



August!

Summer Sense

Here in the Westcountry we regularly see an invasion of tourists in the summer. They are necessary for the local economy. They are also dangerous. Common sense goes out the window when people go on holiday. They behave in ways that they never would at home. They care nothing for you and nothing for their environment.

What does this mean for us? Watch where you walk. It's not worth fighting over. Watch where you drive, as damage to another vehicle or a person can be very expensive—and I don't just mean financially—it can cost you dearly.

As with many self protection topics, we can complain that the world should not be like that and we can argue that we have every right to be where we are at the time we are there. The truth is that we live in the world we live in, and that we must make preparation so that the mistakes of others do not cause us problems. For us especially, a little summer-time sense is very necessary.

If you need extra evasion skills or awareness training, 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.—JGB

CH ch ch changes

Ashburton: class have now returned to their original slots at the Ashmoor Centre 6-7.30pm on Tuesdays and Thursdays.

Paignton: there is a new Morning Class 10-11am Friday.

Teignmouth: students should come to one of the other venues as these classes are not popular enough to continue.

Torquay: Monday, Tuesday, and Thursday classes are now run at 5pm, 6pm, and 7pm. There is an additional class every Wednesday morning at 10-11am.

Coming-up

- 1-5th August Bunkai Bootcamp Newton Abbot
- Weds 3rd Aug Demo Totnes Play Day 11.30am
- Weds 10th Aug Paignton—PadMania
- Sunday 14th Aug demo Ipplepen A.I.D. 1pm
- Mon 15th Aug Newton Abbot—Kata & Bunkai
- Weds 24th Aug Torquay—No Fear Kumite
- Mon 29th Aug Newton Abbot BringAFriend & BBQ

End of Summer BBQ

We will be holding a BBQ at the Newton Abbot Dojo on Bank Holiday Monday from 3pm. Students attending the Activity Day will be admitted first with everyone else welcome to join in from 3pm. Bring a bottle.

Timetable Exceptions

The following are exceptions to the regular timetable during the month of August:

- 1st-5th No Newton Abbot morning classes due to Bunkai Bootcamp all week.
- 29th No regular classes due to Bank Holiday

Birthdays

The following students celebrate their Birthday this month:

- 2nd John Drew
- 5th Peter Alderson
- 8th Hugo Edwards
- 9th Samantha McCarthy-Patmore
- 13th Tyanna Gray
- 16th Richard Carrick Sensei, Sophie Meaden
- 17th Paula Hickin-Botham
- 24th Freja Scott-West, Maria Higginson

Happy Birthday to You

New Members

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

- Ashburton:** Eleanor Antcliff
- Chudleigh:** Lucy Fear
- Newton Abbot:** Cain Power, Benjamin Mayle, Simon Keenan

Paignton: Charlie Rebello, Kai Whaley, Blayde Goodinson, Aidan Hawlor,

Torquay: Brandon Thomson, Michael Foskett, Leroy Chan

Totnes: Corvan Elliott,

Welcome one and all!

Gasshuku

Well done to all those who braved the Welsh hinterlands to come and train on Sensei Harris's summer camp, and especially to those of you who jumped into the waterfall.

We're thinking about holding the event at LandsEnd next year and would like some idea of who would be interested in coming along. You would have the option of camping or staying in the hostel, much like the Wales events, and training would be on the grass and on the beach. Cost looks to be something like £120 for the three days.

If you are interested, please let us know by the end of August so that we can make the booking before all the dates go.



Grading Results

Well done to the following students who achieved new grades on Sunday 31st July 2011:

1st kyu
Sean Green

2nd kyu
Michelle Green
Kieran Osborne

3rd kyu
Natasha Barlow
Alison Brend
Ryan Bovey
Colleen Clark
John Drew

6th kyu
Amanda Moss

7th kyu
Josh Goodman
Jack Zheng

8th kyu
Sharon Keirman

9th kyu
Finlay Coulson
Tommy Craven
Jade Marie Devon
Amber (Lily) Edwards
Hugo Edwards
Andrew Power



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.

Green Ears

Demonstration at the Green Ears event in aid of Animals In Distress. The more of us that come along to these events the better they go. Sunday 14th Aug 1pm in Ipplepen, Newton Abbot at the Animals In Distress centre. Doors open at 11.30am for those of you who want to see the live entertainment and Dog Show. Demo at 1pm.

Totnes Play Day

Demo/Workshop at the National Play Day Youth event. 11.30am Wednesday 3rd August. Totnes Pavilions field.

Ladies Self Protection

It was very nice to have people who have never done the Ladies Self Protection course along to the class in Paignton at the beginning of July. We hope you'll all support the next one over at Newton Abbot.

Please call 01626 360999 to reserve your place.

This class is not full of hopeless theory like some of the books and classes out there, just practical no-nonsense technique and universal principles that do not depend on strength or size. Make it a priority to be there.

Bunkai Bootcamp

The Bunkai Bootcamp is now on. John Burke sensei is teaching the strategies and tactics that have made him into a seminar instructor in demand across the UK. The science of functional application to moves from kata is taught here for the benefit of adults and high grades. There are still has a couple of places available for this special, week long course **August 1st-5th 2011**.

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. If you want to join in at the last minute the cost per day is £25 (members), £50 per day to non-members.



Summer Activity Days

Instead of a single week, this year sees day classes spread throughout the holiday.

Each day will run from 10.30am to 3pm at a cost of **ONLY £10 per person**. Students will need to bring a packed lunch.

The dates are as follows.

Weds 10th Aug	Paignton
Mon 15th Aug	Newton Abbot
Weds 24th Aug	Torquay
Mon 29th Aug	Newton Abbot BBQ

To book your place either call us or write your name on the sign-up sheets in Newton Abbot, Torquay and Paignton. Open to all ages and grades.

Last Word

September lies just around the corner. For many people it marks a new year of sorts. Commitments to learning are refreshed as the hazy lazy days of summer fade into cool autumn. Will you wait for a certain date to reaffirm your commitment? Do you need that? Why not kick off your renewal of spirit today. Today. Don't even wait for tomorrow. Decide today that you will now do those sit-ups and press-ups you promised yourself. Decide today that you will definitely get in two training sessions per week. Decide to walk instead of jumping in the car down to the shops. Read an inspirational book instead of watching the junk that the tv pressure washes you with 24 hours a day. Every decision needs a point of embarkation. Why wait for yours? The time is never 100% "right", so don't hold out for that. Get there with what you've got, not what you might not ever have... especially if you're going to wait for it. Instead, claim it now. Make it today. Whatever it is.

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