

Karate Academy

NINE!

Volume 6 Issue 9 September 2012

September Sets!

A new academic term begins. Now while many of our members left school long ago, a lot of what we do falls into that arena...

As we look at the start of September and inviting people to join us as beginners, we might consider exactly what it is that training with the Karate Academy offers:

Is it a phenomenal fighting art? Or a discipline for helping to control violent tendencies? A form of exercise? A stress-relieving activity? A place to meet people with a similar outlook?

Training isn't one of these things or even all of these things, but varies the longer you are around. Inevitably, people who join in for one reason will end up staying for quite another. The person who thought they wanted fitness finds out that there is a depth to this art that is Interesting. The person who came for self-defence learns to enjoy the road we are on.

So now that we are inviting new members once again, grab a VIP Invite and bring a friend along. You know that once they try us out they will see the fantastic benefits that you yourself enjoy - or maybe one of the others on that long list.

Our contact details are info@KarateAcademy.co.uk or call 01626 360999 or join us on Facebook (look up Karate Academy).

John and Kim

Bunkai Bootcamp

The course finished on a high, with everyone realising quite how much information had been imparted across the week. It's a huge undertaking and we hope that the 4 hours of DVD footage that each student went away with will help them recall exactly what we went through.



Karate Academy

Dedicated to Black Belt Excellence

Summer School

Well done to those who took part in Summer School. We had a packed week, full of basics, kata, kumite, oyo, bo staff, and improvised attacks. We discovered that Dave Floyd sensei is rather good at "Dodge Glove" too!

With progress made by everyone on the course we can label that one a success!



Grading Results

Members who are considered to be of the right standard are tested in an exam, and on Saturday 25th August we had one such test at the Newton Abbot dojo.

The results are as follows:

1st kyu: Sean Thompson, Tommy Zheng

2nd kyu: Anna Warren

3rd kyu: Alex Clulow, Olivier Petite

4th kyu: Frederick Leach, Jack Zheng, Shana Osborne, David Alderson, Luke Alderson, Peter Alderson

5th kyu: Lorraine Alderson

7th kyu: Deborah Needham, Aidan Hawlor, Steven O'Brien, Eddie Pratt

8th kyu: Ewan Hale, Phil Hale, William Przybylski

9th kyu: Elliot Ford, Ellie Pleass

Congratulations one and all. Now the hard work starts as you move forward towards your next test.

In order to be sent a grading notice (the only way that you can take part is to receive and return one of these) you must show that you are eligible in class. Your instructor will give you a notice when you are good enough to take the test. Your job is to make sure you are good enough.

Winter Warmer

The seasons turn, and as the autumn winds set in you want to stay warm. There are many ways of bundling up, and one way that is stylish, and shows where your heart lies and your determination comes from is to wear the official **Karate Academy fleece**.

At only £19.95 they are great value. Please call 01626 360999 to check for availability of your size and colour. Pink or grey or navy blue. S, M, L, or XL. These work great as an "over-gi" when travelling to and from class, as well.



BAMA!

13th & 14th October 2012 see our big event of the year. The senior instructors of the British Association for Martial Arts will be teaching in Newton Abbot, Devon.

You all should be there.

Training begins on Saturday 13th at 10am with John Burke (5th dan) sensei, then at 1pm those who are taking a Dan

grading will be hived off under the supervision of Sensei Burke and Martyn Harris (5th dan) sensei, while Neil Ellison (5th dan) sensei and Stuart Howe (5th dan) sensei take the rest of the group.

Sunday sees a round-robin of all the instructors overseeing those grading and the classes will deal with elements as diverse as Ippon gumite, Bagua, Xing Yi, Okinawan Kempo, and kata bunkai.

The course is suitable for all grades. The training is long but friendly and not too formal. Adults in particular will benefit from training with these senior instructors. Juniors will preferably be senior grades.

Costs for the whole weekend are only £25 per person.

Please book your place on 01626 360999

The picture above shows the group in 2003 in Paignton.

Can you spot some familiar faces?

Dates for your Diary and Timetable exceptions

Sat 8th September	Buddy Sessions in Newton Abbot, Torquay and Paignton
Sun 9th September	Buddy Session in Totnes
Mon 10th September	Buddy Session in Chudleigh
Tues 11th September	Buddy Session in Ashburton

Sat 13th-Sun 14th October BAMA Seminar and Black Belt Grading.

Last Word

What kind of person does Karate? All sorts. What kind of person do you become by doing Karate? Well that's about the path and where it takes you. We try to be good people. We will end up helping our fellow students and reminded of humbleness when we see what others go through and how far we can go.

We try to set a good example.

While others are ready to wail at the world for all the things that go wrong, you and I, Karate-ka do our best to set things right. We may not affect everyone who is out there doing bizarre things to themselves and others, but we can make sure that what we do (both to ourselves and others) is generous of spirit and right-minded. We can't correct everyone. For one thing that would mean being very judgemental about what other people are doing. But we can set challenges for ourselves with positive outcomes expected. The Paralympics is on as I

write this. What outstanding courage and determination those people have. We have our crosses to bear, but nothing like what they go through. Be inspired.

Proud to be the Keikokai.

See you in the dojo. **Oss**



PAIGNTON and CHUDLEIGH Hall Refurbishment

PAIGNTON—Methodist Church, Palace Avenue: it turns out that we didn't have Wednesday 29th August either, on top of the dates that were given last month. Sorry. Never mind, it should all be back to normal now.

CHUDLEIGH—Town Hall, Monday 5.30pm-7pm. The revamped hall is really nice. We have grain to the wood floor and newly instated mirrors. Well done Chudleigh! Nice dojo.

Buddy Sessions

Buddy Sessions are all about sharing what we do and supporting the club by making sure that new members are going to be quality people like you. The regular sessions from Sat 8th to Tues 11th Sept will be Buddy Sessions.

For those of you who have not yet taken part in a Buddy Session, here is how it works:

1. Invite friends and family to come along and join in the session. Ask your instructor for some invites to hand out.
2. During line up your buddies stand next to you.
3. During the session you help them out.
4. At the end of the session, if your buddy is interested in more, get them an information pack to take home.
5. If your buddy becomes a member your name will be entered into a prize draw, giving you a chance to win yourself a new gi, or a DVD of your choice, or a set of the round focus mitts.
6. Most of all HAVE FUN.

Birthdays

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

- 1st Finn Hearn
- 3rd James Warren sensei
- 4th Martyn Green
- 5th Dean Coleman & Daniel Witts
- 11th Hannah Joint, Abraham Perera & Steve White
- 12th Adam Price
- 13th Steven O'Brien
- 19th Kefron Barber
- 22nd Paul Goodinson, Nyah Moss & Katie Needham sensei
- 25th Anthony Anderson
- 25th Nathan Rowe
- 27th Robin Davey
- 29th Henry Morgan
- 30th Julie Green

Happy Birthday to You