

Grading Results

On Saturday the 30th September, our Little Warriors took a stripe test. The following people were ready for their next grades:

Green Stripe Riley Whitefoot
Orange Stripe Niji Bellchambers
Frank Farrelly, Lilly French and Theo Shepherd

On Sunday 1st October the following people were examined at Newton Abbot dojo and found to be worthy of these grades:

1st kyu Luca Carrasco
3rd kyu Alex Doyle, Ruth Dungey,
Kelly Turney, Catherine Drinkall
4th kyu Jack Harding,
Harvey Johnson
5th kyu Eva Perry, Elesha Stretton
6th kyu Alfie Gill, Ethan Kirkbride
7th kyu Emily Dungey,
Eleanor Randle-Jones,
Korben Simpson, Lucy Turney,
Mick Jones
8th kyu Suzanne Jones,
Leilani-Rosa Mejias-Evered,
Isobel Randle-Jones,
Helena Stuckey-Howard
9th kyu Isabella Mendez-
Chombunchuay, Harley Harris,
Tyrese Harris, James Heathman,
Jez Knight, Archie Primley

Last Word

It seems that in today's society there is more and more of a sense of entitlement. People expect to be able to do what they want, when they want. They expect things to be easy. When events happen to these people, as they do to all of us, they are unable to deal with them. It is better to learn to strive, and to learn that we are not entitled to have things our own way without working to make them happen. Then we learn to handle what life throws at us. You don't get to use the dojo if you mistreat the dojo. You don't get to use the changing rooms if you mistreat them. How we act amongst our closest friends might be silly but we don't allow it to interfere with the lives of others because we don't want their silliness to affect us. We choose, day by day, how we wish to be perceived. Sometimes it runs away from us and we get a reputation. We might have some work to do in correcting that illusion, if we want it corrected, but the sooner we get our mission underway the sooner we will get there. Choose wisely. Proud to be the Keikokai. See you in the dojo. **Oss**

Testing takes place when the students have shown their instructors that they are ready. They have to be able to perform their grading syllabus to the appropriate standard, and once that has become a habit they are invited to take the test. Anyone wondering what they need to improve on to be eligible to grade should speak to their instructor. There are two more chances to grade this year, which one will you aim for, 4th/5th November or 16th December?

New Members

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

Madison Findlay-Peers (Torbay)
James Grocott (Ashburton)
Charlie Lewis (Cranbrook)
Elsie Monnington (Little Warriors)

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

Timetable Addition



From Monday 2nd October, Little Warriors have another chance to train every week. 5pm-5.45pm at the Newton Abbot dojo. This now gives them 3 classes a week to choose from.

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Karate Academy

FIVE SIXTHS

Halloween at the end of the month. Before we get there, we have lots to do. Regular training classes are motoring along, and there are events galore coming up. Thankfully not too many affect the timetable. It is regular training that gives us our progress. The seniors know, if they miss a couple of sessions they start to regress. Even the newest student will find that their progress is better if they are there regularly. Slow progress is better than no progress. John and Kim

Bully Buster

Natasha Barlow sensei ran two successful Bully Buster sessions on Saturday 16th September. The first was for our youngsters, and about things they do at school and what to do about bullying. The second was for the over 10's, as the issues encountered at secondary school and out in the world become more involved. Both groups worked hard and responded well to the advice given.

Ladies Self Defence

26 women got together with **Clare Potter** sensei for her popular Ladies Self Defence class on Sunday 17th September 2017. Some people begin the session worried, others are outright

scared. Then by the end of the session there has been an amazing improvement. This one flowed so well that the time just rushed by. In addition to the course on the 17th, Clare ran a private course for a team of bar staff during the day on 28th September.

Anthony Blades Visit

Kyoshi Blades is returning to Newton Abbot in November.

On Sunday 12th he will be teaching Sandans and above at 10am. At 11.30am the other Brown and Black Belts can come and join the class. From 1-2pm coloured belts can join in.

Please ensure you are ready to train and warmed up prior to your session commencing. The fee for training with Kyoshi Blades will be £15 for 3rd Kyu plus (Brown and Black Belts), other grades in the 1-2pm class pay only £6.



While Kyoshi Blades is here, he will also be conducting the last dan (black belt) grading of the year. Those who are attempting to grade will be increasing their training now to ensure readiness.

For anyone not grading in November, come along and train to gain valuable feedback in preparation for your Dan grading. So those of you who might be tested next year, find out what you need to do now. If you have not already requested your written project, or chosen kata, do it now.



Dedicated to Black Belt Excellence

Club Competition

On Saturday 25th November we will be holding our club competition at the Newton Abbot dojo.

All students are invited to enter and trophies or medals will be awarded to the winner and runners up from each category

Categories will include (subject to attendees)

- Junior and Senior Freestyle Kumite (kyu grades)
- Junior and Senior Kata (kyu grades)
- Yudansha Kumite and Kata
- Junior 5 Step Kumite
- Senior Applications
- Yudansha Applications
- Little Warriors Basics, Fitness & Kata.

Taming the Spirit

We often think that Karate is great for bringing people out of themselves. Those of us who are a little shy will find our voices by being in the dojo, training. We also hope that we are able to calm the boisterous souls. We strive to make it clear that Karate is not for showing off, and that the right time and place for training is in the dojo, not at home on your brother or sister.

Parking

We shouldn't really have to tell people about where to park. There's the law, and then there's local regulations, and then there's common decency. Please, members and families of members: don't park where you are not supposed to. It reflects on you and it reflects on us, and we have to see our neighbours in Newton Abbot every day. Apart from anything else, we're trying to teach our young members about the right way to behave, and we need back-up.



Travels

Teaching on courses and seminars only comes about by invitation. John Burke renshi has been asked to teach in the Netherlands Saturday and Sunday 14th and 15th October. The following Saturday he is teaching at the Kaizen Expo. On Saturday 28th and Sunday 29th October he will be teaching in Shetland.

Naturally, any of our students who wish to go along are welcome. Renshi's regular classes will be covered by his team of instructors.

Kaizen Expo

The Kaizen Martial Arts Expo is taking place in Nottingham on Saturday 21st October. Anyone wishing to attend can get tickets from us to train with the guest instructors and see the demonstrations at the event.

Spread the word

Included with this newsletter are some Halloween themed postcards. These are for you to give to friends, relatives, neighbours or even the "trick of treaters" who knock on your door as a little extra to go with the many sweets that are handed out on the 31st.



Birthdays

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

- 1st Lucas Daborn
- 3rd Dave Floyd sensei, Shana Osborne
- 4th Jonathan Ward
- 5th Joshua Sharp
- 8th Ethan Stuart, Charlie Lewis
- 10th Jim Wight sensei
- 12th Serena Bennett
- 14th Wil Hodgkinson-Reeves
- 15th Elliot Follano, Brody Simpson
- 17th Catherine Drinkall, James Drake
- 18th Zack Morgan sensei
- 19th Chloe Roberts
- 20th Ethan Kirkbride, Tyrese Harris
- 21st Isabella Mendez Chombunchuay
- 22nd James Heathman
- 26th Nathan Dungey
- 27th Amy Baker
- 29th Scarlett Contrasti
- 30th Rachel Leggatt

Happy Birthday to You

Return to the Beach

Next year's South West Karate Experience will take place at the end of the Summer Half-Term holiday at Perran Sands in Cornwall.

Training on that private beach with the sea roaring as our backdrop has called to us again.

We have already booked up our initial allocation of caravans and chalets available at a special rate so anyone who would like to be added on please let us know as early as you can if you'd like to join us **1st-3rd June 2018**.

Our instructors include **Anthony Blades** kyoshi and **John Burke** renshi, and we are pleased to say that adults will have the opportunity of training with **Neil Ellison** renshi as well. We have also just added **Martyn Harris** renshi to the list.



Okinawa

Obviously, not everyone can go, nor would everyone want to. We just think it is polite to let everyone know about trips like this so that anyone who did want to go knows what's going on.

In November 2018, Renshi John will be going out to Okinawa to train. November 10th marks the 150th anniversary of Funakoshi sensei's birth, so it is important to us. A small group will be going out to Tokyo, visiting the site of O'Sensei's monument, and then journeying on to Okinawa for training and sightseeing. We're waiting on final details, but it looks like it will be 4th-17th at a cost of £3,200 per person. This will be for flights, transfers, accommodation with breakfast, and training. You will need to allow extra for dinner and gifts. Deposits of £300 are payable straight away, and a further £200 will be required in December, with the balance by September 2018 or in 9 monthly instalments of £300. Mr Skipper and Mr Harris have already confirmed they will join us.

Dates for your Diary

and Timetable exceptions

Sunday 1st October Kyu grading

Saturday 21st October Kaizen Martial Arts Expo, Nottingham.

Sunday 5th November Kyu Grading

Sunday 12th November **Dan Grading**, and seminars with Anthony Blades kyoshi.

Sunday 19th November Zanshin Dynamic Awareness course with Sensei Andrew Power

Saturday 25th November Club Competition, times tbc.