

Karate Bulletin

Use the Tools Available to You

Whereas I get a great kick out of writing books and making DVDs, there really is no need if they are not being used. We have available-

Syllabus Book

A Karate Primer –background book

Syllabus DVDs (White Belt to Black Belt, inclusive)

Oyo/Application DVDs Kihon—Heian Yondan + Bassai

Peaceful Mind—the Heian application book

Fortress Storming—the Bassai application book.

And don't forget the guests we put in front of you to broaden your knowledge—**Blades renshi, Stutely renshi, McCarthy hanshi, Cook kyoshi**. There is so much there for you.

Making Improvements

This year is set to be so busy! We have so much going on, with special seminars and guests. I have had enquiries from 3 different places recently asking if I will take classes there and I've had to turn them down as there just aren't enough hours in the week. We need you to keep training, pushing yourself mentally and physically, so that you can get your black belt, take the CIT course, and take some of this load from my shoulders.

This year marks the 10th anniversary of my time in teaching, and I am reminded that it is only those who drive themselves forward that achieve the results. You can do it, we can help you, now approach your training with Spirit!

Brown and Black Belts

A number of vitally important things are happening for your participation. Make sure you are at the Sunday evening class at Newton Abbot for advanced concepts. 6.30-8pm.

There is a *pre-grading* on Saturday 3rd February 3pm+ that you should be on even if you are not eligible for a higher Dan grade.

Your **articles** are required for the Journal at the end of March. The deadline is March 18th.

February/March Grading

The grading examination for the end of February has been pushed back two weeks into March. This means that the March grading is effectively two weeks early, so anyone who thought they might be eligible will have to crank up the training to make sure that they are included.

This has come about due to the Instructors attending a First Aid Course at the end of February. It will be held at Coombeshead College, next to Newton Abbot (the old Dyrons) Leisure Centre on **Saturday 17th March**. There will be a lesson at 1pm followed by the formal examination at 2.30pm. This grading will have extra chances to impress the examiners as all the candidates will perform their basics together, but there will be more than just 5 repetitions to allow eve-

ryone to be fairly assessed.

All students should attend, whether they are grading or not.

Fitness Seminar

At the Fitness seminar in January, we not only demonstrated how to be fit, we also told you how fitness and stretching work. The seminar was well attended and if any of the participants would like a copy of Russell's programme you have only to ask. Those who weren't there can find the same information in Russell's book (priced £19.95).

Details of the next seminar can be found over the page.

Surprise Seminar

With very little notice, on Saturday 27th January, we managed to bring **Vic Cook** sensei (7th Dan Iaido) to come and teach a seminar on The Way of the Sword. Cook sensei is the top Iai practitioner in the UK, and John Burke sensei is proud to be his student in sword work. The seminar was photographed by the Herald Express, so if anyone sees the report can they let us know on the day, while the paper is still available, please.

Due to the warm reception that Cook sensei received, he has agreed to come back and see us again this year (rather than going to teach in Greece, would you believe?).

January Grading

The grading held on Sunday 28th January was conducted by John Burke sensei with the assistance of Mike Daniels sensei and James Smith sensei. The successful candidates were

Miles Jefford	4th kyu
Amy Trott	6th kyu
Jamie Hodgkins	6th kyu
Jack Jarvis	6th kyu
Edward Cotterill	7th kyu
Georgina Picot	8th kyu
Sarah Thomson	9th kyu
Rae Conway	9th kyu
Melinda Campbell	9th kyu
Adam Campbell	9th kyu
Mathew Campbell	9th kyu

If you did not grade in January then you should be on the next one on Saturday 17th March. You need to train *regularly* and you need to train *hard* to make sure that you are on it!

New DVD

Kata & Application volume 5—Heian Yondan is out now. It shows applications for all the moves in the green belt kata, so is especially suitable for green belts and above. You need never be embarrassed by a bunkai question again with the information on this dvd!

Heian Godan will be out soon.

New Badges

The new badge designs are all in and have been approved, and the new badges should arrive very shortly.

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Timetable (effective from 5/2/07)

NEWTON ABBOT

Tuesday	12-1pm 4.45-5.45pm 6-7pm 7.15pm-8.30pm	Open Open Open Open
Thursday	12-1pm 4.45-5.45pm 6-7pm 7.15pm-8.30pm	Open Open Open Open
Friday	4.45-5.45pm 6-7pm 7.15pm-8.30pm	Open Open Open
Saturday	10-11.30am 12.30-2pm	White-Green Belts Purple Belts +
Sunday	5-6.30pm 6.30-8pm	Open Brown & Black Belts

TOTNES

All Classes are Open sessions

Wednesday	6-8pm
Saturday	10am-noon

TORQUAY

All Classes are Open sessions

Monday	7-8.30pm	Westlands
Wednesday	5-6pm 7-8.30pm	Riviera Centre Westlands
Friday	5-6pm	Riviera Centre

PAIGNTON

Monday	5-6pm 6-7.30pm	Juniors (PCC) Seniors (PCC)
Tuesday	5-6pm 6-7.30pm	Juniors (PCC) Seniors (PCC)
Thursday	6-8pm	Open (SDC)
Friday	6-7.30pm	Open (SDC)

(PCC) - Paignton Community College
(SDC) - South Devon College

Next Seminar

Saturday February 17th 3-5pm. **Instant Self Defence**—adding on to what has previously been taught. You will need protective equipment. Cost £10 (non-members £25). Free to those who have Paid In Full up to Black Belt.

Sunday 25th February—First Aid Course in Coventry.

Sunday 25th March— **Anthony Blades** renshi (6th Dan) teaching Power Delivery. 11-1pm beginners-4th kyu. 1.30-3.30pm Brown and Black Belts. Cost £12.50 (members)

Timetable Change—

Torquay

As Friday night at the Girl's Grammar School is undersubscribed, we have elected to change the day and the venue. Friday 2nd February is the last Girl's Grammar School session, Wednesday 7th February sees another session added at Westlands school (7-8.30pm). Anyone wishing to train on Friday night is directed to the sessions at Newton Abbot.

New Members

A big welcome to **Owen Jefferies, Kestrel Conway, Gemma Davey, Luke Smith, Stephen Dudley, Jack Wall**, and a big welcome back to **Bill Newton** who joined us during January.

February Timetable Exceptions

Wednesday lunchtime open floors for private practice are off the menu until Easter. John Burke sensei is away teaching a course every Wednesday for 6 weeks. Private practice time is still available, but please call for details. **Thursday 8th** No Lunchtime Session due to a private course. **Sunday 25th** No Brown and Black Belt training due to 1st Aid course. The 5-6.30pm class is Open to all grades. No laido.

Charity Nominations

We have reserved 14th April for the Charity Kick-a-thon. Nominations for your favourite charity need to be given to Kim by 17th February.

Birthdays

The following students have birthdays in February
1st Taya Cotterill
3rd Stuart Harvey, & William Mathews
5th Kestrel Conway
6th Kimberley Osman
9th Miles Jefford
14th Kerenza Flanary, & Hayden Tarr
15th Matthew Campbell
16th Owen Jefferies (*Sweet 16!*)
20th Jack West
22nd Melissa Cridge, & Harriet Summerhayes
Happy Birthday to you all.

And Finally

Sorry, we missed out Elaine Ho's birthday on 4th January in the last newsletter. Sorry Elaine.

Upcoming Events: **February** 3rd Black Belt pre-grading 17th **Instant Self Defence** seminar with John Burke sensei. 25th First Aid Course, Coventry. **March** 25th **Anthony Blades seminar** and Black Belt Grading. 30-31st (+1st April) Course at Lynmouth, North Devon. Russell Stutely, Jo Biggs, John Burke, £65 **April** 14th **Kick-a-thon**, 6th-9th Easter! **May** 10th **Funakoshi memorial** training, 18th-20th SENI07 exhibition in London, 21st **Hanshi McCarthy** flow drill seminar 6-9pm £20 members **June** Gasshuku **July** 30th-3rd August Summer School **August** 20th-24th Summer School **September** 15th Black Belt pre-grading **October** 14th **OCI Southern** Area Traditional Arts Seminar & Black Belt grading **November** 18th **Gala**—annual competition **December** Christmas Party