

Karate Bulletin



A Note From Kim

Private Sessions: 30 minute 1-2-1 sessions at Newton Abbot Leisure Centre are available most Saturday afternoons. To book your slot call me on 01626 360999 or 08000 155152 or even drop me an email kim@karateacademy.co.uk. These sessions are available to all every month, not just before the grading. We pay Dyrans extra to provide this service to you and you are all aware of the saying "use it or lose it!"

Arrive in April

This month marks the turning of the season and a fresh "term" is upon us. We've had seminars with high graded instructors, and we've had a grading, and we've had lots of opportunity for regular training. NOW is the time to ensure you are ready for the next grading, in June. Please don't ask what "your age-uke combination" is at the beginning of June. By that time you should be well polished. Once again I'd like to point out that *training* is the point of training, and that grades come along to those who spend their time productively. Just turning up is not enough. Training hard but infrequently will not get you there either. There must be balance. Train hard, and train regularly. It costs the same, whether you really apply yourself or not. There has not been another time like this in our history, where we have presented so many fine instructors, at such a low price. There has not been a time where such a group of dedicated black belts have pledged to help the newer students like this.

Make the most of us to make the most of you!

For the First Time...

An historic first, **Anthony Blades** Renshi and **John Burke** Sensei taught together over the weekend of Saturday 29th and Sunday 30th March 2008. On this occasion, Renshi honoured Sensei John by asking him to teach alongside him.

Renshi arrived on Saturday and the session began immediately with our nervous candidates for Dan grades alongside the other Brown Belts and Black Belts. A hard grading session, including basics, kumite, kata, oyo, technical questions, and a pressure test was endured. But of course, this is only part of the Black Belt test. Each of the Black Belts and candidates then had to teach in order to demonstrate their understanding and ability to perceive the problems that others have in learning.

The class was relieved at the end, but also knew that they still had the longest part of the course before them.



The Sunday sessions began with Renshi taking the class through the basics of "chambering" kicks that led to them performing ushirogeri.

When the kyu grades came to train, they were greeted by sweaty and tired Brown Belts and Black Belts.

During the session, Renshi and Sensei took the candidates to the side and gave them their results, one-at-a-time, with feedback for future improvements.



Our New Black Belts

After considerable testing, we are pleased to announce the following new *shodan* (1st degree black belt) awards:

Joe Boyd
Jasper James
Jared Wray

Annabel Callan
David Pickhaver

And the following all achieved *Nidan* (2nd degree black belt):

Blaise Radley
Liam Trott

Joe Trott
James Warren

Congratulations one and all.

TRADITIONAL WEAPONS SEMINAR

Sensei **Julian Mead** is 7th Dan Ryukyu Kobudo, and is Sensei Inoue's representative in the UK. Very kindly, Sensei Mead has agreed to teach Bo staff techniques and kata and Sai techniques and kata on a course specially for us.

The seminar will take place on **Sunday 20th April 2008**, from 10am-2pm. The cost is only £20 and members must possess their own weapons. The weaponry arts have, in the past century, become separate from the "empty hand" arts, but those with an interest in their history and wishing to understand how to defend against weapons will see that the arts used to be unified. Indeed, in Karate-do Kyohan by master Funakoshi (recently re-translated) there are bo and sai pictures included.

This seminar offers you the fantastic opportunity to reaffirm our take on Karate as a "whole art".

Please place orders with Kim on 01626 360999 for your Bo/Jo staffs and Sai by Sunday 13th April.



Buddy Days

Yes, once more we are offering students the chance to have their friends begin classes with us standing next to them in line (- rather than at the other end). During April we will allow your Buddy to come to training at these sessions listed below for free.

Friday 11th April—Riviera Centre, **Torquay** 5-6pm
 Wednesday 23rd April - Pavilion Leisure Centre, **Totnes** 6-8pm
 Monday 28th April—**Newton Abbot** Leisure Centre 5-6.30pm

Advanced Kata Seminar

On Saturday 12th April 2pm-4pm Sensei John Burke will be conducting a seminar dedicated to advanced Black Belt Kata. This session is open to Brown and Black Belts only due to the advanced subject matter, at a cost of £15 per person including seminar booklet. To reserve your place call Kim on 01626 360999. Places limited to 20 students. Places allocated on a first come first served basis.

New Members

A big welcome to **Darren Ramsay, Giles Basson, Travis Dack, Mark Reilly** who joined the Karate club in March, and a big welcome back to **Carl Kestell**, who rejoined us this month.

Birthdays

The following students have birthdays in April:

- 1st Matthew Potter
- 2nd Alastair Cobb
- 3rd Ruth Cooper-Haime
- 4th Kyle Hawkins, Daniel Rock
- 5th Jamie Hodgkins
- 12th Marc Ireland
- 13th John Christopher Burke
- 15th Jack Degnan, Darren Ramsay
- 19th Martin Carrick, Amanda Rock
- 21st Clare Potter
- 22nd Sean Thompson

Happy Birthday to you all.

April Timetable Exceptions

Sunday 20th No Regular Training sessions due to Weaponry seminar

2008 Seminar/Grading Dates

April 11th Torquay **Buddy Day**
 April 12th **Advanced Kata Seminar 3rd Kyu+**
 April 20th **Julian Mead** Kobudo Weaponry Seminar. Sai & Bo.
 April 23rd Totnes **Buddy Day**
 April 26th-27th Seni 08
 April 28th Newton Abbot **buddy day**
 May 6th **Kanazawa** kancho at Camelford, Cornwall
 May 18th **Pressure Point** Seminar, N. Abbot £20
 June 1st **Harry Cook** sensei *Seiyunchin* seminar.
 June 8th South West Open Tournament, Weston Super-Mare
 June 14th Shiphay school demo, Torquay
 June 15th Kyu Grading
 July 12th Rydon school demo, Kingsteignton
 July 22nd Haytor View School Fair & Demo
 August 4th-8th Summer School tbc
 August 18th-22nd Summer School tbc
 September 14th Kyu Grading
 September 27th & 28th Seminar & Black Belt Grading
 December 14th Kyu Grading

Last Word

With all of this going on we can say that we have been successful in some of our goals. There are always more things to work on and more things to get right, and it is our endeavours that set us apart from those who can't be bothered. Let's continue with our successes and make this year the best yet. Proud to be the Keikokai.

See you in the dojo. **Oss**

T I M E T A B L E	KARATE	
	MONDAY	5pm-6.30pm Newton Abbot Leisure Centre
	TUESDAY	12.30pm-1.30pm Newton Abbot Leisure Centre 5pm-6pm Scout Hall, Woolborough Street 6pm-7pm Scout Hall, Woolborough Street 7pm-8.30pm Coombeshead College Gym
	WEDNESDAY	5pm-6pm Torquay, Riviera Centre 6pm-8pm Totnes Pavilion Leisure Centre
	THURSDAY	12.30pm-1.30pm Newton Abbot Leisure Centre 5pm-6pm Newton Abbot Leisure Centre 6pm-7pm Newton Abbot Leisure Centre 7pm-8.30pm Newton Abbot Leisure Centre
	FRIDAY	5pm-6pm Torquay, Riviera Centre
	SATURDAY	10am-12noon Newton Abbot Leisure Centre
SUNDAY	10am-12noon Totnes Pavilion Leisure Centre 10.30am-12noon Torquay, Acorn Centre 4pm-6pm Newton Abbot Leisure Centre	
	All classes are open unless stated	

IAIDO
SATURDAY
 12pm-1pm Newton Abbot Leisure Centre

TAI CHI/CHI GUNG
 On hiatus

KICKBOXING
MONDAY
 6.30pm-7.30pm Newton Abbot Leisure Centre
FRIDAY
 7.30pm-8.30pm Newton Abbot Leisure Centre