

Karate Bulletin

Changes

The newsletter is a newsletter again, but fear not, the space for articles and opinions is still available, we've just given ourselves a little more time to prepare it by making it quarterly. Each month you will receive a news bulletin giving you details of new members, gradings, events and any changes. Then each quarter you will receive the Journal full of articles, reviews, games, technical tips and more. As such, your articles are more welcome than ever before. Send them in, preferably by email, to John Burke at journal@karateacademy.co.uk

Freedom 2007

The beginning of the year brings inevitable change. A time of reflection and planning, and it's no different for us in the Karate dojo.

We have a truly exciting year planned out for you. There are seminars galore on all sorts of different subjects, we've got a piece of history to create, and guest instruction from the best instructors both nationally and internationally. We've got a major charity event to hold, and all this is on top of the usual regular lessons that are designed to take you to ever greater heights.

Timetable Change— Newton Abbot

We've learned a great deal by making classes Open to everyone in Torquay, and we now appreciate that many of you joined to train alongside your family. So now **all classes** on your lesson schedule are for **all ages**. We still have lessons specifically set aside for higher grades—**Brown & Black Belts** on a Sunday, the **Sandan Development** Session, and the **Certified Instructor Programme**—but if you want to train in an earlier or later session with your family then you are welcome too.

We are also introducing a 15 minute changeover period between classes in an effort to reduce the noise and ease space in the changing rooms.

This benefit isn't just for your convenience, it also relates back to our standards being the same for all ages in respect of the techniques taught, although we expect a higher level of understanding from the older age groups. This means that we don't ask under 16's to retake their grades once they reach 16 years old (it's important that you know your grades are *real*, no matter what age you are).

It has also been proved that the younger members behave better

when they have older role models in the class and the older members have a new respect for the efforts of the young ones.

Paid in Full Memberships

Some members were offered a **deal** before Christmas whereby they could have a discount if they paid for all their tuition up to Black Belt (or their next Dan grade if they were already Black Belt), regardless of how long it took. This system was designed to cap the fees and enable the student to

- demonstrate their commitment and
- take whatever time it takes to learn the art without the pressure of monthly fees adding up.

For paying the lump sum, the members are also entitled to attend any seminar that Sensei John Burke teaches for **free!**

Sorry if you weren't contacted, it's not personal, but we cannot offer the deal to everyone. However, due to the number of people joining us now, we are able to offer the savings to another 5 members/families. If you are interested then call Kim on 01626 360999 for details. Very sorry if you received this late, those five packages will go very quickly.

January Grading

The next grading will be held on Sunday 28th January 1.30pm-finish. If

you did not grade in December then you last graded in October or before—you should be on this one. You need to train *regularly* and you need to train *hard* to make sure that you are on it!

Annual Awards

Congratulations to the following students who received their awards during the special lesson on Sunday 17th December 2006.

Student of the Year **Steph Ellis**
Most Dedicated Student
Lewis Potter
Most Improved Student
Charli Thompson
Most Helpful Sempai
Richard Carrick

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.

In the News

John Burke sensei was featured in the Martial Arts Illustrated magazine again last issue (3rd time in a row). They are serialising the Peaceful Mind book (£12.50 to members).

Timetable (effective from 2/1/07)

NEWTON ABBOT

Tuesday	12-1pm 4.45-5.45pm 6-7pm 7.15pm-8.30pm	Open Open Open Open
Wednesday	12-1pm	Open Floor
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	Riviera Centre
Friday	5-6pm	Riviera Centre
	7-8.30pm	Torquay Girls' Grammar School

PAIGNTON

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

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

Next Seminar

Fitness Heaven. Getting fit, staying fit and making sure that you know the facts about fitness. Not an aerobics class, but fitness through Karate! Saturday January 6th, 3pm. Cost £10 (non-members £25). Free to those who have Paid In Full up to Black Belt.

February. Instant Self Defence—adding on to what has previously been taught. You will need protective equipment.

New Members

A big welcome to **Carlito Miracco** and **Harriet Summerhayes** who joined us during December.

Grading Results

A grading examination was held over the weekend of 9th & 10th December. Congratulations to all.

1st Kyu

Jared Wray
Danielle Floyd

2nd Kyu

Alice James
Lucy James
Liam Hammond

Karl Wreford
Stephanie Ellis
Jordan Bassnett
Luke Elliott

3rd Kyu

Jamee Bulman
Joe Boyd
Elaine Ho
Lewis Potter
Paul Wilson
Hayden Tarr
Jack Cotterill
Kelvin Ho
Marc Ireland
Melissa Cridge
Natasha Cridge
Henry May

4th Kyu

Jennifer Latham
Joshua Newbold
Jobie Rolfe
Samuel Adams
Paige Hammond
Catriona Maslin
Pete Millea
David Pickhaver
Jack Degnan
Gary Mussett

5th Kyu

James Warren
Edward Thomas
Timmy Boyd
Bidwell Fairlove
Matthew Potter
Dale Tarr
Annabel Callan

Daniel Callan
Kerenza Flanary
Megan King

6th Kyu

Joe Blackman
Samantha Bailey
George Bennett
Jamie Millea
Thomas Duncan
Freya Wolsey
Ruby Simmons
Sascha Millea
Jamie Callan
Kyle Hawkins
Murray Hoggett
Zoe Brown
Sean Walker

7th Kyu

Nathan Prescott
Abbie Lee
Alex Suarez
Kirsty Scott
Ben Hunt
Lianne Hattersley
Charli Thompson

8th Kyu

Jessica Alger
Sam Main
Sean Potham

9th Kyu

Nabil Boutchicha
Alice Kelly
Galadriel Conway
Elizabeth Gardner
Natasha Jones

January Timetable Exceptions

There will be no lunchtime classes on the following days due to a private course:

Wednesday 10th
Thursday 11th
Tuesday 23rd

Birthdays

The following students have birthdays in January. Happy Birthday to you all.

1st	Michael Stoneman
5th	Jordan Millward
7th	Ben Wakefield
9th	Nabil Boutchicha
11th	Jennifer Latham
15th	Lucie Clark
17th	Michael Maddocks
18th	Manal Boutchicha
22nd	Lewis Jones
23rd	Jane Hughes
27th	Georgina Picot
29th	Jamee Bulman
31st	Freya Wolsey

And Finally

Thank you to all the students who bought food and drink to the special lesson and for all the Christmas cards and gifts. **Happy New Year**

Upcoming Events: **January** 6th **Fitness** Seminar January 28th Grading **February** **Instant Self Defence** seminar with John Burke sensei. Black Belt pre-grading **March** 25th **Anthony Blades seminar** and Black Belt Grading. **April** **Kick-a-thon**, Easter! **May** **Funakoshi memorial** training, SENI, Hanshi McCarthy **June** Gasshuku **July** Summer School **August** Summer School **September** Black Belt pre-grading **October** **OCI Southern** Area Traditional Arts Seminar & Black Belt grading **November** **Gala**—annual competition **December** Christmas Party