

# Class Schedules 2014

Private Sessions are held on Saturday 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

**TUESDAY** 10am-11am  
5pm-6pm  
6pm-7pm  
7pm-8.30pm

**THURSDAY** 10am-11am  
5pm-6pm  
6pm-7pm  
7pm-8.30pm

**SATURDAY** 10am-12noon

**SUNDAY** 10am-12noon  
Brown & Black Belts Only

## KINGSTEIGNTON

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

**FRIDAY** 6pm-7.30pm

## TORQUAY

St Martins Church Hall, Barton Hill Road,  
Torquay

**TUESDAY** 6pm-7.30pm

St Lukes Lower Hall, Sheddon Hill Road,  
Torquay

**FRIDAY** 6pm-7.30pm

## PAIGNTON

Paignton Community College, Waterleat Road,  
PAIGNTON. Drama studio

**MONDAY** 6pm-7.30pm  
**WEDNESDAY** 6pm-7.30pm

Parkfield Leisure Centre, The Esplanade,  
Paignton

**SATURDAY** 10am-11.30am

## 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

**TUESDAY** 6pm-7.30pm  
**THURSDAY** 6pm-7.30pm

## CHUDLEIGH

All classes held at The Town Hall, CHUDLEIGH

**MONDAY** 5.30pm-7pm Large Hall  
**WEDNESDAY** 6.15pm-7.30pm  
Woodway Room

[www.KarateAcademy.co.uk](http://www.KarateAcademy.co.uk)  
[info@KarateAcademy.co.uk](mailto:info@KarateAcademy.co.uk)  
01626 360999 or 08000 155152

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# Karate Academy

## jugatsu

Training in Karate can be a terrific strain. Pressures for kyu grading, pressures for Dan gradings, the pressure of being on time and having your uniform ready etc. It can also be a complete joy. Feelings of accomplishment come from stretching ourselves just beyond what it is comfortable to do. Some call it "stepping outside your comfort zone"; some say "pushing the envelope". For us it is just "come to class".  
John and Kim

## BAMA Weekend

The British Association for Martial Arts holds it's annual convention at the Newton Abbot dojo in October. We have guest instructors travelling from all over the country to teach us the finesse and power of their arts.

**Martyn Harris** sensei will be here with his destructive potential; **Neil Ellison** sensei will be with us for *Bagua* (the "internal" Chinese martial art), and **Anthony Blades** rensai will be on hand once again to provide his oversight of our standards and growth.  
*You need to be there.*

Why? Because we are bringing top-class instructors to you, instead of you having to travel the world to meet them. We have participants flying in from the Netherlands and travelling from all over the UK. It would be a terrible shame for people who live within 10 miles of the dojo to



*Dedicated to Black Belt Excellence*

## Dojo Traditions

**Yoi** - 用意 Ready. Preparation. Usually seen as a posture, the real meaning of this term is about the mind. Mental preparedness means that we can be focussed on the matter at hand. Cancelling out all distractions, it is about being in the "now". And then acting...

not be able to make it... Friday 25th 6-8pm is the technical Dan grading, with testing continuing over the whole weekend. Saturday 26th and Sunday 27th are two days of training and education from these guest instructors. The course will be hands-on partner work, practical martial arts skills, and open to all grades. Children who want to take part will need to be of a mature mind-set and outlook to get the best out of such long sessions.

It takes a lot of doing to organise courses like this. We wouldn't do it if we didn't think it would be of benefit to the participants. Leaflets were sent out last month, if you need another one, ask your instructor.

## Paignton Venue and Time Changes

As of Monday 6th October the "church classes" in Paignton will be changing. The new classes will be at **Paignton Community College, Waterleat Road**, in the **Drama Studio**. We used to run classes there 10 years ago and always found it most useful.

The classes will be **6pm-7.30pm on Monday and Wednesday**.

Parkfield Centre, Saturday morning classes remain but the class time changes to **10am-11.30am** so we are not having students coming and going at the same time as the gymnastics club.



# Core Fitness

A MULTI-STYLE FITNESS WORKOUT

Fridays 6.30pm-7.30pm Newton Abbot Dojo  
£5 per session  
First Session Free



## Grading Results

On Sunday 28th September we held a kyu grading at Newton Abbot dojo. The format this time was straight into testing for 10th kyu-8th kyu 10am-11am, and then 7th kyu and above 11.30am-12.30pm. This meant that the class was continuously tested and not sitting around waiting for their "turn". Despite the draining nature of the format, it seemed to go over well, with those present appreciating their hard-earned successes. Though not everyone made it through, the results were

### 2nd kyu

Lewis Barlow, Hannah Tribble,  
Tamzin Przybylska

### 5th kyu

Eros Medina

### 6th kyu

Cas Power

### 7th kyu

Catherine Flannery, Damian Kitt,  
Daisy Graysmark, Finn Graysmark

### 8th kyu

Billy Bristow, James BurrIDGE,  
Mark Harrison

### 9th kyu

Kate Osborne, Max Douglas,  
Jamie Douglas, Demi Howard

Congratulations to you all on your achievement, and may you have continued success and improvement with your training

## Bully Buster Workshop

Children came in on Saturday 13th September to see what they could do about not looking like a victim. There were practical skills mixed in with things like posture and verbal self defence. We think it was a success.

## 2015 Workshops

We are currently looking at what Workshops and guest instructors we would like to put into the diary for 2015

- Do you have a subject you would like covered in a specialist workshop?
- Is there a guest instructor you would like to see?
- Are there additional regular classes you would like us to add to the timetable?

Let us know and we will try to incorporate them into next year's schedule.

You can let us know by talking to your instructor, calling the office or email [kim@karateacademy.co.uk](mailto:kim@karateacademy.co.uk)



## 1-2-1s

Members can make great use of personal training with an instructor at the Newton Abbot dojo. Private lessons are available - usually held on Saturday afternoons—you just have to call 01626 360999 to book yours.

A couple of things—for us to deal with your appointment it's best to call between 9.30am and 3pm. If you leave a message we'll call you back should you ring at other times, but you'll understand that when we're teaching or picking up the kids from school then there will inevitably be delays. Alternatively email [Kim@KarateAcademy.co.uk](mailto:Kim@KarateAcademy.co.uk) with your request and we will email you back with available slots to choose from.

## Birthdays

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

2nd Connor Patmore  
3rd Dave Floyd sensei, Shana Osborne  
4th Jonathan Ward  
10th Jim Wight sensei  
12th Finley Curtis  
18th Zack Morgan sensei  
21st Dave Pickhaver  
25th Corey Edworthy  
27th Saskia Nicholls

**Happy Birthday to You**

## Keep Dry

Did you know that we have Karate Academy umbrellas for sale? Keep dry this autumn with a statement about your martial art. They are quite sturdy golf umbrellas for only £12 each. Ask your instructor to have one for you next lesson.

## New Members

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

**Jack Snowden (Chudleigh)**  
**William Hemus (Newton Abbot)**  
**Paul Hula (Newton Abbot)**  
**William Smedley (Totnes)**

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

Don't wait for a "Buddy Day" to bring a friend along.

## Dates for your Diary and Timetable exceptions

**Friday 24th October** Dan Grading **NO CORE FITNESS or KINGSTEIGNTON classes**

**Saturday 25th & Sunday 26th October** BAMA Seminar in Newton Abbot. **No regular classes in Newton Abbot or Paignton**

**Sunday 2nd November** Kyu Grading

**Tuesday 11th November** No Torquay Class

**Sunday 14th December** Kyu Grading

**Sunday 21st December** Special Lesson & Annual Awards

## Last Word

When you are imagining who you are doing your techniques on, some of you imagine me. That's okay. I used to imagine my instructor, too. Some people come in to class and they "hate" me for what I "do to them" - but that's not really it, is it? The issue is always going to be one of whether I am making you work in order to help you or just to embarrass you. Stick around long enough and you get to see the results of those pressures. Martial arts training is like a diet. Day after day you cannot see the results. Proper results appear after months, and looking at yourself now and how you were 3 months ago—or 6 months ago—and you should see a real difference. With time the differences become apparent to everyone around you. Those aches and pains become the factors that caused you to grow and change. Today they are just aches and pains; tomorrow they are memories and experiences. Come and get them in class. I'm not being nasty, I'm helping you.

Proud to be the Keikokai.

See you in the dojo.

Oss

