

# Class Schedules 2015

Private Sessions are held on Saturday or Sunday 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

<b>TUESDAY</b>	10am-11am 5pm-6pm 6pm-7pm 7pm-8.30pm
<b>WEDNESDAY</b>	4.30pm -5.15pm LITTLE WARRIORS 6.30-7.30pm LADIES ONLY
<b>THURSDAY</b>	10am-11am 5pm-6pm 6pm-7pm 7pm-8.30pm
<b>SATURDAY</b>	9am -9.45am LITTLE WARRIORS 10am-12noon
<b>SUNDAY</b>	10am-12noon BROWN & BLACK BELTS ONLY

## TORQUAY

St Martins Church Hall, Barton Hill Road,  
Torquay

**TUESDAY** 6pm-7.30pm

St Lukes Lower Hall, Shedden Hill Road,  
Torquay

**FRIDAY** 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

## KINGSTEIGNTON

All classes held at 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** 5pm-6pm  
**WEDNESDAY** 6pm-7pm

## CHUDLEIGH

All classes held at The Town Hall, CHUDLEIGH

**MONDAY** 5.30pm-7pm Large Hall

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# Karate Academy

## Five Sixths

An important month for us, October. Big seminar, important workshop. And our regular training too! These are exciting times, and people want to support the dojo and put on a good show for our visitors. That's why we try to make every lesson like a little rehearsal. Challenging exercises; complicated combinations; but most importantly, the show of spirit. Whether something is new to you and you don't know it yet or old news that you should be well aware of, it's the attitude that we approach it with that makes us stand out as martial artists. John and Kim

## BAMA is here.

Our big seminar of the year. Great guests teaching in a great way. Nervous about coming along? Don't worry, we're all beginners in comparison to these teachers, so we just come along and enjoy what they have to offer. **Saturday 10th October** the Newton Abbot dojo will play host to guest instructors, here to teach you the combative principles of the martial arts. The regional heads of the **British Association for Martial Arts** will be travelling from all over the UK to teach us. Please make arrangements to be there before the 10am start.



**Anthony Blades** *kyoshi*,  
**Neil Ellison** *renshi*  
**John Burke** *renshi*  
and **Martyn Harris** *renshi*  
will be teaching.

At our club, we want you to learn from the best instructors possible, so we bring

## Dojo Traditions

**Shomen** 正面 - Front. In training we turn our hips to the front (square) or we turn them away (twisted), but we know that *mae* means front. The *shomen* is the front of the *dojo*. In some dojo there is a shrine in place. More important than the décor is what the front stands for. Our instruction and inspiration comes from the front. When we bow to the front it isn't just to one person, but in recognition of the efforts of all the teachers who have done so much to bring us this wonderful art.

them in from all over the UK to teach you. These opportunities are what make your training memories and your training legacy. You'll be talking about these events in future years.

For those who are taking a **Dan grading**, the technical side of things begins the night before. On Friday 9th October at 6pm all the Brown Belts and Black Belts will be in attendance for the examination under Kyoshi Blades and Renshi Burke.

## Kanku Dai

Saturday 19th September saw the Kanku Dai (black belt kata) application seminar. Participants learned the surface level applications to the kata, and those who wanted it have since received over an hour of video footage to remind them of what was taught. On 26th & 27th September John Burke *renshi* taught more from the kata in Lerwick in the Shetland Isles north of Scotland.

## Ladies Only Self Defence

Clare Potter sensei's popular Ladies Self Defence class is much in demand, with calls for it to be held in Cardiff. So that locals don't miss out they can have their opportunity to train **8th November 1pm** in Newton Abbot. If you've done it before you know you need practice. If you haven't done it before you need it now.



## Bully Buster

The Karate Academy in Brunel Road, Newton Abbot is holding a special lesson on Saturday 24th October from 3.30pm-5pm on How to avoid being Bullied and Stranger Danger. Worried about going out, worried about fitting in at your new school, want to know how to spot bullying? This is the class for you.

**Act NOW. Stop the Bullying Before it Starts**

Only £5 for this special class. Open to 5-16 year olds only. Taught by Qualified Instructors who hold current Enhanced DBS certificates

**Call 01626 360999 Now to reserve your place.**

**Saturday 24th October 2015 3.30pm-5pm**

Karate Academy  
8 Signal Buildings, Brunel Road  
Newton Abbot  
TQ12 4PB

Only **£5** per person

**Anti-Bullying &  
Stranger Danger Class**



**Halloween Guest  
Cards are included  
with this  
newsletter.  
Please pass them  
to your friends. If  
you need some  
more, just ask.**

**Dedicated to Black Belt Excellence**

## 2016 Butlins Training Camp

Do you want to train with us by the sea next year? Minehead's Butlins resort is the site for our **South West Karate Experience**. It will be taking place at the end of the Half Term Holiday in May next year—**June 3rd (arrive, settle and social) 4th & 5th (training on the beach), and 6th.**

We fully booked for our initial block of rooms, and have now managed to re-serve some more at the preferential rate. Please let us know asap that you intend to come with us. We are able to offer the beds at £150 per person including training or £125 per person for family members who just want to come along for a mini break. Once those rooms have gone the prices will increase to £200 training or £175 guests. So get your booking in now. The deposit is £30 per person. The balance can be paid in instalments or in full by 28th March 2016.



The weekend will consist of

- Friday evening social get-together.
- Saturday morning is a buffet breakfast, then we're training. Short break. Afternoon training. In the evening there is a buffet meal and you can make use of the Butlins entertainments.
- Sunday morning breakfast, training, then a short break. Afternoon training, evening meal, and then some people will be able

to stay on for Monday morning breakfast before departure, but those of us with children needed back in school will probably need to return home Sunday evening.

We have a great package lined up, with excellent tuition, both from Renshi John, Renshi Martyn Harris and other guest instructors. Again, your regular training is important, but it is these events that you look back on and recall for the very experience of it.

Booking forms can be picked up at the Newton Abbot Dojo, downloaded from the Facebook page, or call to have one sent to you.

## Bully Buster

This workshop is for the children. It isn't strictly about martial arts, and yet it relies heavily on the principles that we teach. 5-16 year olds who train or are invited along by people who train can learn posturing, verbal control, and basic physical skills for dealing with the attacks that we receive in our daily lives.

There's a nominal fee of £5 to ensure student involvement.

Saturday 24th October 2015 at 3.30pm til 5pm

## Birthdays

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

- 1st Kiera Harvey, Taylor Harvey
- 3rd Shana Osborne
- 4th Jonathan Ward
- 10th Jim Wight sensei, Macey Pearce
- 12th Finlay Curtis
- 14th Wil Hodgkinson-Reeves, Harrison Patten
- 17th Catherine Drinkall
- 18th Zack Morgan sensei, William Ward
- 21st Dave Pickhaver
- 25th Steph Ellis, Corey Edworthy
- 30th Rachel Leggatt

**Happy Birthday to You**

## Grading Results

The kyu grading that took place on Sunday 13th September at Newton Abbot dojo was attended by people testing and by those who wanted to support their fellow students.

The following people were examined and promoted to the ranks shown here:

**1st kyu**

Olivier Petite, Nathan Rowe

**3rd kyu**

Nikita Clarke, Garry Hewings

**6th kyu**

Anna Hinds, Damian Kitt

**8th kyu**

Doug Leggatt, Rachel Leggatt, Harley Leggatt

Congratulations, now the hard work begins.

To be invited to grade requires nomination by your instructor. They will be happy to do this once they have seen in class that you have learned all the necessary requirements.

You are under continuous assessment and will only be put in for the grading examination once your instructor feels you are ready.

## 100 Kata to Celebrate

25th October is World Karate Day. In Okinawa they are trying to organise the largest gathering of martial artists to simultaneously do 100 kata. We might not be able to be there with them, but they are starting at 6am in Okinawa. That's 10pm on 24th here in UK. Who's up for it?

## Dates for your Diary and Timetable exceptions

**Friday 9th October**

Dan Grading Newton Abbot. No Kingsteignton or Torquay classes.

**Saturday 10th October**

**BAMA Seminar.** 10am-4pm £25 per person.

No regular classes in Newton Abbot or Paignton.

**Wednesday 14th October**

No Ladies Only Class in Newton Abbot

**Saturday 24th October Bully Buster** class.

3.30pm £5 per person.

**Saturday 31st October**

Little Warriors Stripe Test 9am

**Sunday 1st November**

Kyu Grading in Newton Abbot. Time to be confirmed

**Sunday 8th November Ladies Self Defence** class.

1pm-4pm £10 per person.

## New Members

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

**Daniel Mallett, James Ellis, Jim Klaassen, Ethan Kirkbride, Louise Paul** (Newton Abbot)  
**Kate Osment** (Totnes)

And welcome back to **Jonathon Ward**.

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

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

## Last Word

"Forge the Sword". To make a sword that serves you well you need intense heat. It needs to be hardened by being placed under stress. Your training is there to do the same for you. Put yourself under stress. We call it Stress Inoculation Training. SIT. Don't sit on your bum, or SIT on your own. Draw strength from those around you who are going through much the same thing, and from those who have already gone through it. Walking away is buckling. Forging the sword is about standing up to these pressures and realising, eventually, that Yes, you can cope. Others have coped before you. Others will cope after you with your help, guidance, and inspiration. And because we don't have armchair experts you know that we've done it too. Put yourself through it every lesson, and then when there is a stress in your life it won't be any harder than one you've already experienced. Hardened steel.

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

