

# Bully Buster

Self Defence.

Making choices!

Making safe choices.

Tell an adult!

Personal space. Respect for yourself and others.

What can the Police do? Who else can help?

Cyberbullying - stay safe



**You have a voice! You have a choice!**

**Saturday 16th September 2017**

**1-2pm 4-9yrs £5**

**2:15-4pm 10+yrs £7.50**

## 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 for £25 to train with the guest instructors and see the demonstrations at the event.

## Last Word

The new academic year is a new beginning for many of us. There are new restrictions on our time and new things to do, new people to interact with. With all new beginnings we have a choice about how people perceive us. The class clown can stop being the class clown at any time, but it is easier with a new term—you simply begin the way you intend to go on. We can choose. We can watch our words and our actions, and decide what they will be from now on. It can lead to changes in who we surround ourselves with, and whether you think that is a loss of friends or a change for the better is a matter of your own mindset. In the dojo we reaffirm that we will treat each other respectfully and insist on the highest standards for ourselves. We come together as a retreat and a place for consolidation, true; and we also come together to test ourselves and create stretched boundaries for what we believed was possible. You can make those decisions at any time, but here at the beginning of term it is easier. There are many of us making changes together. All for the better. Proud to be the Keikokai. See you in the dojo. **Oss**

**Dates for your Diary**

**and Timetable exceptions**

**Saturday 16th September**

Bully Buster Sessions

**Sunday 17th September**

Ladies Self Defence

**Saturday 30th September**

Coffee & Cake day for Macmillan Cancer Support

**Sunday 1st October**

Kyu grading, Newton Abbot

**Saturday 21st October**

Kaizen Martial Arts Expo, Nottingham.

**Sunday 12th November**

**Dan Grading**, and seminars with Anthony Blades kyoshi.

**Saturday 25th November**

Club Competition

Volume 11 Issue 9 September 2017

# Karate Academy

## THREE QUARTERS

Back to school. Adults feel the change in their timetables and on the roads. Children obviously feel the weight of the new demands upon them. And Karate? Our art is still there. It has new opportunities to push ourselves and grow. It has its same benefits as it always has. It challenges us and enables us, and yes, sometimes its changes require us to move ahead in ways we did not foresee. So, here, 9 months into 2017, we have a push towards bettering ourselves before the end of the year.  
John and Kim

## Dan Grading

The next opportunity to gain a Black Belt is at the course with Anthony Blades kyoshi Sunday 12th November 2017. Those who are attempting to grade will be increasing their training at this point to ensure readiness. For anyone not grading in November, it is never too early to ask your instructor for your projects for your next Dan grading. You can start work on them before it is time to take the test. So those of you who might be tested next year, find out what you need to do now.



**Dedicated to Black Belt Excellence**

## 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.

## Bully Buster

As the new school term begins, it is imperative that our young people know how to deal with situations they encounter, and this can include bullying. Jockeying for status in any group situation is natural, yet there must be boundaries. As such, **Natasha Barlow** sensei will be teaching how to negotiate these situations on Saturday 16th September. 1pm-2pm for 6-9 year olds. 2.15pm-4pm for 10 years and over. Book places now on 01626 360999. Cost of this valuable session is £5 for session one and £7.50 for session two.

## 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.



## Ladies Self Defence

The nights are already starting to draw in, and so the time is right for **Clare Potter** sensei's popular Ladies Self Defence class to happen again. Sunday 17th September 2017 at 1pm. No experience necessary, so your female friends and family who don't want to commit to Karate are very welcome. However, places are limited, so book now.

## 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.

## Home Training

Please be aware that training at home is strictly limited to exercise (press-ups and sit-ups) and kata practice. Students are not permitted to spar/do kumite at home as we are not there to safeguard them.

## Arrival Times

Students should aim to arrive 5-10 minutes before the class is due to start. This is enough time to get changed and be in the dojo ready for the start time. Young students who arrive more than 15 minutes before the class time remain the responsibility of their parent/guardian until they have been handed over to the instructor for the class. No student should be in the dojo unless an instructor or instructor's assistant are present.



## 1-2-1s

Time is always at a premium, and although we have more instructors now taking private lessons, can we please make sure

- that students book private lessons at times that they can attend;
- that they are early to their appointment so that they can get warm and not waste their session getting up to speed.
- That any appointments cancelled are given plenty of notice so that others get a chance.
- If you book a morning private session, you are not permitted to leave/join the 10-12 class.
- Private lessons are in addition to regular classes, not replacements for them.
- Private lessons are themed around what you need to work on, then it's up to you to actually do that work.

We appreciate that you cannot always get an appointment when you want one, and Debbie will do her best to fit you in, just be aware that these sessions are not charged extra for our monthly and annual paying students despite their obvious value.

## Birthdays

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

- 3rd James Warren
- 4th Sophie Ash
- 5th Chloe Knott
- 6th Emily Dungey, Carl Withers, Sam Williamson
- 7th Luke Elliott
- 11th Jack Gibbon
- 13th Steve O'Brien
- 14th Isobel Randle-Jones
- 18th Jez Knight
- 19th William Harvey
- 24th Christopher Flannery
- 26th Nathan Rowe
- 27th Robin Davey
- 30th Logan Prichard

**Happy Birthday to You**

## Summer School

Once again we had a blast at this year's Summer school. There were over 20 of us across the week, training for 5 hours per day, plus some using the evening classes as well. We crammed in basics, kumite, kata, oyo, padwork, and kobudo, plus weird games and a joke or two. Demand for this training is so high that we have actually already scheduled next year's course. It will take place in Newton Abbot 10am-3pm Monday—Friday **6th-10th August 2018**. Call 01626 360999 to book.

## Return to the Beach

Following our poll for a venue for next year's South West Karate Experience, we have resolved to return to Perran Sands in Cornwall. Training on that private beach with the sea roaring as our backdrop has called to us again. We have caravans and chalets available at a special rate 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.

## New Members

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

**Chloe Noon and Jessica Oakley-Peck** (Newton Abbot)  
**William Bath, Emily Bath and Oliver Williams** (Little Warriors)

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