



Little Warriors Activity Day!

It seems like our 4-7 year olds liked "Summer School" so much that there are demands for a continuation of it.

We're going to use Wednesday 24th October as another activity day, where the Little Warriors will get extra training, fun games, and background activities to help them with their Karate.

Little Warriors Activity Day will run from 10am-1pm during Half Term, at a cost of just £15 per person.

Children are encouraged to bring a small snack for a short refuelling break at approx. 11.30am.

Book and pay for your place now to avoid disappointment. Limited to 15 spaces.

Little Stars

Our Little Warriors are recognised in class as to who has the best attention or most improvement during that lesson. Our Star of the Day is awarded a certificate. In the past month we have had:

- 1st Sunny Weedon and Harry Dear
- 3rd Jack French
- 5th Jamie Steed
- 8th Freya Wallwork
- 15th Harry Dear
- 17th Jorja Williams
- 18th Charlie Parton
- 19th Maddox Robins
- 22nd Luca & The Whole class!
- 25th Ayrton Sharp
- 26th Ollie Imeri
- 29th Dylan Hone

Last Word

For best results, train TWICE per week. It can't be said more simply. You need time when you're not training, because your muscles should have been worked hard and need to recover. Being so busy that you can't train twice per week isn't good for you either. How can you give the art your full attention if it's one of eighteen things that you do every week? Just like we're always saying: family time is family time (be completely in the moment); work or school is a must to survive (be completely in the moment); and when it's time for Karate... Now some people just can't do more than once per week. That's okay as long as they realise that progress will be slower. As long as they're not upset at how others accelerate. Getting some training is better than getting no training. I just think that with 6 days (7 if you're a brown belt or above) to choose from and a variety of venues there's not really an excuse. Yes, keep your contagious illnesses at home, but even an injury can be worked around and you'll find more benefit in being IN the dojo with your injury than sat at home. You'll be able to see what's going on and hear about events even if you can't do everything that the others can.

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



Dedicated to Black Belt Excellence

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Already Halloween. It's at the end of this month. Half Term holidays and the nights are drawing in. We can't believe how quickly this year is roaring towards next year. Let's make the most of it while we can, eh? After the courses and workshops have been and gone there's the regular classes, where the real work is done. Without regular attendance and putting the work in we cannot hope to reap the rewards of our training. It's best to make it part of a regular routine. John and Kim

New Instructors

The Instructor Training Programme came to a conclusion with a practical and written test. We are pleased to announce that the following people passed their Level 1 Instructorship: **Adam Castle** sensei, **Janet Drew** sensei, **Deborah Needham** sensei, and **Carl Tilling** sensei.

NEW Classes!

The new Monday timetable has now started in Newton Abbot, we've moved the Karate class to 7pm and made it for Adults Only, thereby providing a class where adults can ensure that they are not going to get children between their toes while they train. It will lead to a certain intensity that adults have long requested and **Richard Carrick** sensei is the perfect

teacher for that class.

Then our new Inspire Fitness class at 6pm. Exercise and drills to aid with fitness and health, from our resident fitness specialist **Natasha Barlow** sensei. This class will not require a gi. This new class is included in the monthly/annual membership, or pay per session at £6 per person. Lesson Passes also accepted. This class is aimed at adults.

If you are interested in a Junior only fitness class, please let us know and we will look at adding a session to the timetable in the new year.

A **junior only** Karate class on a Saturday morning 9.30am-10.30am will be added to the timetable after the instructors Okinawa trip, exact date to be confirmed next month. Sensei Deborah Needham will be the instructor for this new class.

Dates for your Diary

OCTOBER

- Monday 1st New Classes start
Inspire Fitness 6pm-7pm
Adult Karate 7pm-8pm
- Thursday 4th No Ashburton
- Saturday 13th Little Warrior Stipe
Test for eligible students 9am
- Sunday 14th Kyu Grading for eligible students 10am
- Wednesday 24th Little Warriors Activity Day 10am-1pm

NOVEMBER

No Brown & Black belt classes on Sundays 4th, 11th & 18th due to the Okinawa trip.

Birthdays

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

1st Lucas Daborn
3rd Dave Floyd sensei
4th Jonathan Ward
5th Joshua Sharp
10th Jim Wight sensei, Zac Ellis
12th Serena Bennett
15th Brody Simpson
17th Catherine Drinkall,
James Drake sensei
18th Zack Morgan sensei
19th Sayed Mohammed Alqarooni
20th Ethan Kirkbride
21st Jack Porter, Isabella Mendez
Chombunchuay
24th Nathaniel Pike
26th Nathan Dungey
27th Finlay Maynard
29th Scarlett Contrasti
30th Rachel Leggatt
31st Hannah Ward



Happy Birthday to You

Seminars on Tour

Renshi John is considered an expert and other clubs book him to come and teach at their venues. In the last month he's been to Doncaster teaching bunkai and pressure points for SMART Karate and also over to Holland to teach applications to a mixed group including Tang Soo Do practitioners. He's also had an article featured on the blog of a dojo interior design expert!

2019 Events

We already have in the diary the UK Martial Arts Show, Cornwall and Wales weekends, Summer Schools, Gradings, 20 year celebration, and various Workshops. Are there any more events, guest instructors, parties, etc you would like us to host? Let us know your ideas either on the Keiko Karate Facebook page or email Kim@KarateAcademy.co.uk

New Members

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

Sophia Cole, Emma Fancett, Finley Jones, Rebecca Green, Oscar Magor, Joseph Magor and Fraser Parkhill
(Newton Abbot)

Dexer Beverley, George Edwards, Topias Hewry, Matias Hewry, Thomas McCoy, Oscar Williams and Jorja Williams
(Little Warriors)

Samuel Bellew and Jacob Bellew
(Chudleigh)

Steven Sharp
(Torquay)

Alex Doidge and Zac Ellis
(Torquay Little Warriors)

Stephen Howarth and Yanick Hryczsyn
(Ashbuton)

Daniel Taylor
(Ashburton Little Warriors)

Welcome back to Newton Abbot
Sophia Newman

And finally, apologies for missing **Ayrton Sharp** and **Max Stevens**, **Little Warriors in Torquay**, off of last month's Newsletter.

Recommendation is the highest compliment we can receive.

Welcome one and all!

Cornwall Weekend

We mean THE weekend course at the beautiful Perran Sands! Same venue, same weekend Same instructors. Slight change to the training times. Bookings now being taken.

The cost of training for the whole weekend is £40 per person in group booked accommodation, or £75 per person for members who are taking their own tents/caravans

Accommodation costs for 3 or 7 days is as follows.

2 bed chalet (6)	£225 / £640
2 bed Standard Caravan (4)	£250 / £690
2 bed Prestige Caravan (6)	£300 / £850
3 bed Standard Caravan (6)	£280 / £790
3 bed Deluxe Caravan (8)	£300 / £875
3 bed Prestige (8)	£350 / £950

Room in shared caravan (includes training) 3 nights only
£150 single / £225 couple sharing room

Deposits of £30 per person or £90 per accommodation are required by end of October 2018 with the balance being due by end of March 2019.

Brecon

The feedback about the course has been so positive that we are going to do it all again next year. We've gone for Friday 30th August 2019 to Sunday 1st September 2019. Once again, the fee will include evening meal on Friday and Saturday, Breakfast and packed lunch on Saturday and Sunday, and all your training with **Anthony Blades** kyoshi, **John Burke** renschi, and **Martyn Skipper** sensei, before evacuation on Sunday. Just £140 per person.

Places in the shared accommodation are limited, so anyone who definitely wants to come must get their place booked asap.

Ladies Self Defence.

Once again, **Clare Potter** sensei delivered her Ladies Self Defence course. Twice! The seminar was on Saturday 22nd September and repeated on Sunday 23rd September to a mostly different group. Those were the last ones for 2018. They went down very well, with everyone expressing gratitude for what they had learned and practiced.

Bully Buster

Natasha Barlow sensei gave her Bully Buster seminar to 2 different groups on the same day: Saturday 29th September. 1pm-2pm for those up to 9 years old, and 2.30pm-4pm for those 10 and up. This course becomes more and more valuable to the children every year.

Summer School

As next years calendar is already filling up, we have reserved the dates 5th-9th August 2019 for Summer School. We will start taking bookings in the new year. This is so that people who want to attend can arrange holidays etc.

School Report

On Friday 14th September we had an opportunity to represent the Karate Academy to Wolborough Primary School just round the corner from the Newton Abbot dojo. We got to introduce ourselves to all the children at the school along with other clubs and activities and ran a line of people hitting the pads for over an hour and of course they were encouraged to come and join us. It was also great to see people there who already train with us being good ambassadors for the club. Sensei Deborah was our lead-in to the event, and Sensei Janet assisted Renshi John on the day.