

Karate Bulletin

Volume 4 Issue 2 February 2010

February

Now we're motoring

2010 has been kick-started. Let's keep our standards high with regular training and definite action towards our goals. No drifting or sitting still for Keiko members!

Already we've had a day of application after application with John Burke sensei and **Martyn Harris** sensei (who visited from Wales), and coming up imminently we have BAMA instructor **Neil Ellison** sensei visiting from the other end of the country. Neil's technique is decimating (as Paul March in the photo here will testify). Sunday 14th February 10-2 for just £20 per person. He's teaching "A Guided Tour of Wado Ryu". I'm betting it will be just a little bit different from the "norm".



Next Grading

The next belt/rank testing for coloured belts is on Sunday 14th March 2010. Those seeking new grades needing extra help please get it now. 1-2-1 lessons are available with the instructors, and you can always attend more regular classes to bump up your ability. A week before the test is too late to seek meaningful help.

February Timetable Exceptions

Sunday 14th No normal lessons due to Seminar

Heians Masterclass

Want to perform your Heian kata more than just "adequately"? We've booked a solid 2 hour workshop from 1.30-3.30pm Saturday 20th February 2010 at the Newton Abbot dojo. All 5 kata will be covered, with all the important points specified for superior performance. The cost is £5 per person (except those who "Pay per grade" for whom it is included).

New Members

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

Charlotte Bailey, Anthony Edwins, Alex Briddon, Susan Bailey, and Isla Courtney.

Welcome one and all.

Women's Self Defence

Sensei Clare and Sensei Jim ran a course in Chudleigh on Saturday 30th January. It went down well, and now we have requests for one over in Torquay, so listen out for an announcement in the near future.

Job

The Karate Academy is in need of a canvasser. 20-40 hours per week, with no selling required. The job involves the very difficult task of asking people if they are interested in fitness and self defence. Those who answer affirmatively will then be offered a free introductory DVD that we can send them. Could you do this job? Do you know anyone who would be good at it?

Birthdays

The following students have birthdays in February:

3rd	William Mathews
4th	James Hodgson
7th	John Dunlop, Louis Jones
9th	Jacob Whittle
14th	Kerenza Flanary, Hayden Tarr
19th	Darren Cross
20th	Jack West
21st	India Gabb
22nd	Eric Pateman
23rd	Gemma Vince
29th	James Driscoll

Happy Birthday to you all.

Coming-up

Sunday 13th February	Dan grading, Plymouth
Saturday 20th February	Heians Masterclass
Sunday 14th March	Kyu Grading
Sunday 28th March	Dan grading
April 10th/11th	Bunkai course, Manchester
Saturday 17th April	Bassai Dai Seminar
Saturday 15th May	Oyo Workshop
Sat/Sun 23/24th May	The Martial Arts Show, Birmingham
Tuesday 1st June	Patrick McCarthy hanshi flow drill seminar.
Sunday 6th June	Kyu Grading
Saturday 19th June	Groundwork Masterclass
Sat/Sun 10/11th July	Russell Stutely renshi

Last Word

The first steps have been taken. Now if you need some more momentum to achieve your goals for this year then there is only one thing for it. ACTION. Ask for help, take the appropriate steps, and achieve all the things that you want to, because there is no-one able to hold you back except yourself. Health? Not a barrier. You can still do it. Wealth? There's always a way around it (like the students who wanted to attend a course but couldn't afford it, so they went out leafleting for us instead of paying cash). Time? There are 7 days in each week, and if you REALLY want something then you can find a couple of hours for it each week. There are no barriers. **You can do it.**

Proud to be the Keikokai.

See you in the dojo.

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