



Karate Bulletin



Volume 4 Issue 12 December 2010

Already December

Merry Christmas and a Happy New Year!

Yes, it really is that time of year again.

The Karate Academy team wishes you the very best Season's Cheer and we hope that you are able to enjoy this special time.

Karate doesn't stop for Christmas, so please get the best use out of your membership even with all those distractions available.



"Fantastic" and said that the students were "a credit" to the instructors. Those of you who missed it really lost out. We have brought the finest teachers from around the world to your door. Please let us know if there are subjects you would like to see covered in our 2011 seminar programme.

Grading

Congratulations to all those who passed new grades on Sunday 21st November. The next opportunity is Sunday 20th February.

Christmas Training

Lots of you are going to be visiting friends and relatives and won't be available to train at the dojo over the holiday period. With that in mind we suspend the normal timetable and put on a couple of lessons so that you don't miss out entirely if you DO want to train.

Thursday 23rd December has all classes on as NORMAL.

Sunday 2nd January 2011 has all classes on as NORMAL.

In between, there are two lessons for you—just to make sure that you don't forget everything or get too rusty...

Wednesday 29th Dec and Friday 31st Dec. each running from 11am-1pm. Wednesday will be at the Torquay dojo and Friday will be at the Newton Abbot dojo.



The Special Lesson

Yes, our own brand of Insanity returns on **Sunday 19th December 2010**. Start time **2pm**, end time about 5pm. Entry fee: bring food and/or drink to share. For those of you who weren't training with us last Christmas (or for any of the previous 11) we hold a session just before Christmas that is a little bit "different". We'll do some exercise, some kata (super fast, backwards, lying down etc) and some sparring (you know, on piggy-back) and there will be plenty of other activities. It's also the occasion when we sit down and eat together as a group, people attending Newton Abbot dojo from all the other clubs, too; so everyone brings something and we lay it all out as a buffet. The Sensei John lasagne tax currently stands at 30%...



Please wear training clothes as a party dress doesn't stand up too well during the wheelbarrow race (just ask Jo). It's not the last lesson before Christmas, but it is a bit of a bash...

Terry O'Neill sensei

There are few instructors who are genuinely legendary.

Terry O'Neill 7th dan sensei is legendary. Newton Abbot dojo saw him visit on Sunday 28th November 2010. O'Neill sensei taught a small children's class about acting tough and then moved on to take the bigger people. That second group focussed on combinations that drove directly into the opponent; all punctuated with Sensei's inimitable style of story-telling. Sensei apologised for talking so much, but he was just getting to know students that he had never met before. He thought that the dojo and the atmosphere were

Pressies

Have you considered giving someone a pad for Christmas? Kick-shields and focus mitts are available from your sensei or by calling 01626 360999. They really help with training at home. How about a new uniform? Books and DVDs are also available, just call and we can let you know which ones are best for your loved ones. Christmas doesn't have to be

expensive, but it should be relevant to the rest of the year...



Terry O'Neill sensei and the Sunday 28th November 2010 senior class





Timetable Exceptions

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

Sunday 19th The Special Lesson at Newton Abbot. No normal lessons at Newton Abbot. **Totnes normal.**

Friday 24th December - Saturday 1st January No normal lessons, just two Don't Miss Out sessions.
Weds 29th 11am-1pm Torquay,
Fri 31st 11am-1pm Newton Abbot

Ashburton

Ashmoor Leisure Centre, ASHBURTON

TUESDAY 6pm-7.30pm
THURSDAY 6pm-7.30pm



KARATE CLASS Timetable

Chudleigh

CHUDLEIGH Town Hall

MONDAY 5.30pm-7pm

Newton Abbot

Karate Academy, Bradley Lane,
NEWTON ABBOT

MONDAY 5.30pm-6.30pm

TUESDAY 11.30am-12.30pm
5pm-6pm
6pm-7pm
7pm-8.30pm

THURSDAY 11.30am-12.30pm
5pm-6pm
6pm-7pm
7pm-8.30pm

FRIDAY 5.30pm-6.30pm

SATURDAY 10am-12noon

SUNDAY 4pm-5.30pm Brown & Black Belts
5.30pm-6.30pm All Grades

Torquay

Karate Academy, 5-7 Market Street TORQUAY

MONDAY 5.30pm-6.45pm
7pm-8.30pm

TUESDAY 5.30pm-6.45pm
7pm-8.30pm

THURSDAY 5.30pm-6.45pm
7pm-8.30pm

SATURDAY 10.30am-12noon

Totnes

TOTNES Pavilion Leisure Centre

WEDNESDAY 6.00pm-7.30pm
SUNDAY 10.30am-12noon

Teignmouth

Teignmouth Rugby Club, TEIGNMOUTH

MONDAY 6.00pm-7.30pm
WEDNESDAY 6.00pm-7.30pm

Don't Stop Me Now

Those students who receive **Free School Dinners** may now be eligible for funding with their Karate training. Outside of Torbay, the Karate Academy is registered with the group **Don't stop Me Now** who supply funding for activities for those students. Talk to Kim on 01626 360999 to arrange your training funding. In Torbay, the scheme is slightly different and runs under the name **MyTime**. We are now registered with MyTime. Forms must be completed and given to Kim in the office so we can invoice MyTime. If you do not have the form, please ask Kim for one.



Birthdays

The following students have birthdays in December:

- 1st Joe Trott sensei
- 2nd Daniel Williams
- 3rd Steve Thomas sensei
- 4th Janet Drew, Tabitha Morgan, Leah Watson
- 7th Jack Zheng, Alison Brend
- 11th Toni Thompson
- 14th Liam Trott sensei
- 19th Kieran Osborne
- 20th Amy Mace
- 21st Anna Warren
- 26th Andrew Lawley
- 28th Joe Waymouth
- 29th Adam Little
- 31st Jessica Alger

Happy Birthday to you all.

New Members

During the month of November the following students joined our Karate group. **Robert Wright**, and **Harley Law**. Welcome along one and all!

Coming-up

Sunday 19th December The Special Lesson
Sunday 16th January Self Defence Seminar
Sat/Sun 7th/8th May 2011 The Martial Arts Show, Birmingham NEC

ITP

Sunday 2nd January we kick off our new intake of trainee instructors. To register your interest call Kim on 01626 360999.

Last Word

I hope Christmas brings good cheer to you. There are so many demands upon our time (and our wallets) at this time of year. It still must be a time for us to remember how Good we have it. You may have suffered losses—amongst friends, family, or just financially. You may have made great gains this year—with the same things and your own health, hopefully. Whatever your personal situation, you know that there are other people who are suffering greatly. When people use the term “charity begins at home” they might miss the point that it begins in your heart. That might sound like you having to feel sorry for someone, but it is really about the Recognition of the good things that we already have. The Americans practice Thanksgiving Day a month before Christmas. Maybe we can take a moment to be Thankful. Proud to be the Keikokai. See you in the dojo.

Oss

