

Karate Bulletin

Volume 3 Issue 12 December 2009

Definitely December

MERRY CHRISTMAS



We'd like to take this opportunity to wish all our members and their families the very best for the festive season.

Christmas marks a time to relax and enjoy yourself, and a time for reflection over the past year's events.

We'd be pleased if you'd join us for a celebratory Special Lesson on Sunday 20th December. Beginning at 2.30pm, we'll be indulging in all

sorts of madness, games, and rough and tumble (fancy dress optional). The fee to take part in this session is that you bring along some food or drink for everyone to share at the end of the day when we kick back and reminisce. This is also the time when we hand out our annual awards!

We train right up to and including Wednesday 23rd December, then suspend the normal timetable until Saturday 2nd January 2010. In between those dates we will have 2 sessions on maintaining flexibility and burning off Turkey 'n' mince pies. [Tuesday 29th in Newton Abbot](#) and [Thursday 31st in Torquay](#). These sessions run 2-4pm that way we can still be with our families and enjoy the break.

Birthdays

The following students have birthdays in December:

- 1 Joe Trott sensei
- 2 Dan Williams
- 3 Steve Thomas sensei (milestone birthday)
- 4 Tabitha Morgan, Janet Drew, Leah Watson
- 6 Laura Richards
- 7 Alison Brend, Jack Zheng
- 11 Vanessa Murphy, Toni Thompson
- 14 Liam Trott sensei
- 19 Kieran Osbourne
- 20 Amy Mace
- 21 Anna Warren
- 25 Darren Scarlett
- 29 Adam Little
- 30 Maddy O'Brien
- 31 Jessica Alger

Happy Birthday to you all.



2009 Special Christmas Lesson

Day: Sunday 20th December
Time: 2.30pm start.
Finish approx 5.30pm
Entry Fee: Bring some food and drink to share
Venue: Karate Academy, Newton Abbot

December Timetable

Exceptions

Sunday 13th Kyu grading, no normal lessons
Sunday 20th The Special Lesson, no normal lessons
Thursday 24th + Normal timetable suspended
Saturday 2nd January 2010 Normal timetable resumes



Painful Lessons

Sunday 15th November saw a return visit to the Newton Abbot dojo from **Terry Wingrove** sensei. His seminar was most enjoyable, with lots of historical information and painful techniques taught. Anyone who missed out was deprived of some great compliance techniques and kata bunkai.



Terry Wingrove was alone this time, as Alan Ruddock sensei couldn't be there.

Proceeds from this seminar made £290 for Richard House Children's Hospice, a centre that makes the remaining days easier for terminally ill children.



Coming-up



Sunday 13th December
Kyu Grading
Sunday 20th December
Special Xmas Lesson
Sunday 13th February
Dan grading, Plymouth
Sat/Sun 29/30th May 2010
SENI martial arts
trade show.
Tuesday 1st June 2010
Patrick McCarthy
hanshi flow drill
seminar.

Children in Need



BBC

Children
in Need

© BBC 2007 Reg. charity England & Wales no. 802052
and Scotland no. SC039557

Friday 20th November was a mad evening in aid of the Children in Need charity.

Altogether, through the fun & games, we managed to raise £320 for the charity



If you would like to add to this total, please send your dona-

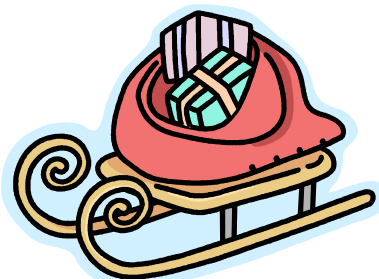
tions to Kim at the Newton Abbot office by 5th December after which we will be paying all the monies raised into the Pudsey account.



Women's Self Defence

The Women's Self Defence class **Clare Potter** sensei taught Saturday 21st November was well attended.

Straight forward self protection for women is hugely necessary in this day and age. To that end, Clare, Ross Chesterton sensei, and John Burke sensei have produced a DVD to help remind students of the important elements. Normally £19.95, it's available to our members at £15 for December only.



To order your copy call Kim on 01626 360999 or just ask your instructor.

New Members

During the month of November the following students joined our Karate group.

Luke Snell, India Gabb, Janet Drew, and Nadia Baker; and **Laura Dennehy** joined KickBoxing.

Welcome one and all.



Times Change

Totnes dojo. Sunday Open class will now be 10.30-12noon

Last Word

The end of 2009. What a year! Did you get done what you wanted to get done? If not, did you at least make suitable progress towards your goal? Did you stop measuring the distance to the goal during the year? Take your eye off the ball? I know I did.

There were a good few things in my plan for the year that have been obstructed for a whole variety of reasons. The question is, do you dwell on them? Do you get brain congestion with all the coulda woulda shoulda's in your life. Yes? Stop it now.

You can't affect what you have or haven't done, but you can choose what you are going to do next. That belt that you wanted—what are you going to do about getting it? That technique that needed polishing—what are you going to do about getting it polished? The situation at home; at work; with your education? What are you going to do about them? The answer should be that you will seek out the help you need to get these things right.

Christmas is a time of reminiscing, and also a time of renewal. Take some time being thankful for what you have, and also some time deciding how you will achieve the things that you want to achieve. You have a whole new year in front of you and this is the time to start it.

You can do it.

Merry Christmas

Proud to be the Keikokai.

See you in the dojo.

Oss

