

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:

8th Brody
11th Oliver
15th Olivia, Skyla, Aria & Joseph
22nd Ivy
25th Dylan
29th Maddox



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.

Last Word

What about Karate? 2018 will be three quarters gone this month. We only have a little time left. Well, part of the art is the idea of awareness. Part of the art is about a Beginner's Mind, always treating everything as if it is new. If we take that concept into the rest of our lives ("Karate is not only for in the dojo") then we know that we only have now. We don't have "three month's time" and we don't have "yesterday". We endeavour to be present in the moment, we endeavour to use our time wisely in whatever we are doing. When we are with family we are completely with our family. When we are working we give ourselves over to it completely. And when we are at Karate? Then it is only Karate that is important at that moment. There are multiple benefits to this way of being, not least being that the part of our mind that stresses about things and runs rings around our thoughts when we are trying to sleep gets compartmentalised and actually allows our brains to deal with things without conscious thought getting in the way. Can't be bad, eh?

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

Oss



**Dedicated to Black Belt
Excellence**

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Karate Academy

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A new School Term! Every September gives us the opportunity to begin anew. Lots of people leave their Resolutions until January 1st, yet because of the way our children's lives are structured, September feels like New Year as well. Now we just have to decide what to do with it...

We can start by making sure we are perceived how we want to be perceived, so that bullying is less likely to occur. That our actions fit with our intentions.
John and Kim

Kumite Workshop

We all need help with our sparring. Whether we are worried about doing it or we'd just like to be better at it, the best thing is to get taught by people who know what they are doing. Sensei Richard and Sensei Nicola taught a special workshop on Saturday 1st September, 1-3pm in Newton Abbot. It was very well received with overwhelming positive comments from the participants. Express your interest if you would like to attend the next one.

Ladies Self Defence.

Once again, the course is available with **Clare Potter** sensei. This time round we're doing it on two separate days so that the room is less busy and fits in with people's busy schedules. Please book your place on either **Saturday 22nd** or **Sunday 23rd**. 1-4pm, still only

£10 per person. Both days will cover the same material.

Bully Buster

Saturday 29th September. 1pm-2pm for those up to 9 years old, £7.50 per person. 2.30pm-4pm for those 10 and up, £10 per person. This valuable course deals with issues that affect each age group, Sensei Tasha will be going through the issues and what to do about them

NEW Classes!

Mondays in Newton Abbot just got more exciting. From 1st October, 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.

That then leaves room for our new general 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.

Summer School

We've run Summer School for a good number of years now, and it seems that this year was the best attended course yet. At the beginning of the week the members let us know what they would like to accomplish during the course, and this year there was so much on it that we didn't get through it all. Well done to all the participants. As next years calendar is already filling up, we have reserved the dates 5th-9th August 2019. We will start taking bookings in the new year.

Coming Up:

We try to let you know about future events with plenty of notice so that arrangements can be made for work/travel/etc.

Special events are enhancements to your regular training, and it is regular training that should form the bulk of your training plan.

Optional extras include:

- Doncaster 15th September. Bunkai course with John Burke renshi.
- 29th September Bully Buster 5-9 yrs 1pm-2pm £7.50. 10+ yrs 2.30pm-4pm £10
- Holland 29th-30th September, Bunkai Weekend in Schoonover.
- Okinawa. 4-18 November. Some of us are off to Japan for training.
- Friday 14th-Sunday 16th December: Training and Dan Grading with Kyoshi Anthony Blades.
- Sunday 16th December. The Special Lesson. Times TBC

Birthdays

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

3rd James Warren. Mia Harper
4th Sophie Ash
6th Emily Dungey, Carl Withers,
7th Luke Elliott
13th Steve O'Brien
14th Isobel Randle-Jones
18th Jez Knight
19th William Harvey
24th Christopher Flannery
26th Nathan Rowe. Ollie Imeri
27th Robin Davey
29th Jack Parton

Happy Birthday to You



Dates for your Diary

SEPTEMBER

Saturday 22nd & Sunday 23rd Ladies Self Defence 1-4pm
Saturday 29th Bully Buster Sessions 1-2pm & 2.30pm-4pm
Saturday 29th Macmillan Coffee & Cake Day at King Street Studios 10am-4pm
Sunday 30th NO 10am Brown & Black Belt Class

OCTOBER

Monday 1st New Classes start
Fitness Worx 6pm-7pm
Adult Karate 7pm-8pm
Saturday 13th Little Warrior Stipe Test for eligible students.
Sunday 14th Kyu Grading for eligible students.
Wednesday 24th Little Warriors Activity Day

New Members

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

Christian Evans
(Newton Abbot)
Olivia Martin, Ivy Smith, Alfred Beale, Sayed Mohammed Alqarooni
(Little Warriors)
Jack & Charile Parton
(Torquay Little Warriors)
Samuel Coaker, Theo Scott-Gatty
(Ashburton Little Warriors)

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

Perran

You can book now! We have finalised our deals with Haven at Perran Sands, and can now take deposits for you to book your place at the weekend course for 2019. We mean THE weekend course! Same venue, same weekend Same instructors. Slight change to the training times.

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 Carava (8) £300 / £875
3 bed Prestige (8) £350 / £950
Room in shared caravan
(includes training) 3 nights only
£150 single / £225 couple sharing room

Grading Results

On Sunday August 5th we held a kyu grading at Newton Abbot dojo. The following people were recognised to have attained the required standard for new grades:

1st kyu
Oliver Elphick
2nd kyu
Eva Perry, Daniel Turney
7th kyu
Archie Pimley
8th kyu
Isabella Mendez-Chombunchuay,
Serena Worth
9th kyu
Claire Hunt, Archie Panks

In order to take a grading examination, the student must be nominated by an instructor. This happens when the

We are now taking bookings for 3 nights (31st May-3rd June) or 7 nights (half term week 27th May-3rd June) with training Friday 31st May to Sunday 2nd June.

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** renshi, 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.

student has proved competent in their regular lessons. On the day of the test they still need to demonstrate just why they should pass. The result depends on the student and their effort.

On Saturday 4th August 2018, the following Little Warriors (4-7 year olds in our pre-martial-arts class) were recognised at the next stage of their development:

Red Stripe
Luca Henson, Aria Froom
Orange Stripe
Skliya-Jai Smith, Maddox Robins,
Finley Imeri

Instructors nominate Little Warriors to graduate to the next stripe when the students have learned what they have to do from the Little Warriors curriculum.