

Class Schedules 2015

Private Sessions are held on Saturday or Sunday 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,
8 Signal Buildings, Brunel Road,
NEWTON ABBOT, TQ12 4PB

TUESDAY	10am-11am 5pm-6pm 6pm-7pm 7pm-8.30pm
WEDNESDAY	4.30pm - 5.15pm LITTLE WARRIORS 6.30-7.30pm LADIES ONLY
THURSDAY	10am-11am 5pm-6pm 6pm-7pm 7pm-8.30pm
SATURDAY	9am - 9.45am LITTLE WARRIORS 10am-12noon
SUNDAY	10am-12noon BROWN & BLACK BELTS ONLY

TORQUAY

St Martins Church Hall, Barton Hill Road,
Torquay

TUESDAY 6pm-7.30pm

St Lukes Lower Hall, Sheddin Hill Road,
Torquay

FRIDAY 6pm-7.30pm

PAIGNTON

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

Performing Arts Suite

SATURDAY 10am-11.30am
WEDNESDAY 6pm-7.30pm

KINGSTEIGNTON

All classes held at Kingsteignton OAP Club,
Oakford Lawn, Kingsteignton

FRIDAY 6pm-7.30pm

ASHBURTON

All classes held at Ashmoor Leisure Centre,
ASHBURTON

TUESDAY 6pm-7.30pm
THURSDAY 6pm-7.30pm

TOTNES

All classes held at TOTNES Pavilion Leisure
Centre

MONDAY 5pm-6pm
WEDNESDAY 6pm-7pm

CHUDLEIGH

All classes held at The Town Hall, CHUDLEIGH

MONDAY 5.30pm-7pm Large Hall

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Karate Academy

Three Quarters

Back to School! New term, new commitments. New need to burn out our frustrations. New need to focus the mind and have "switch off" or "me" time. Just look at the world of good it does you to have a little regular Karate practice in your life. You might have witnessed by now what happens to those who stop training as well. The corresponding lack of fitness, ability, and that mis-placed confidence is not something that any of us would wish for. So, renewal. Make your promise to yourself, and we'll see you in class. John and Kim

Summer School

Congratulations to everyone who attended Summer School this year. John Burke renshi taught the week long course, with Clare Potter sensei taking over for the day on Wednesday. The group studied basics, *kumite*, *kata*, and *oyo* as you'd expect, but also had time for dodge-glove and ninja turtle... and *bo* staff, and sword *kata* practice. On top of all that, **Eros Medina** was promoted to *2nd kyu*, and **Deborah Needham** was promoted to *1st kyu*. Well done, guys. Feedback from the course shows that it was very well received. We think it marks 8 years of Cat Maslin doing Summer School, and marks the last one before she goes off to University...



Dedicated to Black Belt Excellence

Dojo Traditions

Giri 義理 - Obligation. The idea of doing something Honourable. We are all subject to doing the things that we know we must, no matter how hard the doing of them may be. It might be our obligation to clean up after ourselves, or it might be our responsibility to our teacher, our art, or ourselves to act with courage when faced with adversity. You can think of it as doing Acts of Kindness, with the added weight of doing things that we Should do, not just what we Must do.

BAMA is coming.

We may only be entering September, but October is just around the corner. So we have plenty of warning that our important seminar is coming up. **Saturday 10th October** the Newton Abbot dojo will play host to guest instructors, here to teach you the combative principles of the martial arts. The regional heads of the **British Association for Martial Arts** will be travelling from all over the UK to teach us. Please make arrangements to be there before the 10am start.

Anthony Blades *kyoshi*,
Neil Ellison *renshi*
John Burke *renshi*
and **Martyn Harris** *renshi*

will be teaching.

At our club, we want you to learn from the best instructors possible, so we bring them in from all over the UK to teach you. These opportunities are what make your training memories and your training legacy. You'll be talking about these events in future years.

For those who are taking a **Dan grading**, the technical side of things begins the night before. On Friday 9th October at 6pm all the Brown Belts and Black Belts will be in attendance for the examination under Kyoshi Blades and Renshi Burke.

with their Kick-A-Thon 2015!

Kanku Dai bunkai & oyo

Saturday 19th September 2015 1-4pm. £10 per person.

観空大
分解の応用

2016 Training by the Sea

Minehead's Butlins resort is the site for our **South West Karate Experience**. It will be taking place at the end of the Half Term Holiday in May next year—**June 3rd (arrive, settle and social) 4th & 5th (training on the beach), and 6th**. We're mentioning this now because we already have bookings for the rooms. We got a good rate to be able to offer the beds at £150 per person including training or £125 per person for family members who just want to come along for a mini break, however, there are only 3 left. After that the price will go up because it won't be part of the same offer that we have taken advantage of. So get your booking in now. A deposit of £30 per person needs to be paid now to secure your booking, the balance can be paid in instalments or in full by 28th March 2016.



We will be arriving on a Friday evening for a social get-together. Saturday morning is a buffet breakfast, then we're training. Short break. Afternoon training. In the evening there is a buffet meal and you can make use of the Butlins entertainments. Sunday morning breakfast, training, then a short break. Afternoon training, evening meal, and then some people will be able to stay on for Monday morning breakfast before departure, but those of us with children needed back in school will probably need to return home Sunday evening.

We have a great package lined up, with excellent tuition, both from Renshi John, Renshi Martyn Harris and other guest instructors. Again, your regular training is important, but it is these events that you look back on and recall for the very experience of it.

Booking forms can be picked up at the Newton Abbot Dojo, downloaded from the Facebook page, or call to have one sent to you.

New Classes

The new classes in Newton Abbot are proving very popular.

Little Warriors pre-martial arts training for small children. These short classes are fun and aimed at 4-7 year olds, getting them ready for Karate classes. Weds 4.30-5.15pm and Saturdays 9-9.45am in Newton Abbot. £4 per class or £25 per month. Plus: The **Ladies Only Karate** class on Wednesday evenings 6.30-7.30pm in Newton Abbot. £5 per class or part of your monthly membership.

Question: Are there any other types of class you would like added to the timetable? Suggestions to kim@karateacademy.co.uk

Birthdays

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

- 1st Finn Hearn
- 2nd Amy Lee
- 3rd James Warren
- 6th Carl Withers, Emily Dungey
- 7th Rowan Walia
- 11th Jack Gibbon
- 13th Steve O'Brien, Dylan Bullock
- 14th Isobel Randle-Jones
- 16th Alfie Courtney
- 22nd Katie Needham
- 26th Nathan Rowe
- 27th Robin Davey
- 29th Henry Morgan

Happy Birthday to You

Grading Results

The kyu grading that took place on Sunday 9th August at Newton Abbot dojo was attended by people testing and by those who wanted to support their fellow students. The following people were examined and promoted to the ranks shown here:

3rd kyu

Martin Burrridge, Isaac Spurrier, Carl Tilling

4th kyu

Connor Lee

5th kyu

Maria Antonilli, Luca Carasco

6th kyu

James Burrridge

8th kyu

Elly Baxter, Josie Baxter-Hext, Ben Rogers

9th kyu

Kaavya Ganesan, Joe Harding, Lennon Lemar, Sevin Ozbek, William Ward

Congratulations, now the hard work begins.

To be invited to grade requires nomination by your instructor. They will be happy to do this once they have seen in class that you have learned all the necessary requirements.

You are under continuous assessment and will only be put in for the grading examination once your instructor feels you are ready.

Last Word

You could have been there all along. You might think that you are a "frequent flier" so-to-speak. So one week is very much like the last in Karate... Maybe. And maybe you need renewal, too. Maybe you need to look again at the art. See the wonders that it possesses, before you get too jaded. Look at the journey you have made to get you to where you are. Then instead of considering the long haul ahead as something insurmountable and never-ending, take pride and joy to be undertaking a journey so much bigger than many will ever know. Enjoy the hugeness of it. Then you can never be bored of it. You can never complete it. You can look at it from this angle or that; you can change your opinion of it or of why you are doing it, but it will always be there. And that's a good thing.

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

Dates for your Diary and Timetable exceptions

Monday 7th September

No Chudleigh class due to Town Council meeting.

Sunday 13th September

Kyu grading in Newton Abbot.

Saturday 19th September

Kanku Dai Bunkai seminar Newton Abbot

1pm-4pm £10 per person

Friday 25th September

No Kingsteignton class

Friday 9th October

Dan Grading Newton Abbot. No Kingsteignton or Torquay classes.

Saturday 10th October

BAMA Seminar. 10am-4pm £25 per person.

No regular 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:

Charlie Brimblecome, Lucy Barr, Eleanor Randle-Jones, Isobel Randle-Jones, Eloise Smith, Eric Farrelly, Alfie Gill, Daniel Turney, Gareth Saunders, Alex Doyle, Emily Dungey, Nathan Dungey (Newton Abbot)

Catherine Drinkall (Ashburton)

Dylan Bullock (Totnes)

And welcome back to **Steph Ellis**.

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

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