can. You never know when you will get another opportunity, and once the opportunities are gone you don't want to be the person who "wishes they could have been there"...

Our New Dan Grades

We are very proud, and pleased to announce, that on Sunday 29th September, Chief Examiner for the British Association for Martial Arts, **Anthony Blades** (6th dan, rensi) awarded **Zack Morgan** sensei his Nidan (2nd degree). **Natasha Barlow** was awarded Shodan (1st degree). The pair had been through a gruelling test, being assessed in the seminar, as well as more formally in a technical capacity of basics, kumite, kata, oyo, theoretical and practical application.

Now the real learning begins...



Dedicated to Black Belt Excellence

Brown and Black Belt class

There will not be advanced classes on the 6th due to the kyu grading, or the 20th due to TMAX in Coventry, or 27th due to Sensei John being in demand in Oldmeldrum, Scotland. That means that October Advanced class will only take place on Sunday 13th. Hopefully we'll get some more in November.

TMAX

The Martial Arts Expo is taking place in Coventry this year. The Ricoh Centre is the venue, and the dates are the 19th & 20th October 2013. John Burke sensei has been invited to teach a Bunkai Workshop (free to event attendees) on Sunday 20th. All welcome. Please contact TMAX to book your place on the workshop

Kingsteignton Class!

Some small changes to the timetable this month to give us a bit more time over at the Oakford Lawn club. Our little group grows stronger over there, so we have increased the lessons to 5.30-6.30pm and 6.30-8pm. All grades are welcome.

Kyu Grading

The next kyu grading is on Sunday 6th October.

The lesson begins at 10am, and anyone can attend, whether they are grading or not.

New students often wonder how they will know if it is the correct time to grade. The answer is that when you have shown in class that you can perform to the required standard, your instructor will present you with a "grading notice" - basically an invitation to take the test. Getting a grading notice doesn't mean that you have passed, it means you have permission to take the test. It also assumes you are going to continue to work on, and improve, your skills leading up to the test. If you get a grading notice on 22nd September and then you don't train until the 6th October you should take it that the notice has become void.

Approximately 26 lessons or three months' worth of training twice per week is usually what is required. For some it is longer, and for some it is faster, but if you have been in a coloured belt for more than 3 months you might like to seriously ask your teacher what you need to do to change that colour.

Fleeced

No, not the £7,000 I'm owed. We have a limited supply of adult fleece jackets. Blue, Grey, Men's, Women's, M, L, XL. Please call 01626 360999 to check for availability. They have the words "Karate Academy" across the back, and the Keiko Karate club logo on the left breast. Only £19.95 each. They work great as an "over-gi" too.



Dojo Tip

Go and stop. When stepping in front stance (zenkutsu dachi), we will often make mention of the projection from the current front foot to drive you forward. This is like stepping on the accelerator pedal in a car. We sometimes liken the "instant stop" feeling of finishing the technique as the other leg comes to the fore as being like stepping on the brake pedal in a car. This is not quite the full picture. There needs to be a second small burst of forward motion from the new front foot in order to get the knee into the right position. This becomes a "pulse" or "wave". The burst is more likely to provide "shock" on impact instead of pushing.

Birthdays

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

- 2nd Connor Patmore, Francesca Keirman
- 3rd Dave Floyd sensei (milestone), Shana Osborne
- 4th Jonathan Ward
- 6th Zaffron Birmingham
- 9th Max Sabine
- 10th Jim Wight sensei, Kathryn Birmingham
- 17th Ruby Simmons
- 18th Zack Morgan sensei
- 20th Walter Fisher-Barnett
- 21st Dave Pickhaver
- 23rd Victoria Witts
- 25th Corey Edworthy
- 27th Saski Nicholls, Lorraine Alderson, Finlay Coulson
- 28th Jake Hollingshead
- 30th James Antcliff

Happy Birthday to You

New Members

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

Newton Abbot: Catherine Flannery, Thomas Flannery

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

Dates for your Diary and Timetable exceptions

October 6th	kyu grading, no Newton Abbot lesson
October 19th	No Newton Abbot lesson
October 20th	No Newton Abbot lesson
October 27th	No Newton Abbot lesson
October 28th	Chudleigh Woodway Room (not large hall).
November 3rd	Women's Self Defence 12-3 Newton Abbot.

Last Word

The evenings are getting chillier and the heating goes on at home. After a long day at school or work you are tired and greet home with affection. It is easy, now, to stay there, with the brain-rot that passes for TV these days. Easy. Getting your gi together and getting down to the dojo, where it might be chilly, and you are expected to have energy and drive seems like something you can do tomorrow. Or next week. Or... You know the truth, deep down. Dedication isn't going to karate when it is warm and sunny. It isn't about going to Karate because you've got a grading coming up. Dedication is going to Karate when it would be easier not to. Got a cold? Train. Tired? Train. Hard day? Train. Then watch the improvement. If it feels like a long time coming, imagine how much longer it would take if you did not pursue it. That's pursue. Not drift. Not hope. Not like. Pursue. Chase. Hunt. Go get it.

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

