

Karate Bulletin

All calls to the Karate Academy are now FREE if

you use this number

08000 155 152

No more excuses for not booking that much needed private Session, or requesting Buddy Passes.

Please note call are only free from Landlines, mobile phone companies will still charge at the usual mobile rate.



Feb Feb

So, by now you have seen that there are only 6 weeks to the *kyu* grading and 8 until the *Dan* grading. You must be using your training time effectively and actively pursuing your goals. If you need help then you must get it now—a week before the test will be too late.

A big welcome to the new students who have joined in Newton Abbot, Torquay, and Totnes, you've joined us at a very exciting time, and we have so much to show you...

If there was an over-riding thought, it should be **Pursue Excellence**.

Places and Faces

By now you are aware of the relocation to Newton Abbot Leisure Centre and the Scout Hall of all the Newton Abbot classes. We have plans for a new venue, and will be pleased to announce the location as soon as the legals are completed. Rest assured, it's twice the size of the old one, though we are going to need help with decorating and fixing it up.

The Living Tradition—Special Seminar

You can't afford to miss out. Sunday 17th February sees **Terry Wingrove** sensei returning to our dojo. Last year he celebrated 50 years in Karate, and he also holds Dan grades in Aikido and Judo. This man has seen it all, as he was usually there when it happened. Sensei Terry was the captain of the very first England Karate team and he was the top student of **Vernon Bell**. Sensei Bell was the man who brought Karate to Britain.

On his last visit we were treated to a succession of painful grinding techniques and a great history lesson.

The seminar is for adults due to the painful nature of the techniques taught, we are asking for a minimum donation of £20 for the seminar, of which all proceeds will be donated to the Richard House Children's Hospice, a charity very important to Sensei Wingrove.

Not only are you getting good information, you're helping charity, too.

On the Saturday night we're going out for a meal, so if you would like to come along, please let me know so that we can get the table booked. Partners are welcome, too.



Relaxing with victims



We've brought you the world's best instructors for a few years now, and we urge you to train with people like Terry Wingrove sensei while it is still possible. This year we are bringing you **Anthony Blades (6th Dan)** our traditional advisor, **Julian Mead (7th Dan)** sensei of Okinawan weapon fame, and historian **Harry Cook (7th Dan)** sensei will also be travelling from the far north to see us.

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Japanese Lessons

The 4-6pm Saturday evening class has had a couple of new people join in, which means that those of us who have been along to every lesson are covering some old information again. Actually, that's a good thing. It reminds us how much we need to review and practice, whether it's Karate or any other part of our learning.

TaiChi & ChiGung

During the time at Newton Abbot Leisure Centre, it has become necessary to put the TaiChi course on hiatus. It will return at the new venue. Sorry for the inconvenience.

New Members

A big welcome to **Nick Williams, Mandy Rock, Dan Williams, Kayleigh Sutton, James Bedford, Dale Watkins, Tyler Ledger, Philippa Lawton, Liam Fisher and Charlie Fisher** who joined the Karate club in January.

Birthdays

The following students have birthdays in February:

3rd	Stuart Harvey & William Mathews
9th	Miles Jefford
14th	Kerenza Flanary
16th	Owen Jefferies
17th	Renshi Anthony Blades
20th	Jack West
22nd	Harriet Summerhayes
26th	Bradley Merrick

Happy Birthday to you all.

February Timetable Exceptions

Sunday 17th	No regular classes due to Terry Wingrove Sensei's visit.
Tuesday 19th	No Lunchtime lesson due to prior hall booking

2008 Seminar/Grading Dates

February 17th	Terry Wingrove Seminar
March 16th	Kyu Grading
March 29th & 30th	Anthony Blades Renshi Seminar & Black Belt Grading
April 20th	Julian Mead Kobudo Weaponry Seminar. Sai & Bo.
April 26th-27th	Seni 08
June 1st	Harry Cook sensei <i>Seiyunchin</i> seminar.
June 15th	Kyu Grading
July 22nd	Haytor View School Fair & Demo
August 4th-8th	Summer School
August 18th-22nd	Summer School
September 14th	Kyu Grading
September 27th & 28th	Seminar & Black Belt Grading
December 14th	Kyu Grading

Private Sessions

Your free monthly 1-2-1 Session with one of the instructors are now available at Newton Abbot Leisure Centre in the Training Room every Saturday from 2pm-5.30pm

Paid for sessions will be booked in when requested, subject to instructor and dojo availability.

Focus Kickboxing

Welcome to Jackie Bailey, Natasha Barlow, and Sammy Bailey who joined us this month. Please note the temporary new times at the Leisure Centre.



Busy-Kidz

Our day-time activity centre for the under 5's was just becoming popular and then we had to go and move! What this means is, unfortunately, that this activity too has gone on a break until the new centre is operational.

Last Word

We've got so much to do, and so much already planned. We appreciate your patience with all this going on, and know that you will enjoy the benefits that all this upheaval will bring.

Sensei John started teaching in 1996, and moved to Newton Abbot in 1997. Since then, classes have run continuously, through all sorts of changes. We've seen governing bodies come and go, and trends appear and fade. Our system and standards endure.

We are the dedicated few who are looking to make our society better. That might sound like hyperbole, but ask yourself "Wouldn't society be a better place if everyone had Black Belt etiquette?"

Proud to be the Keikokai.

See you in the dojo. **Oss**



T

KARATE MONDAY

5pm-6.30pm Newton Abbot Leisure Centre

I

TUESDAY

12.30pm-1.30pm Newton Abbot Leisure Centre
5pm-6.30pm Scout Hall, Woolborough Street
7pm-8.30pm Coombeshead College Gym

M

WEDNESDAY

5pm-6pm Torquay, Riviera Centre
6pm-8pm Totnes Pavilion Leisure Centre

E

THURSDAY

12.30pm-1.30pm Newton Abbot Leisure Centre
5pm-6pm Newton Abbot Leisure Centre
6pm-7pm Newton Abbot Leisure Centre
7pm-8.30pm Newton Abbot Leisure Centre

T

FRIDAY

5pm-6pm Torquay, Riviera Centre

A

SATURDAY

10am-12noon Newton Abbot Leisure Centre

B

SUNDAY

10am-12noon Totnes Pavilion Leisure Centre
10.30am-12noon Torquay, Acorn Centre
4pm-6pm Newton Abbot Leisure Centre

All classes are open unless stated

L

IAIDO SATURDAY

12pm-1pm Newton Abbot Leisure Centre

E

TAI CHI/CHI GUNG

On hiatus

KICKBOXING

MONDAY

6.30pm-7.30pm Newton Abbot Leisure Centre

FRIDAY

7.30pm-8.30pm Newton Abbot Leisure Centre