

# Karate Bulletin

Volume 3 Issue 4 April 2009

## Kick-a-Thon Kicking Cancer

We've got to send the money to the charity, so unless the last few get their pennies in quickly the adjusted total will stand at £3,500. Still a huge amount for Cancer Research. Well done to all those who took part.

**A new Gi goes to Sean Green for getting the highest number of sponsors, and a new heavy weight gi for Jim Wight who raised £300 on his own.**

## April Showers

When we consider a shower, some people think of rain and misery. Some people think of an invigorating spell in their bathroom with powerful cleansing properties. Glass half-empty or half-full? How you perceive the world will colour your everyday experiences. Is more basics a sign of drudgery or an opportunity to get better at something? Is identifying something that you can work on "having a go at you" or helping you to maximise your potential?

When things "go bad" you have to ask if they are truly "bad". Or is it identifying a weakness which needs work? Even this "recession" is just showing where the weaknesses with the economy are...

With the regeneration that spring brings it is time to recreate ourselves. Spring clean your attitude, renew your goals and ambitions. Make this summer different from every year that has already gone by.

## Renshi Anthony Blades Visit

**Anthony Blades** sensei is in Newton Abbot dojo on April 4th and 5th to teach biomechanics and test our Black Belts and potential Black Belts. Everyone should attend as instead of £25 we've arranged for **£12.50** to be our seminar fee. Please see the attached leaflet.

## Birthdays

The following students have birthdays in April:

- 1st Matthew Potter (kickboxing)
- 2nd Alastair Cobb
- 3rd Ruth Cooper-Haime
- 4th Kyle Hawkins
- 5th Jamie Hodgkins
- 12th Marc Ireland (**18th!**)
- 13th John Christopher Burke kancho
- 15th Jack Degnan, Darren Ramsay (get your gi on), Tracey Lavallee
- 19th Martin Carrick
- 21st Clare Potter
- 22nd Sean Thompson, Samuel Pillivant
- 26th Alex Lee
- 29th Stefania Murphy

*Happy Birthday to you all.*

## New Members

During the month of March the following students joined our Karate group. Welcome one and all. **Hannah Snow, Lauren Bradford, Tony Pillivant, Samuel Pillivant, Morgan Bradford, Kaiya Newell, Matthew Goodlad, Matthew Scammells, Luke Barlow, Thomas Hodgkins, Chloe Goodlad, Rebecca Lewis, Aaron Wreyford, Harry Lewis, Amber Lawrence, and Michelle Green.**

## New Badges

The Keiko logo is available to our members as a metal badge for **£2.95**. This classy cloisonné pin is only available from our instructors.

The "Perfect attendance" badges cannot be purchased, except by training 8 times every month without fail.

## Demo

Saturday 4th April also sees our demo at Jefferey's in Bovey Tracey. 10.30 start. As with all demos, the more that attend the easier it is. It's basically a mini-lesson held outside. We like to do them that way rather than aerial acrobatics because it reflects what our lessons are really like (as opposed to some display that new members couldn't hope to duplicate).

## More Training

Remember that lunchtime sessions are available during the Easter holidays for that bit of extra training, and that 1-2-1 sessions should be used long before the grading. Expecting help the day before the test is just too late.

## April Timetable Exceptions

- |             |                                   |
|-------------|-----------------------------------|
| Sunday 5th  | Seminar, no normal lessons        |
| Sunday 12th | Easter Sunday, no normal lessons. |
| Monday 13th | Easter Monday, no normal lessons. |

## DVD

Black Belts will find the new Kata & Application volume 10 DVD very interesting. It has the first half of Kanku Dai on it. What a swizz—only half a kata! Yes, on this hour-long DVD we only managed to get half of the thing covered. There are a large number of applications to realistic types of attack which are covered, and all to a Black Belt level of understanding. RRP £19.95. Now, there are some "zoom" issues with half of the DVD, so when you purchase this one (members price **£15**) you will also get a voucher off of volume 11 that will get it for a mere £7.50!

This offer is only on during April.

## Coming-up

**Friday 24th April Kickboxing grading**

**Saturday 2nd May kyu grading**

**Saturday 16th May *Anniversary Celebration*** as Keiko Kai reaches it's official 10th Birthday on 14th May. Before that it was known as Newton Abbot Shotokan Karate Club.

**Sunday 14th June kyu grading**

## Russell's Rumours

Russell Stutely renschi has made some noises about his course with us on August 1st and 2nd. There is talk of certification in his new programme PPDT, which was created for the US Police where he is teaching for 2 weeks. Interested?

## Last Word

Busy times, now. I'm teaching at 3 different style-based seminars in the next month, putting together our programmes here, and producing a new series of DVDs. You've got all of your training to work on. We've both got our hands full. The only lesson here is to enjoy it rather than whinge...

Wouldn't have it any other way.

Proud to be the Keikokai.

See you in the dojo.

Oss

# Special Guest Instructor



for  
**MARTIAL ARTS**

**Anthony Blades**

**6th dan renshi**

**Anthony Blades**, Chief Examiner of the British Association for Martial Arts, our governing body, will be teaching at the Newton Abbot dojo on Sunday 5th April 2009.

This highly experienced instructor will be presenting theories and training on **cross-training and power generation** for all grades and all ages. High grades may also experience the **Beyond Style** session.

Blades Renshi will provide feedback for those who will attempt black belt gradings in the next two years on this course. To meet the man responsible for the dan gradings, you must be there.

This is an opportunity not to be missed!

Cost £25. **£12.50** to Keikokai members.

Time 9am-11 am beginners to 4th kyu.

11.30-1.30pm 3rd kyu and above.

**SPECIAL BONUS** session: Brown Belts and above receive a bonus session on Saturday 4th April from 2-3.30 at no extra cost.

Name .....

Grade ..... Age .....

Countersigned if under 16 .....

Yes, I would love to attend the class taught by Anthony Blades renshi on Sunday 5th April 2009. I enclose the fee of £25/£12.50 (delete as appropriate). I understand that my licence must be in order and agree to present myself for training promptly and in an orderly fashion.