

# Karate Bulletin



All calls to the Karate Academy are now FREE if you use this number

**08000 155 152**

No more excuses for not booking that much needed private Session, or requesting Buddy Passes.

Please note call are only free from Landlines, mobile phone companies will still charge at the usual mobile rate.

## Very August

And that was July, over and gone!

August is traditionally a quiet month for training with people going on holiday, sunbathing or swimming, days out with the family, etc. Try not to let your training slip too much, you can make up missed sessions by using the lunchtime classes on Tuesdays and Thursdays in Newton Abbot, or travelling to any of the sessions at the other venues if you cannot make your usual days, for example, Torquay students do not have sessions on Tuesday, Thursday, or at the weekend, why not go to Newton About on one of those days to make up for a missed session. Next grading examination is on Sunday 16th September, so those students who want to grade need to put in the required number of sessions and the right effort to qualify. Make it your goal to grade on **16th September**.

### TIMETABLE CHANGES

#### Torquay

August 6th sees the timetable change to a new time for Westlands School in Torquay. We will be training from 6-7.30pm with all grades. There will be an additional 30 minutes for Brown belts and Black belts for more advanced tuition.

Please listen to announcements in class about the Friday session at Riviera Centre. The session stays at 5-6pm for now, but we *may* have to change this before the end of August while we wait to see if Sensei Mike's new day job allows him to continue with this session.

Remember, it doesn't matter where you train, you are welcome to attend at Newton Abbot, Totnes, and Torquay to make sure that you get the best out of your training.

#### Totnes

Monday evening training will become Sunday morning training from August 5th. The last Monday session was on 30th July. The first Sunday session is on 5th August at the new time of 10am-12noon.

#### Newton Abbot

The Sunday evening session will now have an additional 30 minutes at the end of the Brown & Black Belt class for those on the Karate Instructor Course. Open Floor sessions are now by appointment at any time to suit you, subject to availability, for example, if you want some private training time at 9am on a Monday you need to call Kim on 08000 155 152 to book your time slot.

#### NEWTON ABBOT

Tuesday	12-1pm	Open
	4.45-5.45pm	Open
	6-7pm	Open
	7.15pm-8.30pm	Open

Thursday	12-1pm	Open
	4.45-5.45pm	Open
	6-7pm	Open
	7.15pm-8.30pm	Open

Friday	4.45-5.45pm	Open
	6-7pm	Open
	7.15pm-8.30pm	Open

Saturday	10am-12noon	Open
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Sunday	5-6.30pm	White
	6.30-8pm	Brown & Black Belts
	6.30-8.30pm	KIC Training

#### TOTNES

Sunday	10am-12noon	Open
Wednesday	6-8pm	Open

#### TORQUAY

Monday	6-7.30pm	Westlands	Open
	6-8pm	Westlands	Brown & Black
Wednesday	5-6pm	Riviera Centre	Open
Friday	5-6pm	Riviera Centre	Open

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#### August Timetable Exceptions

Sat 18th	No Newton Abbot Sessions—Private Course
Sun 19th	No laido—Private Course, evening sessions remain on.
Mon 27th	No Westlands—Bank Holiday

## Grading

Remember, now is the time to focus on the next test in 6 weeks time. Training more regularly 3 weeks before the test will not get you through. You need to train **now** to ensure readiness in September (particularly with holidays breaking your training over the summer).

Next grading session will be on Sunday 16th September, times and venue to be advised.

## Black Belt Pre Grading

On Saturday 15th September Sensei John Burke will be conducting a Black Belt Pre-Grading for all those students planning to attempt a dan grade in October. This is part of the overall test. You must be there if you want to formally grade in October, if you are unable to make it you must let Sensei John know why before 12th September.

This session is open to all Brown and Black Belts. Come along and find out what to expect when its your turn. Come along and support your fellow 1st Kyus and Yudansha. Come along just to train at the advanced level.

## Yudansha Grading Article

Those of you who are attempting shodan black belt this year will be pleased to hear that Anthony Blades renshi has nominated the title of your written piece. You are lucky to have the title "**Is correct movement the same as looking nice?**" as the header for your work.

First drafts should be with me straight away and then we can thrash out any inaccuracies, etc. While final versions must be submitted to me by Friday 28th September.

If you need some help with your article, don't sit and worry about it, talk to Sensei John who will guide you through it.

Articles should be no longer than 2 pages (A4) and can include relevant pictures.

Those attempting higher dan grades have been set different projects.

## OCI directors will be here in October



Sensei Burke & Renshi Blades

Brown and Black Belts are entering their period of highest intensity training.

There will be a Dan grading on Saturday 13th October 2007 from 2pm onwards.

Adults are very welcome to join us for refreshments that evening in Torquay, then the grading continues on Sunday at

the OCI Traditional Arts Seminar.

All grades are welcome to take part in the seminar. We have the Directors of our association travelling from all over England just to see you lot. I am very happy to confirm that **Stuart Howe** sensei will be in the country for us once more, that **Neil Ellison** sen-

sei will be travelling to us despite his back pain, and that **Anthony Blades** renshi will preside over the whole experience once again. The weekend offers everything from the super-formal high intensity workout to flowing applications to groundwork. I suspect that there will also be an announcement made this weekend, and of course we will see the results of the dan grading.

Training is £25 to OCI members and £35 to guests. Sunday 14th October 2007, 10.30am-3.30pm. Be there or miss out.

## Congratulations

Join me in congratulating **Lee Warren** sensei on his brave step to the front of the class in Torquay. It takes a lot of nerve to teach a class, and a generous heart to share and be patient with all the students. Lee has these qualities in abundance, and Mike Daniels sensei and John Burke sensei are very proud of the work he is doing with the club. Join us in welcoming Sensei Lee Warren to the team of Eikoku instructors.

## Buddy Day

The next Buddy Session will be on Saturday 8th September and will replace the normal morning session in Newton Abbot. September is the start of a new term, and therefore an ideal time for your friends and family to start training. Bring them along, show them how good you are, show them that karate can be fun and not just about fighting, show them what we have to offer. Personalised Buddy Passes can be obtained from Kim by calling 08000 155 152 (please allow 48 hours for production).

## New Members

A big welcome to **Macauley Jewell, Alyssa Frayling, & Suzanne Jones** who joined us during July.

If you have a friend that you think would do well in our academy, hand them a Guest Pass, or give their details to Kim and she will invite them along for you.

## Birthdays

The following students have birthdays in August

Suzanne Jones	3rd
Allannah Clark	4th
Carlito Miracco	14th
Richard Carrick	16th
Paula Hickin-Botham	17th (special one, but she won't thank us for saying which one)
Josh Dolan	19th
Matthew Gammage	20th
Rick Clarke	22nd
Dexter Gammage	27th
Gemma Davey	28th
Lucy James	28th
Matthew Cook	29th
Mike Daniels	31st

Happy Birthday to you all.

## And Finally

We'd just like to point out that Mike Daniels sensei's recent injury was not caused through Karate training, but skate-boarding. The number of times we see injuries through football and other activities rather than in the dojo is beyond me.

See you in the dojo.

Upcoming Events: **August** 20th-24th Summer School **September** 8th Buddy Day 15th Black Belt pre-grading 16th Kyu Grading **October** 14th **OCI Southern** Area Traditional Arts Seminar & Black Belt grading. 21st Terry Wingrove sensei seminar. **November** 18th **Gala**—annual competition **December** 16th Kyu Grading 23rd Christmas Party