

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, Sheddons Hill Road,
Torquay

FRIDAY 6pm-7.30pm

PAIGNTON

Christchurch Hall, Torquay Road, Paignton
MONDAY 5pm-6pm
6pm-7pm

Palace Avenue Methodist Church Hall,
Paignton

WEDNESDAY 6pm-7.30pm
7.30pm-8.30pm

Parkfield Leisure Centre, The Esplanade,
Paignton

SATURDAY 10.30am-12pm

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

Core Fitness

A MULTI-STYLE FITNESS WORKOUT

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



Volume 8 Issue 9 September 2014

Karate Academy

kugatsu

The new school term is upon us, and some are starting new schools and some are starting new year groups at old schools. Everything is fresh and we have the opportunity to do away with old reputations and to create new ones. How we appear to others is often about how we allow ourselves to appear. The class clown is like that because he wants to be like that. How do You wish to be perceived? What will you do about it?
John and Kim

Bunkai Bootcamp

The Final Bunkai Bootcamp was held last month. Thanks to everyone who supported the course over the last 5 years. We had a great time, though we didn't get everything done that we said we would. We did blow a few minds, and we had a nice evening out at the Pen Inn. The 3 hours of video footage have now been emailed out so participants should have downloaded them by now. Enjoy!

Summer School

The 2014 Karate Academy Summer School took place with a healthy class facing immersion in the martial art across the week. We had lots to do, but plenty of fun games and exercises alongside the expected grading requirements. Thanks to everyone who supported the event.



Dojo Traditions

Ossu - 押忍 Push. Endure. The phrase is not "proper" Japanese but a very "laddish" affirmation; equivalent to "Sir, Yes Sir". In the Dojo this phrase is taken to mean "yes", "I agree", "I will try", and, of course "please make me work really hard"...

BAMA is coming.

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 **Stuart Howe** sensei will take us through pressure points in Ippon kumite.

Anthony Blades

rensai will be on hand once again to provide his oversight of our standards and growth. You need to be there.



The Ice

Bucket Challenge

Some of us have been challenged and have put videos up on Facebook and the like. I did mine because I believe in the cause and because my friend asked me to do it. However: you should never be coerced into supporting a charity or taking part in any kind of chain-mail. That's why I will not "challenge" anyone else. You do it if you want to do it. Enjoy it—I did, because you want to.

Dedicated to Black Belt Excellence

Richard Carrick 50th Birthday Celebration

Very nice evening, with the surprise announcement that Sensei Richard had married Sensei Nicola earlier that day! Congratulations, both.

Tricking and Flexibility Workshop

The Friday evening workshop spent most of the time on the flexibility part of the plan. Well done to all of those who took part.

Breakfalls Workshop

The art of falling safely was taught on a Sunday afternoon. Sensei Ross reported that most participants managed well and everyone seemed to enjoy themselves.

Iaido Got Another Shot

Continuing the series of sword kata training classes, Sensei Ross taught the kata from the "Way of Drawing the Sword" at the end of August.

Now, if these Workshops were enjoyed and showed benefit to the participants, what would you like to see covered next? What part of the martial arts should we cover in these in-depth sessions?

Bully Buster Workshop

Saturday 13th September 1-3pm
Confidence for the new school term, and how to avoid nasty situations. £5 per person. Newton Abbot dojo. Call to reserve your place. Tell your friends, no martial arts experience necessary.

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.

Wales Summer Camp

The dates for the 2015 Summer Camp in Brecon have already been announced. July 24th—26th (Friday—Sunday) are the dates. If you would like to be included then you need to contact Martyn Harris sensei and provide a £50 deposit to ensure your place. There are lots of places already gone as we are making sure that it is fully booked, so commit now. Email sensei@KarateCardiff.com



Feedback Please?

As you know John and Kim have just returned from Mallorca. It occurred to them, while out there in the blazing sun sitting around a nice cool swimming pool with all-inclusive food and drink on their holiday, that it would be great to go over there again and bring Karate friends with them...

Who would be interested in a 5 or 7 day course of 2 Karate lessons per day in Mallorca Summer 2015? If the cost was approx. £650 -£750 per person? We would need £50 deposits before December. Flight, Food, Drinks, Accommodation, Training. Fancy it?

Dates for your Diary and Timetable exceptions

Saturday 13th September 1-3pm Bully Buster Workshop, Newton Abbot. £10 per person. Confidence for the new school term, and how to avoid nasty situations.

Sunday 14th September 10-1pm Pre-Dan Grading. Anyone expecting to take a Black Belt in the next year must be there for assessment.

Sunday 28th September Kyu grading

Friday 24th October Dan Grading

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

Sunday 2nd November Kyu Grading

Sunday 14th December Kyu Grading

Sunday 21st December Special Lesson & Annual Awards

New Members

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

Jack Snowden (Chudleigh)
William Hemus (Newton Abbot)
Paul Hula (Newton Abbot)

Recommendation is the highest compliment we can receive. Welcome one and all! Don't wait for a "Buddy Day" to bring a friend along.

Last Word

With the new school term comes the new term at the Karate Academy. If it is true of school and work then it is true of Karate, too—how do you want to be perceived? Now is the time to take steps to project yourself the way that you would like to be. That should probably include some humility along with your pride. Some care along with your aggression. Some mindfulness along with your ability to train "in the zone". Beginner's mind and the nature of the "empty cup" go hand in hand.

It helps to have an aim, that's why there is a "Goals" section in your Training Diary. A jet plane may move very fast, but it is just burning fuel if it doesn't have a destination and a plan of how to get there. You set your destination, we will help you get there to the best of our ability. You will do the work, we will provide the advice that you can choose to take to help you.

Proud to be the Keikokai.

See you in the dojo.

Oss

Birthdays

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

1st	Finn Hearn
3rd	James Warren (16th)
6th	Carl Withers
13th	Steve O'Brien
16th	Alfie Courtney
22nd	Katie Needham
26th	Nathan Rowe
27th	Robin Davey
29th	Henry Morgan

Happy Birthday to You

Thanks

Thanks to Sensei Ross for taking the Giant Camp sessions at Totnes Pavilions over the Summer, and thanks to Janet Drew who was there to support every single one of them.

Black Belt Pre-Grading

Looking ahead to Sunday 14th September we will have the last Pre-Dan Grading. Anyone expecting to take a Black Belt in the next year must be there for assessment. 10am-1pm.