

**Tension.** Ordinarily, we might spend a lot of time telling you that tension is a bad thing. It slows you down. It is a sign of stress. It reduces the capacity to flow. Tension is useful, though, in preventing joints from locking out during practice in thin air. Often, this is called "kime". Kime really means to fix something's position. Decision. As well as preventing joint-harm, tension is very good for beginning the next action in a sequence. Think of a bow-string drawn tight. Then there is release, which is enhanced because of the previous tension. The point is to only use tension deliberately and when you *want* to...

# Karate Academy

September

## From the Top!

Back to School! Children dread it (do they really? They get to see their friends again...) Parents love it (do they really? Early mornings and rigmarole...) One thing is for sure, as we hit September it is All Go! Much like Spring is a time of renewal, the onset of Autumn brings us enough heat to keep us going and enough cooling that we need and want to move again. Ideal for Karate. Ideal for your friends. New Term, New You. Do you want us to run an assembly at your school? Re-start some friends who have stopped their training recently? Now is the time. We can renew our commitment at any time, but there is something about the change of season that makes it easier. Mindset. Now, not later. As such, please invite your friends and relatives to start training with us at the beginning of September. Then the dojo will be full of good people, working together. People like you.

John and Kim

## The Summer Review

Now that the School Holidays are coming to an end, it's nice to look back over all the wonders that the summer held for us.

**Bunkai Bootcamp.** With participants travelling from Ireland and all over the UK, this small course was packed with information. The martial artists from 5 different styles were introduced to principles that united their efforts in studying practical applications for moves from kata, and proved that they could work it out for themselves using our code.

Each participant now has either a 3 hour DVD set or a download to remind them of the important parts of what we taught.

**Summer school.** We worked through basics, kumite, oyo, and plenty of kata, with bonus sessions in stick and sword. They really did do jumping kicks, and the odd bit of pad-work (and dodge-glove). Productive and useful.

## A Fallen Warrior

It is my sad duty to report that Johnny Black, Taekwondo pioneer in Newton Abbot and friend to this club for more than 14 years passed away on Sunday 18th August 2013. He was a good man, and would come and join us for our Christmas party as long ago as when we trained at Dyrans Leisure Centre. He was 59 years old, and is gone too soon.

## B.AMA Seminar is coming

You need to be there! Book your days off work now to ensure that you can get the most from these fine instructors. Saturday 28th & Sunday 29th September 2013. Renshi **Anthony Blades** (6th dan), Sensei **Stuart Howe** (5th dan), Sensei **Neil Ellison** (5th dan), and Sensei **Martyn Harris** (5th dan) will be joining Sensei **John Burke** (5th dan) in Newton Abbot for a weekend of Bio-mechanical Principles, WadoRyu ippons, Xing Yi, Okinawan Kempo, and bunkai. There will also be a dan grading opportunity. (It is better to observe one BEFORE you have to do one, just to see what kind of things go on...)

The seminar will run from 10am-3pm each day at a cost of £25 per person. Reserve your place NOW. Open to all grades and ages. The instructors are travelling from Leicestershire, Teesside, and Cardiff to come and teach you. It is embarrassing if someone can't be bothered to travel a few miles to take part...

Coming to a seminar gives you other voices and perspectives to learn from. Practical, hands-on, training with people who are not there to check your position for a grading, but instead just enjoy spreading the martial arts. And you know that those of you who meet these advanced martial artists and train with them have an advantage over those who never do. You have the experience of meeting these people and you have the tips and tricks that they pass on, which we do NOT repeat in the "regular" classes.

Remember to *bring your licence book* so that the "courses and seminars" pages get those signatures that play a part in your very own martial arts history! You don't want to find your Dan-grade examiner finding your book blank, do you?

Book your place today. 01626 360999



**Dedicated to Black Belt Excellence**

## Brown and Black Belt class

There will not be advanced classes on the 8th due to Sensei John being in demand in Wrawby or 29th September when the lesson will be missing because all the brown belts and black belts will have been at the seminar for the whole weekend.

## TMAX

The Martial Arts Expo is taking place in Coventry this year. The Ricoh Centre is the venue, and the dates are the 19th & 20th October 2013. John Burke sensei has been invited to teach a Bunkai Workshop (free to event attendees) on Sunday 20th. All welcome. Please contact TMAX to book your place on the workshop

## Kingsteignton Class!

There are now even more training options available, with classes having just begun at the KOAPA building, **Oakford Lawn, Kingsteignton**. The new classes are at 5pm & 6pm on Thursday evenings at the moment, and offers a basic-level class as most of the members are brand new!

## Kyu Grading

At the kyu grading on Saturday 24th August 2013 - held at Newton Abbot dojo - the following students were recognised to have attained the required standards for the ranks listed:

- 1st kyu** Shana Osborne
- 4th kyu** Lewis Barlow
- 5th kyu** Deborah Needham, Cain Power, Abigail Froom
- 6th kyu** Nathan Rowe, Tommy Craven
- 7th kyu** Jake Lee, Connor Lee
- 8th kyu** Robert Appleby, Sidwell Miller, Daisy Graysmark, Finn Graysmark, Hattie Tremlett, Martin Burrige
- 9th kyu** Irah Newsome, Cas Power, Max Sabine, David Stewart,

Congratulations to you all on your achievement, and may you have continued success and improvement with your training



**Karate**  
Academy

## Birthdays

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

- 1st Henry Morgan
- 3rd James Warren
- 6th Carl Withers
- 11th Steve White, Abraham Perera
- 13th Steve O'Brien
- 19th Kefron Barber
- 22nd Katie Needham
- 26th Nathan Rowe
- 27th Robin Davey
- 29th Henry Morgan

**Happy Birthday to You**

## Dates for your Diary and Timetable exceptions

- September 3rd** No morning class in Newton Abbot
- September 5th** No morning class in Newton Abbot
- September 6th** No Warrior Workout in Newton Abbot
- September 8th** No Brown & Black Belt class due to Wrawby seminar.
- September 28th & 29th** BAMA Seminar. No regular lessons either day.

## Last Word

It is a small commitment, really. **10 press ups** and **10 sit ups** every day. There may not be time or space at home for a kata or kicking practice. There are always other demands on your time. But for Karate to be a "Way of Life" it is part of what you do every day. 1 minute dedicated to your fitness and activity keeps you in a "martial mindset".

You can do this.

Your martial arts are not made better by you being in the dojo more. They are not made better by you buying a heavier gi, or more books and DVDs. Your martial arts are made better by you being better.

Getting better is a conscious decision, and if you can learn it for Karate then you can apply it in other parts of your life too. Small steps lead to long journeys, but you have to take the step...

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





# B.A.M.A. Seminar

## 2013



**Anthony Blades**  
6th Dan Renshi

**Stuart Howe**  
5th Dan Sensei

**Neil Ellison**  
5th Dan Sensei

**John Burke**  
5th Dan Sensei

**Martyn Harris**  
5th Dan Sensei

**Saturday 28th & Sunday 29th**  
**September 2013**  
**10am-3pm**  
**£25 per person**

**Karate Academy, 8 Signal Buildings,  
Brunel Road,  
Newton Abbot, TQ12 4PB**

To Book your place call **01626 360999** or complete the  
reply slip below.

Name: .....

Please reserve my place at the BAMA Seminar 2013.

I enclose £25 cash/cheque (cheques should be made payable to BAMA). For card payments,  
please call 01626 360999