



April!

Control

World events serve to remind us daily of the fragility of the human condition. Certainly there are many events and situations that are beyond our control. We do what we can with charitable donations and sending aid where tsunami have struck or earthquake has left devastation. In the midst of all this we are expected to carry on with our lives. There are still things You are in control of.

You choose how you react to information. You choose whether or not to be affected by news (both on the TV and in your life). You choose how something will be remembered and what it will mean to you in the years to come.

When you need help with any area of your training or need to talk about any area of your development, talk to your instructor or email/call us info@KarateAcademy.co.uk or 01626 360999. Remember we are here to help and will always listen.

Timetable Exceptions

The following our exceptions to the regular timetable during the month of April:

Sunday 17th	No regular Newton Abbot classes.
Friday 22nd	No regular classes. Wear Farm
Sunday 24th	Easter—no regular lessons
Monday 24th	Bank Holiday—no regular lessons
Friday 28th	BANK HOLIDAY No regular lessons

Coming-up

Sat/Sun 16th/17th April	Dan Grading, Newton Abbot
Sunday 17th	Kyu Grading 10-2
Friday 22nd	Wear Farm demo
Saturday 23rd	Women's Self Defence 1.30-5.30
Sat/Sun 7th/8th May	The Martial Arts Show, Birmingham NEC
Saturday 14th May	Wingrove Hanshi in St Austell
Sunday 26th June	Wingrove Hanshi in N.Abbot

Birthdays

The following students celebrate their Birthday this month:

2nd	Alastair Cobb sensei
5th	Kieran Sliney, Jamie Hodgkins
9th	Martin Carrick, Kieran Holland, Deborah Needham
12th	Rachel Edwards
13th	John Christopher Burke sensei (aged 5)
15th	Jack Degnan sensei
17th	Shannon Withers, Alex Briddon
21st	Clare Potter sensei
22nd	Sean Thompson
24th	Dale Moaks
26th	Anthony Edwins

Dedicated to Black Belt Excellence

Happy Birthday to You

New Members

The following people joined the Karate Academy in the month of March:

Newton Abbot: Amy Clark, Rachel Edwards, Ebony Brine, Sophie Marie Paulton, Rebecca Hall
Torquay: Hugo Edwards, Alicia Oldbury, Jack Burley, Jawad Rahmen, Dean Lenton,
Teignmouth: Sam Taylor
Ashburton: Finlay Coulson
 Welcome one and all!

Bunkai Bootcamp

There is going to be a special, week long course **August 1st-5th 2011**. The Bunkai bootcamp exists to teach the all important applications to every move in Karate kata. Many clubs don't teach it at all. Some teach "junk bunkai". We have people travelling from overseas already booked up for this course.



You can be part of it, too. Adults, and some high grade juniors, this course is for you. Physically and mentally demanding, your Karate growth will be accelerated by participating in the week.

10-4 every day with both physically and mentally intensive training geared towards functional kata bunkai. If you are interested in bunkai (application) then this is for you. It's advertised on the web at £295. Our members get a huge discount (as long as you don't tell everyone). £110 on the day or £99 in advance.

Demo

Wear Farm 22nd April 2011 (Good Friday). At the Davey Family's farm on the way to Teignmouth there will be a massive event with all sorts of activities and shows, food and drink from 3pm—and it's all in aid of a Children's Hospice.

Women's Self Defence

This popular class returns for a Saturday afternoon session and the possibility of losing a few lbs the day before Easter Sunday! Clare Potter sensei and her assistants will be teaching practical no-nonsense techniques for use on an aggressor of any size—including some recent advice from the Crown Prosecution Service in regards to self protection!

This course is designed to show the background and use of self defence principles and techniques for women, and to test them out in adrenalized situations.

Training can be frightening, but it helps someone who isn't physically strong to gain an advantage, no matter what the size of their opponent. The seminar is suitable for adults, although some youngsters will be permitted to attend.

Saturday 23rd April 1.30pm-5.30pm at the Newton Abbot dojo. The cost is only **£10** per person. Please book your place on 01626 360999 or discuss family discounts with Kim.

BBQ

As there are no lessons on the Bank Holiday of the Royal Wedding, we thought we could put together a BBQ at the Newton Abbot dojo for 3pm. All welcome. We will supply rolls, burgers, sausages and cheese. If you require any other food, please bring it along. Bring a bottle.

Grading Results

Well done to the following students who achieved new grades on Sunday 20th March 2011:

2nd kyu

Nicola Brown
Steve White

3rd kyu

Michelle Green
Tommy Zheng
Ethan Heppell

4th kyu

Natasha Barlow
Alison Brend
Caleb Clark
Andrew Green
Julia Simmons
Anna Warren

5th kyu

Michael Maddocks
Lisa Tonks
Phil Tonks

6th kyu

Lewis Barlow
Adam Castle
Alex Clulow
Liam Payne

7th kyu

Jessie Bailey
Susan Bailey
Robin Davey
Andrew Lawley
Olivier Petite

8th kyu

Luke Alderson
Scott Elson
Frederick Leich
Melissa McCarthy
Robert Patmore
Jon Ward

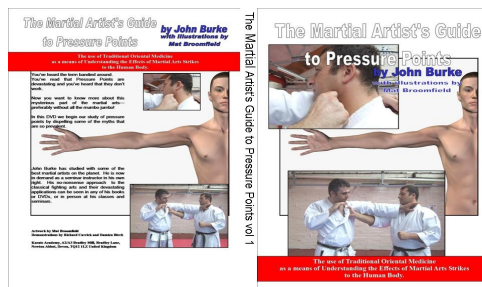
Peter Alderson
Josh Goodman
Samuel McCarthy
Shana Osborne
Hannah Tribble

9th kyu

Kiera Cleary
Harrison Hammond
Poppy Hammond
Kit Hughes-Johnson
Connor Patmore

GRADING ADVICE for NEW MEMBERS

If you are new to our Academy then you might not be aware that tests are regularly held to ascertain the level of a student's ability. Students are invited to take part in these tests after careful consideration and talks between the instructors. A grading notice is sent to the candidate, and as long as they wish to take part (and if they are junior then they have their parents' permission) then the form is returned and they are eligible to take the test. Then they have to perform well enough to pass!



Getting a new grade depends on training up to and including the day of the test, and of course, that they perform well on the test itself.

Now onwards towards your new goals.

Oh, and Another Grading

It is with great delight that we are pleased to announce that 93 year old Kinjo Hiroshi sensei has promoted Terry Wingrove hanshi and Patrick McCarthy hanshi to the lofty grades of 9th Dan.

Pressure Points Seminar

John Burke sensei taught the Pressure Point seminar at the Newton Abbot dojo on Saturday 27th March. Attendees came from local Taekwondo clubs to experience the manner that martial arts techniques share an interest in the common weaknesses in the human anatomy. This class is designed to reveal just what it is that those kata are capable of doing for self defence. Generally, attendees agree that there is really too much information there for the short period of the seminar, even though on this occasion it over-ran by an hour and a half!

The Pressure Point Guide for Martial Artists book and double-DVD set are available from instructors and make the perfect accompaniment to this kind of training as they serve to remind you later of the things that you saw at the time. RRP for book is £19.95. Members Price is £15. RRP for DVD set is £39.95. Members Price is £25.

Kids Summer School

We have been asked by a few parents if we will be running the summer school this year. We had decided that this year we would do the Bunkai Bootcamp instead (as requested for the past 2 years), however we have looked at the August calendar and can possibly put on a summer school on Monday 15th-Friday 19th August 10.30am to 3pm each day. The cost would be £60 for the week or £15 per day. We can only run this course if we have a minimum of 15 students attend, if you are interested, and can confirm attendance, let Kim know asap. Once we have 15 confirmed places filled we will confirm that the Summer School is on. If we cannot fill the places on Summer School, we will look at doing some MasterClass days, which are open to all, during the summer break.

Last Word

Success depends on what you do on a day-by-day basis. Where you willing to do your 10 press-ups today? Why will you be shocked when you don't get the results tomorrow? What about the amount of your time that you wasted on watching TV? Was that well spent? Certainly family and work/school are important, and a little Karate trained regularly is about Self Improvement. Time spent looking after others needs balance on time looking after yourself. Physically, mentally, and continuously. That needs some work. Proud to be the Keikokai. See you in the dojo. **Oss**