

Karate Bulletin



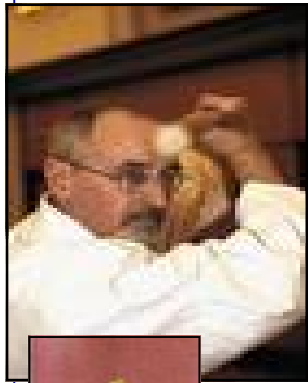
A Note From Kim

If you need a new uniform, or a syllabus DVD, or kata book, please call me on 01626 360999 so that I can make sure the right item is ready for you. Similarly, if you would like a discount on tuition fees by paying for a longer period, then call for details. Monthly, quarterly, annual and "up-to-black-belt" payers also get free private lessons. Enjoy your training, aim to grade in September, enjoy the holidays.

August August

August, the month of no school. It can come as a relief to know, then, that we do not stop during the holidays. We only claim the Bank Holiday for our own break from training. This is a challenging time for families training with us. Not only are there the added expenses of children not being taken care of by schools, but also the demands of days out and weeks away. Our members who pay monthly or quarterly, annually or "up-to-black-belt" pay no more for extra sessions attended during the holidays. That means that the members can get an awful lot of value from us during holiday time.

The Cook Report



This month we are privileged to bring you another top instructor. We've waited quite a long time to be able to bring you this gentleman (negotiations began some 5 years ago).

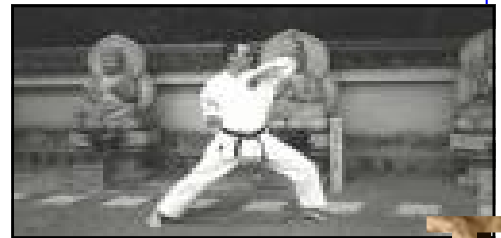
Harry Cook sensei is a leading historian and author of several books. He trains in Shotokan and also in Goju Ryu.

Cook Sensei is the author of the *Shotokan: A Precise History* book which has caused some controversy. His articles used to appear in all the martial arts press, but currently he reserves his writing for Classical Fighting Arts—an American magazine. His visit to us will be open to all grades and ages, and will specifically focus on teaching us the Goju Ryu kata

Seiyunchin.

Cook sensei is a respected expert and accomplished martial artist. So, if you'd like to learn a kata that's a bit different to the norm, Cook Sensei will be educating us in a

short while. **Sunday 17th August 2008, 10am-2pm, £25 per person** (call for family discounts). The venue will be the Karate Academy on Bradley Lane. Book your place on the seminar NOW!



The New Centre

Three training areas. Seating for parents. Changing rooms. The *Karate Academy* site is at **Unit 1, 1A, and 1B Bradley Mills, Bradley Lane, Newton Abbot, Devon, TQ12 1LZ**. The telephone number is, as always, 01626 360999. If you travel down Bradley Lane from Asda, there are houses on the right hand side. At the end of the houses, the very first unit you come to is the Academy site. It's directly opposite the Music Mill.

We've still got work to do to make it nice, but it serves its purpose very well. Come and train in Newton Abbot during the Summer Holidays, even if you also regularly support your "usual" dojo—a little extra training goes a long way.



Summer School Booking

Summer School is our opportunity for extra training. The dates are weeks commencing **4th and 18th August**, and as usual, we will be cramming a month's training into one week. That could really give your ambitions a boost!

The two Summer Schools will run from 11am-3pm each day. Places are limited so that we can really get stuck in.

The cost of the course is £50 for the whole week or £12.50 per day. Booking forms are available to collect in class, or email admin@karateacademy.co.uk for an email copy

KARATE

MONDAY	5pm-6.30pm	Karate Academy, Newton Abbot
TUESDAY	11.30am-12.30pm	Karate Academy, Newton Abbot
	5pm-6pm	Karate Academy, Newton Abbot
	6pm-7pm	Karate Academy, Newton Abbot
	7pm-8.30pm	Karate Academy, Newton Abbot
WEDNESDAY	5pm-6pm	Torquay, Riviera Centre
	6pm-8pm	Totnes Pavilion Leisure Centre
THURSDAY	11.30am-12.30pm	Karate Academy, Newton Abbot
	5pm-6pm	Karate Academy, Newton Abbot
	6pm-7pm	Karate Academy, Newton Abbot
	7pm-8.30pm	Karate Academy, Newton Abbot
FRIDAY	5pm-6pm	Torquay, Riviera Centre
SATURDAY	10am-12noon	Karate Academy, Newton Abbot
SUNDAY	10am-12noon	Totnes Pavilion Leisure Centre
	5pm-7pm	Karate Academy, Newton Abbot

All classes are open unless stated

IAIDO

Friday 7pm Karate Academy, Newton Abbot

TAI CHI/CHI GUNG

On hiatus

KICKBOXING

Monday and Friday 6pm Karate Academy, Newton Abbot

PLEASE NOTE CHANGES IN BOLD

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Kickboxing Returns

Focus Kickboxing is BACK. Pad-work and heavy exercise drills take place at 6pm on Mondays and Fridays at the Bradley Lane dojo. Classes resume on **Friday 8th** August.

They are a great adjunct to regular Karate training.



The Return of the Sword

Iaido—the Way of Drawing the Sword returns to our timetable at it's new regular slot Friday at 7pm! New members are always welcome—you can even borrow a practice sword for the first couple of lessons while you make sure it's something that you want to do.

There's no sparring in Iaido, just kata practice, so it can seem deeply meditative!



Birthdays

The following students have birthdays in August:

- 1st Jake Bidmead
- 2nd Kumar Chopra
- 3rd Kyle Wright, Vivian Warren
- 8th Callum & Chloe Brealey
- 9th Lori-Ann Freeman
- 11th Paul Worthington
- 14th Carlito Miracco
- 16th Richard Carrick sensei
- 17th Paula Hickin-Botham, Helen Millward, Brandon May
- 19th Joshua Dolan
- 20th Kirsty Grant
- 22nd Neil Foley
- 29th Matthew Cook

Happy Birthday to you all.

2008 Seminar/Grading Dates

- August 4th-8th Summer School
- August 17th **Harry Cook** sensei teaching Sei-yunchin kata. Newton Abbot.
- August 18th-22nd Summer School
- September 13th Kyu Grading (note change: **Sat** not Sun)
- September 27th & 28th Seminar & Black Belt Grading
- October 26th **Terry Wingrove** sensei, Newton Abbot
- December 14th Kyu Grading

Rumblings

As you know, Sensei John Burke has been travelling around the country conducting seminars for Black Belts from other groups for a little while now. What you might not know is that he has been petitioned to accept a position with them.

Much remains to negotiate, but after consulting his teachers it seems that we might have hit upon something. With the blessings of Renshi. BAMA.

New Members

A big welcome to **Adam Darke, Carl Pratley, Cai Pratley, Kieran Miller, Stacey Evans, Daniel Bailey, Wesley Whittle, Jacob Whittle, Callum Brealey, Chloe Brealey, Richard Wade, Elizabeth Wade, Samuel Wade, Nicholas Wade, Emma Flood, Lily Merritt, Lewis Merritt, Adam Childs, Danielle Bailey, Leah Bearne, Libby Doyle, Len-nie Beckwith, Sarah Jones, Neil Foley, Dean Jordan, Hannah Shrubbs, Ben Shrubbs, Luke Harris, Joe Harding, Jeanette Stocker, Megan Hornsby, Nicola Brown, Jake Bidmead, Connor Millington, Kieran Osborne, Adele Bailey, Aidan Seal, Jordan Bryant, Austin Bryant, Thomas Lomax, Hannah Lomax, Ben Walton, and Janet Martin** who joined the Karate club in July.

September

As you will have seen above, next month brings a multitude of challenges and opportunities. Firstly, there is a kyu grading (coloured belt examination). This one is on **Saturday 13th** September and will follow a slightly different timetable to usual. Keep your ears and eyes ready for details. Those students who are ready to be tested will be advised at the start of September, so make sure you demonstrate your eligibility in the next few weeks.

Then we have the weekend Dan Grading (Black Belt exam) and the Open Seminar for Traditional Martial Arts. Guest instructors include **Renshi Anthony Blades, Sensei Neil Ellison**, and Sensei John Burke. This is always an exciting event and there are always really good lessons to be learned from very experienced teachers. That's **Saturday 27th and Sunday 28th September**.

With all of this and the regular classes and the influx of new members you can see that we will have our hands full!

Last Word

A teacher that I respect from another club was complaining that he was “fed up” with having to “prove himself” all the time. This caused me to ponder. On the one hand, when we are secure in ourselves we do not need to “prove ourselves” to anyone. On the other hand, we should have our goals and a need to “prove ourselves” to ourselves and to those we respect (such as our teachers). I am certainly never “fed up” with having to prove myself to my teachers—in fact I want to!

I don't want to be complacent, and I don't want to sit in a rut. Proving myself is a little-by-little job. It might be about exercise this week and knowledge the next. Learning a kata or a refinement on an existing combination. Proving yourself is about **IMprovement**, isn't it? That's something that we all want. Take the need to prove yourself as a burden and that is what it will be. Take it as a good and necessary thing and *that* is what it will be.

Proud to be the Keikokai.

See you in the dojo.

Oss



Open Seminar

Harry Cook

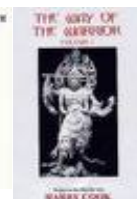
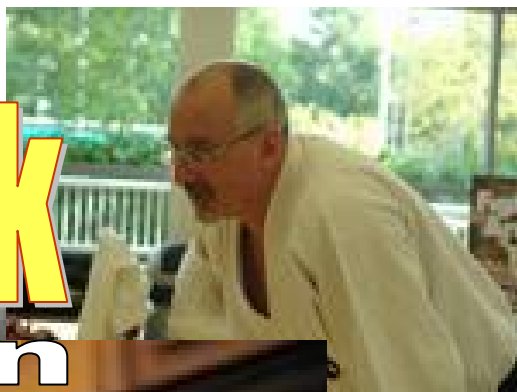
7th Dan

All styles and grades welcome

Seiyunchin Kata

Author of Shotokan Karate: A Precise History
Cook sensei is renown for his historical knowledge

Sensei Cook has written articles for numerous magazines (currently appearing in Classical Fighting Arts)



Your opportunity to train with Harry Cook sensei, author, and teacher of Shotokan and Goju-Ryu Karate styles. His understanding of both is revealing, as we study a Goju-ryu kata, *Seiyunchin*, over the course of the day.

Sunday 17th August 2008, 10am-2pm £25

Karate Academy, Bradley Lane, Newton Abbot

To book your place, please call 01626 360999 with card details or fill in cut-off slip and return it to Kim Burke, Karate Academy, Unit 1 Bradley Lane, Newton Abbot, TQ12 1LZ (cheques should be made payable to *Black Belt Academy*)

Yes, I'd like to reserve my place on the Seiyunchin kata seminar taught by Harry Cook sensei. I include £25 to cover tuition, and confirm that I have valid insurance and licence to practice martial arts. I understand that training includes the risk of injury, and will ensure that I train with care for my own health and that of my training partners. I will present myself in a timely fashion and present myself neat and tidy, ready for training, at the seminar.

Name.....

Style/Club..... Grade

Contact Number(s):

Email.....

Signed: Date:

(parents consent for students under 16 years)