

Class Schedules 2016

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,
King Street Studios, King Street
NEWTON ABBOT, TQ12 2LG

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

WEDNESDAY 4.30pm-5.15pm LITTLE WARRIORS
6.30-7.30pm LADIES ONLY

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

SATURDAY 9am-9.45am LITTLE WARRIORS
10am-12noon

SUNDAY 10am Brown Belts and above only.

TORQUAY

St Martins Church Hall, Barton Hill Road,
Torquay

TUESDAY 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

EXETER

CRANBROOK Education Campus

WEDNESDAY 6-7.30pm

KINGSTEIGNTON

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 6pm-7pm
WEDNESDAY 6pm-7pm

CHUDLEIGH

The Town Hall, CHUDLEIGH

MONDAY 5.30pm-7pm



Volume 10 Issue 10 October 2016



Five Sixths

Full steam ahead for us, now, as new members join and special events take place.

We have mentioned before, yet it still remains a vital truth—progress takes place by training regularly. Training at home doesn't get you corrected, so by all means do your press-ups and sit-ups, but it is in front of your teacher that you stand a chance of getting the details of your kata right. Twice a week or more for best progress.
John and Kim



Kyoshi in Devon

Chief Examiner and External Verifier, Kyoshi **Anthony Blades** came to see us on Saturday 1st October! The first session was for those below brown belt, and featured a fascinating drill to engage the mind and body. Then the Dan grading began at noon. At 1pm the brown belts and above were present for their class with Kyoshi. He had us training in balance and launching kicks. After the training, some of us went out for a great meal organised by Clare Potter sensei.



Dedicated to Black Belt Excellence

Dojo Traditions

Hi 火 - Fire. Funakoshi sensei famously wrote: "Karate is like boiling water, if you do not heat it constantly, it returns to its tepid state". In other words, if you want your Karate to live, you have to add fire. Desire from within. An attitude of seeking and driving, striving for betterment within the art. Fire, as a concept, is important to us.

New Dan Grades

We are very pleased to announce that on 1st October, after a gruelling test, the following grades were awarded:

Sandan **Nicola Carrick**
Nidan **Adam Castle, Andrew Power**
Shodan **Phil Hale, Steve O'Brien, Cain Power, Cas Power, Isaac Spurrier, Carl Tilling.**

Congratulations. Now the hard work begins.

Newton Abbot Parking

We would like to remind all members and their families that the Resident Permit Holders parking bays must not be used when training, picking up/ dropping off at King Street Studios unless you have said permit. The parking bays at the Academy itself are for the instructors. Most of you are really good and conscientious, but a few cause us to receive complaints from residents about "our" behaviour...





Renshi Neil in Newton Abbot

Our very first special guest instructor at the new Newton Abbot dojo on 3rd September was Neil Ellison renschi. Our friend from Teesside was teaching neigong internal energy exercises, and then their practical applications. As you can see, the course was well attended and made for an interesting comparison to our regular training.

Yara Kusanku

Most of Shotokan Karate is related to movements found in the Kanku Dai or Jion kata. On Sunday 11th December 2016 we will be hosting **Martyn Harris renschi** teaching the version of Kanku known as *Yara Kusanku*.

This provides us with some interesting differences and similarities, so that we might gain further insight into our own kata. Even the Heian kata are based on Kanku Dai movements.

This course will take place at Newton Abbot dojo at a cost of £25 per person.

The South West Karate Experience 2017!

Come and train with us on the beach at the end of half-term, 2nd-4th June 2017, Perran Sands Holiday Camp. We'll be training on Perranporth beach, where we know there is a tide, sand, and surf. The Haven centre has Archery and Golf, Swimming, and evening entertainment, and on Saturday night we will get

together for a pizza party where the Karate Academy supplies the pizza. We'll have a weekend's training, and down-time. The caravans are self-catering, and we'll be booking people in to make best use of the space we have. It's only £125 per person. You can book your place with a £30 deposit and pay the balance in easy monthly instalments.

More Travels

In case any of you wanted to come along, it is only right to let you know that Renshi John will be teaching seminars around the country in the next few weeks.

October 15th Doncaster

October 22nd & 23rd Scotland

November 12th grading examination in Cardiff.

December 3rd marks Martyn Skipper sensei's 40th Anniversary of starting training, so there will be a celebration lesson and meal in Manchester.

121s

Please make a note of your appointment in your training diary. Please use the private lessons for clarification and help with things we may not have had enough time for in class. Please be early and get yourself warm before the allotted time, these lessons are short and might be wasted if the student is not prepared. If you are unable to make a booked session, please let us know as soon as possible so we can offer the slot to another student.

Dates for your Diary and Timetable exceptions

Saturday 1st October—no 10am classes in Newton Abbot or Paignton.

Thursday 6th October—no Ashburton class due to school function.

Saturday 8th October—Little Warriors stripe test.

Sunday 16th October—Next kyu grading

New Member

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

Elliot Follano (Chudleigh)

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

Registration

When you arrive for class at Newton Abbot, introduce yourself to Debbie at the reception desk before going to the changing rooms or training areas. Debbie will make sure you are marked in the register, deal with any private session requests and take payments. It will take her a few weeks to get to know you all, so please join us in welcoming Debbie to our team. Thank you

Last Word

The Dojo shouldn't be a comfortable place. It is a place where we challenge ourselves to grow and overcome adversities. The people around us have their challenges and we have ours. We share common experiences and yet we don't have to be best buddies. We do recognise each other's trials and respect the path we are on. Sometimes we make mistakes. Sometimes we surge ahead and sometimes we fall behind. The Dojo is the constant in these scenarios.

Not everyone can get there twice per week. Not everyone who gets there twice per week works hard throughout. We mustn't compare ourselves to others who can do more or get there more frequently because they live different lives to us. We do the best with the lives that we have. We just have to make sure that the time we spend in the dojo is spent wisely. Set out to make progress.

www.KarateAcademy.co.uk
info@KarateAcademy.co.uk
01626 360999 or 08000 155152

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

Birthdays

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

- 1st Lucas Daborn
- 2nd Sonny Maclean-Godwin
- 3rd Dave Floyd sensei, Shana Osborne
- 4th Mathew Pratt, Jonathan Ward
- 8th Ethan Stuart
- 10th Jim Wight sensei
- 11th Elizabeth Cazier
- 14th Wil Hodgkinson-Reeves
- 15th Elliot Follano
- 17th Catherine Drinkall, Ruby Simmons
- 18th Zack Morgan sensei, William Ward
- 20th Ethan Kirkbride
- 21st Dave Pickhaver, Isabella Chombunchuay
- 25th Steph Ellis
- 26th Nathan Dungey, Ben Quick
- 27th Amy Baker
- 29th Sam Jaques
- 30th Rachel Leggatt

Happy Birthday to You

Karate Academy

