

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.



How Will You Rate in 2008?

...And that was Christmas. 2007 has come and gone. Hopefully you used the year productively. One of the few things that is certain is that you cannot have that time again. Will you feel the same way when this year has gone?

Traditionally this is a time of New Year's Resolutions. It's a great idea, but few people make theirs last. What I propose is that you abandon the idea of a New Years Resolution. If they served their purpose fine, but they are too easily discarded. Instead, let's build in some lifestyle changes. Let's make them permanent. Let's make sure that this year is absolutely the best and that it isn't squandered and dismissed with empty promises.

A good friend of mine had a terrible event in his family before Christmas. It pointed out to him and to me just how lucky we are to have the lives that we have and the blessings that we have. Let's make more blessings and not spend time counting the bad stuff. Every event shapes us. Some we cannot control. Give me the strength to change what I can, the grace to accept what I cannot, and the wisdom to know which is which.

Pursue excellence.

Oh, they talk...

Yes, at this time of year there are incessant mentions of getting fit and what your relatives are going to do about the state of their waistline after Christmas. You and I know that diets are not the right way to do things and that going to the gym doesn't last because there is no commitment to the instructor (or there's no instructor). So, this year, let's make sure that relatives and friends get the message.

Invite them along to take part in sessions with us.

If they are in your immediate family they can train for the whole of January for FREE. No charge. Friends can have 4 free lessons instead of the usual 2. This way, they can find out what you already know—fitness, fun, and self defence are ours for the taking. They will get out of training what they put into training, and we know that can be an awful lot. We just can't listen to them anymore with their excuses, particularly as January is tight on the old budget. Bring them in, let them find out for themselves.



Saturday 12th January 2008 at Newton Abbot Leisure Centre (Dyrons) will now be a

BUDDY SESSION.

Bring your friends and relatives to this session, let them stand beside you (whatever your grade), and show them how good you are.

Christmas!

Thanks to everyone who contributed and came along to the "Special Lesson". We had a lot of fun.

We also gave out our annual awards. The winners were decided by their actions through the year rather than by a contest, so we can't call them lucky to win; they earned their awards:

The **Sempai Award** 2007 went to [Blaise Radley](#), **Dedicated Student** 2007 was [Annabel Callan](#), **Student of the Year** 2007 was [Dave Pickhaver](#), **Improvement Award** 2007 went to [Daisy Boyd](#).

We also gave tokens of appreciation to those who had Perfect Attendance—classified as 8 lessons or more each and every month: **Annabel Callan, Ruby Simmons, Dave Pickhaver, Steph Ellis, Jamie Callan, Jordan Millward, Katie Needham, Clare Potter, and Charli Thompson**, all succeeded in making up lost lessons and keeping their attendance regular.

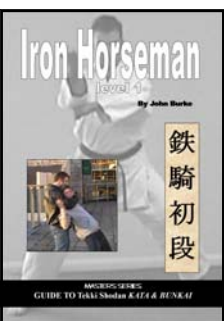
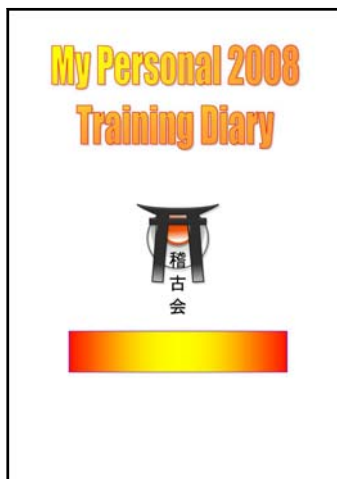
Please note that the awards for 2008 get assessed throughout the year, so the impression you make from now onwards goes towards the presentation at the end.

Thanks for the Christmas cards, and the presents—you really don't have to do that, and it *is* appreciated.

Hope you all enjoy and productively use the new Personal Training Logs.

We need it to be presented at the beginning of every lesson, and you collect it back at the end of each session, so please make sure it "lives" in your Karate bag, ready for training.

Replacements cost £5 each, so don't lose them. Students who were not at the "Party Lesson" will be given their Personal Training Diaries when we see you in the new year.



Iron Horseman

After a lot of research and some painful experiences for Richard Carrick sensei, the **Tekki Shodan** applications book is ready for release. Keep your eye on the shelves over at the Newton Abbot dojo, over the next couple of weeks. This book retails at £14.95 through the bookshops, but is available to members at **£12.50**

Now, it just so happens that the printers send sensei John a few copies so that he can obtain testimonials and proof read it. There are an additional 5 copies at the time of writing that can be had for £10 each due to the lack of Foreword etc. Once they are gone there will only be the full-price version.

It joins **Peaceful Mind**—about the Heian Shodan, Nidan, Sandan, Yondan, and Godan family of kata—and **Fortress Storming**—about the Bassai Dai kata—in the series of books that put other application books to shame.

DVDs

The Heian Kata through Black Belt Eyes is only available to Black Belts in EKK. It features advanced concept of training.

Kata & Application Volume 6—Heian Godan is now available. £19.95 or £15 to members. An hour or so of oyo and bunkai on this kata.

Special Peaceful Mind Pack available: you can get the bunkai book, plus all 5 DVDs with Kihon as a bonus disc as a special offer. Normally this set would come in at £114.70 (or £87.50 to members). Buying the set during January you can get it for the bargain price of **£60**—that's more than **£50 off** of the retail price.

Instant Self Defence from Karate Kata is also available. It features knockout techniques and "buying time" tactics demonstrated in normal clothes. As the title suggests, the advice is straightforward self defence, but you should recognise each of the moves as having been extracted from a kata or two.

Resources

Just to remind you, there are plenty of resources to aid your training. You can go to the members area of our website at www.karateacademy.co.uk by clicking the link on the About Us page. There you will find our private members only forum, terminology and translations, and downloads for your belt requirements including your kata by pictures. There are also some very funny and nostalgic photos. Now, all of those are FREE to members.

If you require even more information, John Burke sensei has written **books** on the applications to moves in all the kata up to Black Belt ([Peaceful Mind](#) features the Heians, [Iron Horseman](#) features Tekki, [Fortress Storming](#) features Bassai Dai).

There are also **DVDs** featuring the [Grading](#) syllabus—one for each belt—and **DVDs** showing [Kata applications](#)—one for each kata before Black Belt. There are even more in the pipeline.

Of course, the biggest resource you have to hand is the lessons themselves; and if you miss one you can always make it up by doing another lesson, at no extra charge. You can even use three different towns (and 5 venues) to train in at no extra charge. I don't know anywhere else where you can get this level of support. Make use of it, and watch your suc-

cess grow more rapidly. And don't forget—you can always ASK a question in class.



Japanese Lessons

Classes beginning again after the Christmas break on Saturday 12th January 2008 at 4pm. This will be a great jumping on point for those of you who missed out before. The cost is £6 per session. Daijobu des ka?

Kickboxing

Focus Kickboxing is slowly gaining in strength. There will be room for more members in January, with classes on Monday and Friday, 7-8pm.

Kick-boxers train in straightforward sparring and get to do a lot of pad-work and exercise. Focus Kick-boxing takes contact Karate and Muay Thai as it's roots rather than aerobic exercise. That said, the class is predominantly women!



IAIDO

Iaido—the way of drawing the sword—sessions are now available on Saturdays at Newton Abbot Leisure Centre. from 12-1pm, straight after the morning karate class.



Iai consists of basic cutting practice and the twelve formal kata that all Iaido-ka must know. On rare occasions you get to see some of the private kata of *Muso Shinden Ryu* as passed on by **Vic Cook** sensei, the most senior Iai man in the UK. For grading, *you* pick a selection of the kata you enjoy and perform them to demonstrate your standard. There are no belt colours,

your standards dictate your grade!

TaiChi & ChiGung

That's slow martial exercise and development of internal energy. This course is being run by John Burke at the Karate Academy on Market Walk 10-11am, Tuesday and Thursday from Tuesday 8th January 2008.

The cost is £5 per session or



£50 for the 6 week course. These sessions are ideal for older relatives and those who want to get back into exercise after a break, as well as those who are really interested in the Chinese roots of Martial Arts.

New Members

A big welcome to **Kumar Chopra**, **John Rogers**, and **William Rogers** who joined the Karate club in December.

Birthdays

The following students have birthdays in January:

William Vine	2nd
Ross Chesterton	3rd
Elaien Ho	4th
Gillian May	5th
Jordan Millward	5th
Kyle Rusby	6th
Lucie Clark	15th
Michael Maddocks	17th
Lewis Jones	22nd
Jane Hughes	23rd
Jamee Bulman	29th
Freya Wolsey	31st
William Rogers	31st

Happy Birthday to you all.

January Timetable Exceptions

Tuesday 1st no training

Sunday 6th Totnes as usual; only one class 4-6pm at Newton Abbot.

Tuesday 29th No TaiChi, No lunchtime Karate due to private course

Wednesday 30th No Open floor due to private course.

2008 Provisional Dates

February 17th	Terry Wingrove Seminar
March 16th	Kyu Grading
March 30th	Anthony Blades Renshi Seminar & Black Belt Grading
April 20th	Julian Mead Kobudo Weaponry Seminar. Sai & Bo.
April 26th-27th	Seni 08
June 15th	Kyu Grading
August 4th-8th	Summer School
August 18th-22nd	Summer School
September 14th	Kyu Grading
September 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 the following times only.

Tuesdays 11.15am and 4.15pm

Thursdays 11.15am and 4.15pm

Saturdays 1pm-3.30pm

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

KARATE

MONDAY

5pm-6.30pm Newton Abbot Leisure Centre
6pm-7.30pm Torquay, Westlands
6pm-8pm Torquay, Westlands (Brown & Black Belts)

TUESDAY

12pm-1pm Karate Academy Newton Abbot
5pm-6pm Karate Academy Newton Abbot
6pm-7pm Karate Academy Newton Abbot
7pm-8.30pm Karate Academy Newton Abbot

WEDNESDAY

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

THURSDAY

12pm-1pm Karate Academy Newton Abbot
5pm-6pm Karate Academy Newton Abbot
6pm-7pm Karate Academy Newton Abbot
7pm-8.30pm Karate Academy Newton Abbot

FRIDAY

5pm-6pm Torquay, Riviera Centre

SATURDAY

10am-12noon Newton Abbot Leisure Centre

SUNDAY

10am-12noon Totnes Pavilion Leisure Centre
4pm-5.30pm Karate Academy Newton Abbot (10th-4th Kyu)
5.30pm-7pm Karate Academy Newton Abbot (3rd Kyu+)

All classes are open unless stated

IAIDO

SATURDAY

12pm-1pm Newton Abbot Leisure Centre

TAI CHI/CHI GUNG

TUESDAY

10am-11am Karate Academy Newton Abbot

THURSDAY

10am-11am Karate Academy Newton Abbot

KICKBOXING

MONDAY

7pm-8pm Karate Academy Newton Abbot

FRIDAY

7pm-8pm Karate Academy Newton Abbot

Our day-time activity centre for the under 5's is becoming more and more popular. Whereas we had worried that there would not be enough toys etc for the children, we're frequently being told that Busy-Kidz is better than some other centres because there is plenty of space, and of course, it's convenient for shoppers.

Please spread the word around your family and friends to let them know about this great resource in the centre of Newton Abbot. The charge for a day's use is only £3 per child, and a monthly pass can be obtained for only £25.

There is a small adjustment to the timetable this month, as a private course will prevent the use of the centre on Monday 28th, Tuesday, 29th, and Wednesday 30th January 2008.

Last Word

Goals to be set, goals to go get. Each Day in Every Way, I get a little bit better. Yard by yard it's hard; inch by inch it's a cinch. See you in the dojo. **Happy New Year.**

T I M E T A B L E

Karate Instructor Course

Teaching Karate is one of the most enjoyable things in the world. Watching students get better and better—seeing them



succeed and knowing that you helped to make that happen. It is also incredibly difficult, spotting the errors and knowing the right way to correct them. That's why we have a course specifically geared toward helping those who want to teach.

It's not for everyone—it requires more commitment and more time, and a lot of mental programming as well as keeping up with your physical skills.

Upon completion of the course, we'll have a job for you, so your investment really is just that.

Anyone interested in becoming an instructor should let Kim know of their interest. The next stage of enrolments are happening this month. Places are limited due to the intense instruction given. Minimum entry qualifications are 6th kyu and above (green belt), 14 years old, completed entry questionnaire, and the enthusiasm to see your training all the way to **3rd Dan**. This course costs money, and in return you get fast-tracked with your own learning (this isn't a shortcut—you have to work even harder), you get taught to teach, and you get written material and DVDs that are not available to anyone outside of EKK KIC. The information is priceless, and reflects more than 20 years of martial arts experience and 10 years of teaching. Learn from the mistakes of the previous generation instead of repeating them.

Busy-Kidz

