

Karate Bulletin



Merry Christmas

The media seems to be whipping up a frenzy! There are talks of crumbling economy and terrorists on every street corner. Just like when we are learning Karate, we must ask questions. If the economy is crumbling then why is Costa Coffee so busy that people have to sit outside (in this weather) with their £4 coffee? Is terrorism more rife now than it was 20 years ago, or have the faces just changed a little? The world continues to turn, the moon may be moving further away at a rate of 13cm per year, but the troubles that come around come around regularly. We use the phrase "On Ko Chi Shin" in Karate, to study the old is to understand the new. Others might say, if you repeat history you'll get the same mistakes. Yes, we must be vigilant for our protection, but not paranoid. Yes, money systems are changing, but we are reminded of the reality of what you have and what you can spend. It's not all about possessions and it's not all about the Enemy at the gates. It's about how you choose to perceive the world. Go around looking for trouble and you'll find it. Look for safety and sense and you'll find it. Exercise your mind and your free will, take note of the news but do not swallow it whole. There's a world out there that needs thinkers and do-ers. You are one of them. You'll get that from your training. Keep it up, put the effort in, achieve because you can.

Kata Comparison Seminar

Martyn Harris sensei came to see us after two years away. On this visit he taught alongside John Burke sensei for a **Kata Comparison Seminar** revealing how the Shotokan **Tekki Shodan** kata compared and related to the RyuKyu Kempo kata **Naihanchi**. We knew we were in trouble when the first hour hadn't got us past yoi (ready position). The day flew by, with the two instructors swapping regularly—here's the Ryukyu Kempo take on it/here's the Shotokan take on it. The two teachers, similar but different, provided an entertaining and testing day of learning, with so much more to say about this seemingly simple kata.

The seminar was filmed for the benefit of those who couldn't make it, and is available NOW for £19.95 to members (£12 if you actually attended the seminar).



2008 in Review

What a year! So many new students, so many graded, so many moved on with their training. So many interesting people met and seminars attended (and taught).

Highlights: Training with Britain's most senior Karate-ka **Terry Wingrove** sensei, meeting Ryukyu Kobudo expert **Julian Mead** sensei, learning Seiyunchin from **Harry Cook** sensei, having the friendship, advice, and insight of **Anthony Blades** renshi, and getting a nearly private lesson with **Patrick McCarthy** sensei. Seeing **Neil Ellison** sensei in good health and re-acquainting with **Martyn Harris** sensei. Having the good fortune to meet and the privilege of teaching for **Damien Birch** sensei and meeting his very enthusiastic students. The huge support we have had for the launch of the British Association for Martial Artists. For me there was also finding out that Kim was pregnant again. Surprise!



The only downsides, really have been our embarrassment at not having the Newton Abbot dojo ship-shape yet and some people who have let us down personally.

What a great year it has been.

Kyu Grading

It has to be said, there are no Christmas Presents hiding in this exam. Everyone who tries really hard and works for their grade will get what they deserve. Anyone who doesn't work really hard will also get what they deserve. Everyone should be there. If you are ready to grade then this is for you. If you are not ready to grade then supporting your fellow students should be your aim. If it's your first time then getting a good idea about what happens in a grading can do a lot to assuage your nerves and show you what is expected.

Higher Dan grades are only achievable when you consistently push yourself through the rigmarole of regular testing, anyway.

The exam is on **Sunday December 14th** at 10am. Everyone should be there!

Terry Wingrove Sensei

Following a lack of Terry Wingrove in Devon, John Burke sensei travelled to Cornwall near the End of the country to train with him on Sunday 30th November. Great fun was had as Britain's most senior Karate-ka expounded on the virtues of close-in combat.





Birthdays

The following students have birthdays in December:

- 1st Joe Trott sensei
 - 2nd Janet Martin, Daniel Williams
 - 3rd Steve Thomas
 - 6th Joshua Stewart
 - 10th Marie Mudge, Carol Saint
 - 11th Vanessa Murphy, Toni Thompson
 - 13th Jobie Rolfe
 - 14th Liam Trott sensei
 - 19th Jessica Oakley-Peck, Kieran Osbourne
 - 27th Adam Childs
 - 30th Tim Boyd sensei, Paul Lewins, Maddy O'Brien, Ryan Wood
 - 31st Jess Alger, Kayleigh Say
- Happy Birthday to you all.*

New Members

During the month of November the following students joined our group. Welcome one and all. **Aiden Hill, Callum Hill, James Hodgson, Thomas Gelard, Jack Radford, Keith Franks, Cameron Houdmont, Atlanta Houdmont and Kayleigh Say.**

December Timetable

Exceptions

- Sunday 7th No Brown & Black Belt Training
- Sunday 14th No regular training due to kyu grading
- Sunday 21st No regular training due to "The Special Lesson"
- Weds 24th-Thurs 1st January No normal lessons, only the special lessons put on for the Christmas Break.

The Special Lesson

We stopped calling it the Christmas Party because of the people who turned up in velvet dresses, which was fine until we got to the wheel-barrow races...

This session is great. You need your exercise gear because you're going to get very sweaty. We will do kata (on the spot, backwards etc) We will do kumite (piggy-back). We will have exercise (take-down bulldog). We have traditions (take down sensei, don't know where that one came from).

We hand out our annual awards.

We eat!

The fee for this one is that you bring with you some food and/or drink, which we then share as a group. It's like a Christmas Party, but different.

Sunday 21st December 2pm-4pm Lesson & Awards 4pm+ Food & Drink

Enjoy.

2008 Seminar/Grading Dates

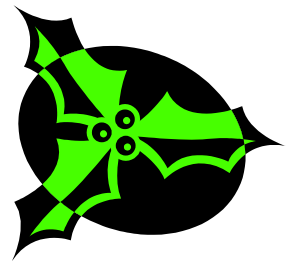
- December 6th Kids Self Defence. Adult Power Generation Seminar—Plymouth
- December 14th Kyu Grading
- December 21st Annual awards and Christmas Party.
- December 24th 2008—January 1st 2009 Normal timetable suspended.



See below for confirmation of extra training sessions over the Christmas break.

2009 Seminar/Grading Dates

Please have a look at the details on the next page:



Extra Special Christmas Training

We have special lessons for everyone who's feeling porky over Christmas.

We know how it goes, you look forward to a break from training, but then we get itchy feet and need to do some training. Too long away from the mat can leave us very out of condition, and you know that there will be new people starting in January that we would like to be slightly fitter than!

Sunday 28th 3-5pm

Tuesday 30th 12-2pm

So we've got these two sessions for you so that you can keep up over the holiday period. People go away and have family outings, so the "regular" timetable is not heavily subscribed, but we don't want you to miss out. Normal timetable resumes on Friday 2nd January 2009

5- Element Chinese Medicine Lecture

Mike Potter is an Acupuncturist from Totnes. Liam Trott sensei has procured his services to come and lecture at the Newton Abbot dojo on the subject of acupuncture, with special emphasis on the body's energetic system and how it is made up. The teacher will be open to questions. Anyone interested in this area and how it pertains to our martial arts is welcome to come, please book on 01626 360999.

The cost is £12, the session will be on Saturday 13th December 3-6pm

New Bubishi

Pat McCarthy's new edition of the Bubishi is out now. You can order from Amazon via the link on our website:

www.KarateAcademy.co.uk

Painting

Over the Christmas period we will gladly accept any and all offers of help to get the dojo in Newton Abbot decorated and dressed up a bit. It's messy work, as we're painting the floor and the walls and the ceiling.

Electrician Wanted

We're after fitting the hand-dryers into the wash-rooms at Newton Abbot dojo.

Can anyone help with a qualified electrician? Recommendations?





Looking Forward to 2009

Well, what a lot we have going on! 2009 is already filling up! Remember that the focus is on **Regular Classes**. We have your weekly dose

of **Karate** with our team of instructors, and for those who pay monthly, quarterly or annually there are free private lessons subject to availability. Make sure you get in your dose of regular training. We also have *Focus Kickboxing* with plenty of pads and fitness work.

Our *Japanese Language* lessons with Makiko Caul sensei continue apace. We're working towards our GCSE Japanese (about 2 years away).

Then we have the **Special Events**—things you might want signed off in your grading book. In 2009 we have:

Buddy Day

Newton Abbot Saturday 10th January
Totnes Sunday 11th January
Torquay Tuesday 13th January

Kata Comparison At the end of January (Saturday 31st) we're getting together with Neville Kinghorn (Goju Ryu 6th Dan) from the IOGKF for a kata comparison seminar. We're teaching **Hangetsu** and **Seisan**. In the IOGKF Seisan is held back until 4th Dan. Hangetsu is one of our Shodan choices. I'm sure you'll find the differences and similarities really interesting.

Kyu Grading Sunday 1st February
Kick-a-Thon Sunday 15th February

Mind Body and Kick-Ass Moves

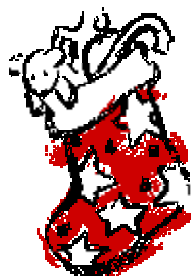
The presenter of the BBC tv series, **Chris Crudelli** was the guest instructor of Gary Dell. There was a seminar at the dojo on October 11th. The girls and boys enjoyed themselves so much that they have invited him back on 28th February 2009. Apparently this time it will be 12-6pm for £60. Please contact Gary Dell directly to book this one as we only supply the venue.



Sunday 15th March **kyu grading**

Saturday 21st Sunday 22nd March BAMA **Dan grading**

Lynmouth Course John Burke sensei has been invited to teach at the Lynmouth (north Devon) course organised by Jo Biggs sensei over the 28th-30th March.



Exmouth Course John Burke sensei will be teaching at Exmouth for the United Budo Association on Friday 17th or Saturday 18th April.

SENI09—the Martial Arts trade show is occurring over May 1st-4th

Keikokai is officially **10 years** old on May 14th. Keikokai's Anniversary Celebration will be on May 16th

Sunday 14th June provisional date for **kyu grading**

Sunday 28th June **Demo** at Buckland and Milber FC 2.30pm

Isle of Arran July 23rd-26th course on the Isle of Arran with **Harry Cook** sensei.

The Gala Our annual competition will take place on Sunday 9th August to allow everyone time to prepare and get their techniques honed.

Monday 10th-Friday 14th August **Summer School!**

Sunday 13th September provisional **kyu grading** date.

Saturday 3rd & Sunday 4th October BAMA **Dan grading** and **Traditional Arts Seminar**

Sunday 13th December provisional **kyu grading** date

Sunday 20th December **The Special Lesson**.

Last Word

There we go. 2008 done and 2009 already looking packed. Soon 2010. Amongst all this planning and present giving it must be remembered that what we are here for is to fulfil a need. That applies to us in Keikokai as providers of martial arts tuition but also to each individual.

You have a purpose.

The essence of this holiday period is one of introspection and giving thanks for the wonders we have bestowed on us. Mostly we fight for our achievements, struggle to gain them and that in itself gives them worth. Strive for better, but remember what you already have. Treasure what you have. Your family, your friends, your health, because you wouldn't want to be without any of them.

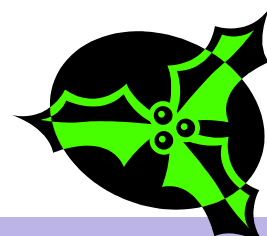
Proud to be the Keikokai. See you in the dojo.

Oss





Merry Christmas



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Natural outlook

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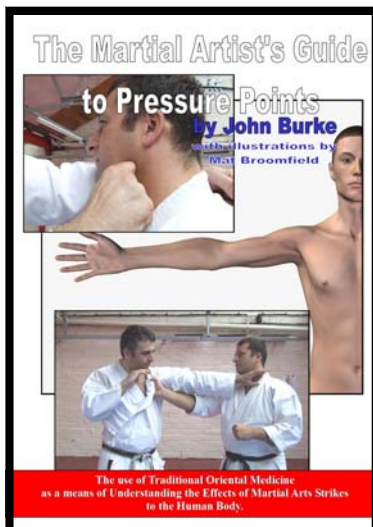
... including
Pregnancy massage
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Julia Simmons APNT BCMA 01626 207001

Christmas Gifts

If you were thinking of Christmas Gifts with a Martial Arts theme, please let us know at your earliest opportunity. Heavy Bags, Brackets, and chains, Sparring gear, heavy-weight uniforms, new holdalls. Karate Books? We have books on kata bunkai, books on the grading syllabus, etc DVDs? We have an extensive range of DVDs on kata bunkai, one for each belt before black, and the entire range of Russell Stutley DVDs for sale.

We can supply them all, and if you order early then Kim can make sure you get a good price.

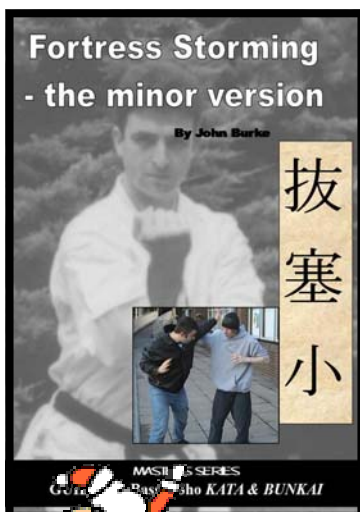


Pressure Point Guide for Martial Artists Book

As John Burke sensei has travelled around for seminars across the country and orders for his books and DVDs have come from overseas, one of the most common requests has been for Pressure Point information presented in a clear fashion. Whereas there are many book available with lists of points, there are few that tell people how to use them. With this in mind Sensei has been working for a long while on the Pressure Points Guide for Martial Artists. This book comes in at £19.95 (members only pay £15) and features Damien Birch sensei being demonstrated on and illustrations from our colleague in London, Matt Broomfield sensei. The book comes out in December, but with orders going directly out to clubs for the initial print run, members are advised to reserve their copies now!

New DVD(s)

We have a very few copies of a "no frills" Heian Kata Performance DVD that was put together from the syllabus DVDs. It's only £8 to members, and contains Kihon to Heian Godan kata tuition. That's not the real news, though. We have a NEW DVD on release in December, too. This is [the Ultimate Guide to Grading Oyo](#). It details Oyo belt by belt to Black Belt and BEYOND. It shows you where we are taking this project. It comes in at £19.95 and debuts on 8/12/08 Reserve your copy now.



Bassai Sho Book

This new book by John Burke sensei is out this month. It features a "how to" section to remind you how the kata goes, and a full set of applications to even the strangest moves from this Black Belt kata. Also covered are the historical references to the origins of this form, and an exposition as to the differences between Dai and Sho kata. Definitely one for advanced practitioners, at only £14.95 it becomes a "must" read for our members.

...and remember, the existing range is available, and if you don't see it at the dojo, please ask for it and we'll rustle it up just for you!



& A Happy New Year

