

# 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

<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 Brown Belts and above only.

## TORQUAY

St Martins Church Hall, Barton Hill Road,  
Torquay

<b>TUESDAY</b>	6pm-7.30pm
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## PAIGNTON

All classes held at Paignton Community  
College, Waterleat Road, PAIGNTON.

<b>Performing Arts Suite</b>	
<b>SATURDAY</b>	10am-11.30am
<b>WEDNESDAY</b>	6pm-7.30pm

## EXETER

CRANBROOK Education Campus

<b>WEDNESDAY</b>	6-7.30pm
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## KINGSTEIGNTON

Kingsteignton OAP Club,  
Oakford Lawn, Kingsteignton

<b>FRIDAY</b>	6pm-7.30pm
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## ASHBURTON

All classes held at Ashmoor Leisure Centre,  
ASHBURTON

<b>TUESDAY</b>	6pm-7.30pm
<b>THURSDAY</b>	6pm-7.30pm

## TOTNES

All classes held at TOTNES Pavilion Leisure  
Centre

<b>MONDAY</b>	6pm-7pm
<b>WEDNESDAY</b>	6pm-7pm

## CHUDLEIGH

The Town Hall, CHUDLEIGH

<b>MONDAY</b>	5.30pm-7pm
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## Kyoshi Blades (7th Dan) Seminar & Black Belt Grading Saturday 1st October 2016

10am-11.30am	Kyu Grades (Coloured Belts) <b>£10 per person</b>
12pm-1pm	Dan Grading by invite only
1pm-3.30pm	Brown & Black Belts (3rd Kyu+) <b>£15 per person</b>

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kim@karateacademy.co.uk



Volume 10 Issue 9 September 2016



## Three Quarters

The start of a new term. Some parents are upset that they have to return to the daily grind. Some are relieved that there is now a structure to the week. Whatever your situation we are looking forward to continuing our Karate, to meeting new members, and helping existing ones improve. As always, the seniors in the dojo will help people when they are new and enjoy the challenge of getting our Way of the Empty Hand across to them...  
John and Kim

## Renshi Neil in Newton Abbot

The timing is tight to remind you about this one, as we have a special guest instructor on 3rd September. On that day we will not have our normal lessons in Newton Abbot or Paignton (Little Warriors is unaffected) because the instructors and club seniors will want to be at the seminar.

Broadly speaking, the martial arts tend to be classified as either external (using force) or internal (developing internal energy). Some people look at the internal arts and think it impractical. On this day long course, **Neil Ellison** renschi will be teaching *neigong* internal energy exercises, and then their practical applications. This course is suitable for all adult members, whatever their grade. It will take place at Newton Abbot dojo



## Dojo Traditions

**Mizu 水** - Water. Flow in training is important. So is hygiene. So is hydration. Knowing that we will sweat each lesson, students come prepared with water to drink during class. Sensei will find time for a water-break when we are appropriately training. Sipping is better than gulping. Water is better than fizzy drinks.

on Saturday 3rd September 2016, 10am onwards. The cost is £25

## Next Dan Grading

Coming up fast, hot on the heels of Renshi Neil's visit is our Chief Examiner and External Verifier, Kyoshi **Anthony Blades**, returning to Devon on October 1st. Mr Blades is an expert at helping students get the best out of their Karate. As an examiner for Black Belt gradings it is also highly advisable to train with him and find out which particular nuances he favours before you are actually taking the Dan test. He will be teaching two separate classes. At 10am the kyu grades

(coloured belts) can train with him until 11.30am. The cost of this session will be £10 per person. This is an excellent

opportunity to meet your future Black Belt Examiner.

At 12noon those who are taking Dan Grades will begin their test. At 1pm the Brown belts and above will join us for a seminar until 3.30pm. The cost of this session will be £15 per person. Students attempting a dan grade only need to pay for the grading. Results will be given out during the seminar.



Dedicated to Black Belt Excellence

## 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!

We've only gone and booked it. 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 £10 deposit.

## Summer School at Brunel



Our last lessons at Brunel Road site in Newton Abbot (before we moved to King Street) were part of Summer School. We had a

packed week, full of training basics, kata, kumite, and oyo, as well as bo staff, sword, and the odd game to wrap things up. Help was on hand with Sensei **Clare**

jumping in to take Wednesday while **Dave Floyd** and many parents and students helped us to move our gear over to the new dojo. This led to **Deborah Needham** getting Star of the Month as she not only trained in Summer School, and every lesson in the evening, she also helped us to move premises.



## 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.

September 25th Wrawby  
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.

## Job Vacancies

We currently have vacancies for a Cleaner (5 hours per week), Leaflet Distributors and a Receptionist (11 hours per week plus 2 Saturday afternoons per month). If you or anyone you know may be interested in one of the posts, email or call Kim to arrange an interview.

## Dates for your Diary and Timetable exceptions

**Saturday 3rd September**—no 10am classes in Newton Abbot or Paignton.

**Sunday 11th September**—kyu grading Newton Abbot. 10am start.

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

## New Members

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

**Lucy Turney and Lyndon Bush**  
(Newton Abbot)

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

## Birthdays

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

3rd James Warren  
6th Emily Dungey, Carl Withers  
Sam Williamson  
7th Luke Elliott  
9th Max Cook  
11th Jack Gibbon  
13th Steve O'Brien  
14th Isobel Randle-Jones  
16th Alfie Courtney  
19th William Harvey  
24th Christopher Flannery  
26th Nathan Rowe  
27th Robin Davey  
30th Logan Prichard

**Happy Birthday to You**

## Dance Classes at King Street Studios

While we are not using the studios for Karate classes, two of our Karate Mums are teaching dance classes.

Alex Greenwood teaches Rock n' Roll Wednesdays 9.30am-10.45am, and Tap Wednesdays 11am-12.30pm. Both classes suitable for adults.

Helen Budd teaches Primary Ballet 5-7 yrs Mondays 5pm-5.40pm, Musical Theatre 5-8 yrs Mondays 5.45pm-6.30pm, and Baby Ballet 2½-4yrs Tuesdays 2-2.30pm.

If you are interested in any of these classes, please pick up a leaflet from the dojo or email Kim for their contact details. Discounts are being offered to Karate Academy members.

## Last Word

Another New Year. You don't need one to start your resolutions over, but September and January seem like logical places to make changes in your regime. So here we go again. Another chance. Another time when we can re-commit to making our lives better through the medium of Karate. So how do you do it? With the little things. Be at class. Twice a week. Be prepared for class (water, gi, towel, travel arrangements). Work when you get to class. Then you get the will-power to make changes in the rest of your life too. Smokers—stop. Your family will thank you and eventually you will thank you. The rest of us—pause before we speak. Think a second longer about the effect we have on those around us. We'll try to be better people again. Use your training diary to plot how you are doing. The 22 Press-up Challenge has been doing the rounds on Facebook—it shouldn't be a problem for anyone training in Karate as we do that daily anyway...

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**01626 360999 or 08000 155152**

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

**Karate Academy**

