

Karate Bulletin

Volume 3 Issue 8 August 2009

Thanks to those members who came and celebrated Michael's christening with us. He's very precious to us and your support is much appreciated.



August

Announcements

Women's Self Defence

Following the success of the last Women's Self Defence class, we are pleased to announce that **Clare Potter** sensei will be teaching again on Saturday August 22nd 3-6pm. Please confirm your attendance on 01626 360999.

Master Russell Stutely in Devon

The man who taught me how to put the Pressure Point information in with our Karate is back in the UK. He'll be teaching for us over the weekend of 1st and 2nd August. On Saturday we have 3 classes—one for the children, one for the kyu grades, and one for the Black Belts.

On the Sunday Master **Russell Stutely** will be teaching people his Pressure Point Defensive Tactics Level One Teachers Course, complete with testing and certification for the successful candidates. Call 01626 360999 to reserve your place.

Please note that the regular weekend classes will not be on due to this seminar. You should be training under Russell instead. Call us if you have any questions.

Congratulations

School's out, and our students have done well this year. **Summer Wight** won the award for Most Improved in Year 10 Music, and also in Drama.

Ruby Simmons won the Year 9 Drama award. It's been a good time at Coombeshead, it seems. Well Done, girls.

NEW CLASSES

Wednesday September 9th we begin our classes at the Broadmeadow Centre in Teignmouth. 5.30-6.30pm and 6.30-8pm

Thursday September 10th we begin our classes at the Ashmoor Centre in Ashburton. 5.30-6.30pm and 6.30-8pm. You might like to support these new venues with their first couple of classes so that the new members have some seniors to look up to.

Come and support the first sessions.

New Members

During the month of July the following students joined our Karate group. Welcome one and all. **Ryan Bovey, Luke Bovey, William Whittit, Alexander Garside, Dominic Bayliss, Raddslaw Jaszczur, Ethan Bradshaw-Price.** Also welcome to **Laura Richards** who joined our kickboxing group.

Birthdays

The following students have birthdays in August:

- 1st Jake Bidmead
- 2nd Kumar Chopra & John Drew
- 3rd Kyle Wright & Ross Carlino
- 7th Karl Hyde
- 8th Aidan Hill
- 9th Peter Bond-Myatt
- 14th Carlito Miracco
- 17th Paula Hickin-Botham & Helen Millward
- 19th Joshua Dolan
- 21st Hannah Snow
- 24th Freja Scott-West
- 26th Callum Hill
- 27th Finn French
- 29th Matthew Cook

Happy Birthday to you all.

August Timetable Exceptions

- Saturday 1st** No regular classes due to Russell Stutely seminars
- Sunday 2nd** No regular classes due to Russell Stutely course
- Monday 10th-Friday 14th** **No Lunchtime classes due to Summer School. All other classes are unaffected.**
- Monday 31st** No classes—Bank Holiday

Coming-up

- Saturday 1st August** Classes with Russell Stutely
- Sunday 2nd August** Russell Stutely PPDT course
- Monday 10th – Friday 14th August** **Summer School** 10.30am-3pm each day for only £47.50. To book collect a registration form from your instructor or call Kim on 01626 360999. Only 4 places left. **BOOK NOW.**
- Saturday 22nd August** Women's self Defence
- Sunday 13th September** Kyu Grading
- Saturday 3rd October** Dan Grading
- Sunday 4th October** BAMA Seminar & Dan Grading
- Sunday 18th October** Terry Wingrove

Last Word

We have a hugely busy Summer ahead of us. I hope you enjoy your holidays, and please make sure that you get more training in before and after your break so that you don't miss out.

September sees a new Academic Year, and a time to refresh your goals and ambitions. Where do you want to be by Christmas? It's less than 5 months away, so let's get working on your dreams now, and turn them into reality. If you need extra help, all you have to do is ask.

Proud to be the Keikokai.
See you in the dojo.

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