

# Karate Bulletin

Volume 4 Issue 4 April 2010

## April

### Surprise!!!

Hanshi **Tino Ceberano**! 9th dan!!! Yes, it was very short notice, but we could not turn away the opportunity to have such a wonderful guest instructor. Apologies to those who expected normal classes on Tuesday 30th March. We had made announcements in every class from the previous Thursday (the first we knew about it) and put notices on the website and the forum.



Ceberano sensei is 68 years old and faster than some of our 20 year olds. Strong and flowing, he also was capable of great gentleness in his kata, demonstrating how training changes as we age. The double bonus was that Tino was taxied to Newton Abbot by Terry Wingrove sensei, so we had the benefit of his company as well.

Over dinner Ceberano sensei told us of how the martial arts of the Philippines were being integrated into the school systems over there and they were seeking his guidance on making an International hub for martial arts exchanges.

Interesting times!

### New Members

During the month of March the following students joined our Karate group. **Sarah Jones** and **Shaun Cooper**.

Welcome one and all, and welcome back to **Matt Baker** and **Liam Hammond**.

### Women's Self Defence

Sensei Clare will be bashing blokes on Saturday 17th April 2010 at the Torquay dojo. 2pm start, and as you know, this is ideal for your female friends and relatives who don't necessarily want to do the whole Karate package. Places must be booked on 01626 360999. £5 for the two hour session. This is the last time we are offering this course at this reduced rate, future courses will be £10.

Well done to Clare for giving the talk on Friday 26th March at Curves Women Only Gym.

### Summer School 2010

We are holding our annual Summer School at the Newton Abbot Dojo from Monday 2nd to Friday 6th August. Training will start at 10.30am each day and finish at 3pm (except Friday 10am-2pm). Cost of the weeks training will be £65 per person and includes lunch (call Kim for family discounts) and is open to all. Places are limited so reserve your place now.

### Birthdays

The following students have birthdays in April:

2nd	Alastair Cobb
3rd	Ruth Cooper-Haime
5th	Jaimie Hodgkins
13th	John Christopher Burke sensei (4)
15th	Jack Degnan sensei
19th	Martin Carrick
21st	Clare Potter sensei
22nd	Sean Thompson
26th	Anthony Edwins
27th	Luke Snell
29th	Stefania Murphy

*Happy Birthday to you all.*

## KARATE

### Newton Abbot

Karate Academy, Bradley Lane,  
NEWTON ABBOT

<b>MONDAY</b>	5pm-6.30pm
<b>TUESDAY</b>	11.30am-12.30pm 5pm-6pm 6pm-7pm 7pm-8.30pm
<b>THURSDAY</b>	11.30am-12.30pm 5pm-6pm 6pm-7pm 7pm-8.30pm
<b>FRIDAY</b>	5.30pm-6.30pm
<b>SATURDAY</b>	10am-12noon
<b>SUNDAY</b>	4pm-5.30pm Brown & Black Belts 5.30pm-6.30pm All Grades

### Torquay

Karate Academy, Warbro Road, TORQUAY

<b>MONDAY</b>	5.30pm-6.45pm 7pm-8.30pm
<b>THURSDAY</b>	5.30pm-6.45pm 7pm-8.30pm
<b>SATURDAY</b>	10.30am-12noon

### Totnes

TOTNES Pavilion Leisure Centre

<b>WEDNESDAY</b>	5.30pm-6.30pm 6.30pm-8pm
<b>SUNDAY</b>	10am-12noon

Ashburton

Ashmoor Leisure Centre, ASHBURTON

<b>THURSDAY</b>	5.30pm-6.30pm 6.30pm-8pm
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Teignmouth

Broadmeadow Leisure Centre, TEIGNMOUTH

<b>WEDNESDAY</b>	5.30pm-6.30pm 6.30pm-8pm
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## Expo Workshops

**The Martial Arts Show, NEC, Birmingham:** John Burke sensei is giving a free Bunkai Strategies workshop at 10am on Saturday 23rd May 2010.

**SENI2010, Excel Centre, London:** John Burke sensei is teaching a free Kata Bunkai Workshop at 12noon on Sunday 29th May 2010.

So what is an Expo? These are shows where all sorts of different arts, associations, retailers etc display their wares. Think of it as a big martial arts fair. There are displays all day, paid seminars and free workshops. A great day out. SENI tickets are available through the Academy for £10. If you pay on the day you'll pay more. If you fancy going let's try to co-ordinate transport to keep costs down.

## Gasshuku

The Gasshuku is booking up fast. There stand to be 60 students on the course. If you'd like to join us for a spot of outdoor training then you are very welcome. Training outdoors is great fun; we take a weekend away, spend some time together, do some training, and have a good time.

We arrive in Brecon at a converted barn on Friday 6th August (straight after Summer School). You can choose to sleep in the dormitory or bring a tent and camp outside. August 7th and 8th we'll be training and eating together, and then the long drive home after the fun on the Sunday.

We all get stuck in and really get immersed in our Karate.

There will be students from the *Keiko* group of clubs (us) and from *Martyn Harris's Red Dragon Karate Institute*, and from *Martyn Skipper's Tower Shukukai* as well.

The £100 fee includes camping/dormitory, breakfast, and evening meal for Saturday, and Sunday's breakfast. There's a rumour that we might just manage that Waterfall Training this time.

Interested? Ask Kim or Sensei John for a booking form

## Instructor Training

Quick reminder: ITP will be Saturday 3rd April from 1pm and will focus on the next stage of the Academy's development. You know that we could not do all the things that this Karate Academy accomplishes without your unflinching help and dedication. Our great team is just about ready for the next bit

## Bassai Dai Workshop

Newton Abbot dojo hosts John Burke sensei's Bassai Dai performance and application seminar on Saturday 24th April. The cost is only £5 to anyone who doesn't pay by grade/annually. This workshop is especially important for the brown and black belts, with plenty of teaching tips and time for your questions. 1.30pm-3.30pm

## Coming-up

**April 10th/11th**

**Saturday 24th April**

**May date tbc**

**Saturday 15th May**

**Sat/Sun 23/24th May**

**Sat/Sun 28/29th May**

**Tuesday 1st June**

**Sunday 6th June**

**Saturday 19th June**

**Sat/Sun 10/11th July**

**Mon 26-Fri 30th July**

**Mon 3rd-Fri 6th August**

**Sat/Sun 7/8th August**

Bunkai course, Manchester  
Bassai Dai Seminar, NA  
Dan Grading  
Oyo Workshop  
The Martial Arts Show, Birmingham  
SENI2010, London  
Patrick McCarthy hanshi flow drill seminar.  
Kyu Grading  
Groundwork Masterclass  
Russell Stutely renshi  
Bunkai Bootcamp, Devon  
Summer School  
Gasshuku, Brecon, Wales

## Next Grading

The next belt/rank testing for coloured belts is on **Sunday 25th April 2010**. This grading will be from 4-6.30pm. There is no reason why anyone under 1st kyu who did not grade in March and has been training since January can't be on it. Those seeking new grades needing extra help please get it now. 1-2-1 lessons are available with the instructors, and you can always attend more regular classes to bump up your ability. A week before the test is too late to seek meaningful help.

## April Timetable Exceptions

**Sunday 4th** Easter Sunday. No normal lessons.

**Monday 5th** Easter Monday. No normal lessons.

## Last Word

One of the most wonderful things about our group (and there a good few) is the fantastic way that you take care of each other. The family feeling that surrounds the way the seniors interact with the juniors, the way that people rally round when there is work to be done is an absolute joy. In this world of hands held out expecting things to be given to them it is gratifying that our members are empowered to stand on their own in the sure knowledge that there is always help there if they need it. Anything from a hand with moving a washing machine to someone supporting you when you have to be brave in the face of adversity to a bit of help with a kata that you're not quite getting. Yes, your accomplishments are your own. Yes, you get a lot of help getting there. Feel like that doesn't apply to you? Have you tried asking for help? No-one wants to be pushy and insist on it, but your seniors are standing by whenever you need them.

Proud to be the Keikokai.

See you in the dojo.

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