

Karate Bulletin



Welcome to 2009

What will the year hold for you? Regardless of what others would have you believe, we can make 2009 whatever we want it to be. In class this month we'll be sharing exactly how you can make things happen this year. January is traditionally a time of Resolutions. And a lot of people break them almost immediately. Let your friends and family know that will-power and fitness as well as the obvious self defence skills from Karate training can be theirs. We've got two treats this month to help you achieve that.

Kata Comparison Seminar

Neville Kinghorn sensei –6th Dan in Goju Ryu under Higaonna sensei—will be with us on Saturday 31st January 2009 to teach the Seisan portion of the seminar. John Burke sensei will be taking the Hangetsu part of the day, and we are sure that you will find the differences and similarities fascinating. In the IOGKF Seisan is held back until 4th Dan. Hangetsu is one of our Shodan choices. Even if these particular kata are not particularly relevant to you at the moment, the opportunity to learn from another high-graded teacher from outside our own group should not be overlooked, and the very fact that we are looking at the applications makes this one for all the adults, regardless of grade.

Training Diary

A new training diary is available, as previewed at the Christmas Party. They will be handed out to those who train.

Buddy Day

In the imminent future we have a Buddy Day in each of our venues. Please bring a friend to train with you at these sessions.

New members are the life-blood of the club. Buddy day is a little different from normal lessons, as your friend gets to stand next to you in line and we take a little bit longer to actually explain things to them. It's an ideal Introductory Session.

You shouldn't need bribes to bring people to class, we are, after all, proud of our club and our training, but we believe in rewarding those who support the club, so we have a special treat planned for those who have a Friend join up.

Friends are much better members than anyone else as they are

usually *just like you!* That means they have your drive, your determination, and are as well-mannered and ready to train as you are. That's why we like Buddy Day.

Family Treat

As an extra special announcement, existing students can have a member of their immediate family (parent, child, or sibling) train with them in January for FREE.

Of course we hope they'll continue after this month, but this once we're making it obvious that we really do enjoy and support Families that Train Together.

New Year Buddy Days

Bring a friend to try a free class with you as their mentor.

Date:	Saturday 10th January 2009
Time:	10am-12noon
Location:	Karate Academy Bradley Lane, Newton Abbot
Date:	Sunday 11th January 2009
Time:	10am-12noon
Location:	Totnes Pavilion Leisure Centre
Date:	Tuesday 13th January 2009
Time:	5.30pm-6.45pm or 7pm-8.30pm
Location:	Upton Vale Church, Sports Hall, St Marychurch Road, Torquay.

The student who brings the most BUDDIES will receive a gift worth approx £40.00

Ask Kim for as many Buddy Passes as you need to pass on to your friends/family/neighbours/business associates/customers, etc.

Good luck & Enjoy



Charity Nominations

Kick-a-thon is coming. We will be asking for your nominations for which charity we will support in the first week of training in January. The decision will be made on Sunday 11th January, and then we're on...

Kyu Grading

Congratulations to those who passed their kyu grade exams before Christmas. Due to the high proportion of people who were nearly ready but not quite there we have made an extra kyu grading in February, before the regular March date.

Birthdays

The following students have birthdays in January:

- 3rd Ross Chesterton, Liam & Charlie Fisher
- 4th Elaine Ho, Stephanie Rochester
- 5th Gillian May sensei (Happy 60th), Jordan Millward
- 6th Kyle Rusby
- 15th Lucie Clark sensei
- 17th Cameron Houdmont, Sabrina Murphy
- 20th Jordan Anslow
- 22nd Freya Vickridge
- 23rd Jane Hughes sensei
- 29th Jamee Bulman
- 30th Matthew Kierman
- 31st William Rogers

Happy Birthday to you all.

New Members

During the month of December the following students joined our group. Welcome one and all. **Holly Palmer, Thomas Whitehead, George Parnell, Karl Hyde, Jamie Rochester, Stephanie Rochester, Ryan Bush, Tamsyn Pearce, Darren Male, Louisa Male, Tomas Male, Daniel Early, Karen Wragg, Callum Pym, Phillip Williams, Oliver Sutcliffe, Marcus Gadie, Robert Stephens, Kal Blackburn, Nury Blackburn, Matt Brinton, Tyler Chetwynd, Jessica Coath and Julia Simmons.**

January Timetable Exceptions

- Thursday 1st No normal lessons
- Tuesday 6th No lunch-time lesson

The Special Lesson

Thanks to all those who mucked in and helped out. Superb group this year, with a good mix of adults and children. The hot food bought in was a great treat (lasagnes, chilli, etc), and the homemade cold foods and cakes were great too.

Our house band, Second Fury performed admirably (and loudly) and we had a visit from Makiko Caul sensei from the Japanese language class. Remember, what goes on at the Special Lesson, stays at the Special Lesson.



The Keiko Awards for 2008 were divided into **Junior** and **Senior** sections, our awards went to

Most Helpful Sempai Dale Tarr Dave Pickhaver
Most Dedicated Student Jamie Callan Jim Wight
Most Improved Student Kyle Rusby Clare Potter
Student of the Year Annabel Callan Alyssa Frayling



We also handed out prize pins for those who have trained in at least 8 sessions per month, every month. The ones to get the **100% attendance awards** were: Jared Wray, Jim Wight, Alyssa Frayling, Liam Fisher, Charlie Fisher, Lee Cross, Joel Cross, Toni Thompson, David Pickhaver, and Kyle Rusby.

So now we're looking to see who can be our nominations for 2009... Will it be you?

Dojo Help

Thanks to those who assisted over the Christmas period with the painting and the connection of the hand-dryers and hot water. Jon Damerel, John Slater, Dave Pickhaver, Jim Wight, Summer Wight, Debbie Whitefoot, the whole Cross Family, Chris Brown and those who helped with shifting mats after Tuesday's lesson. Thank You. There's still a lot more to do, but we're gradually getting the Newton Abbot honbu the way we want it.

Last Word

Here we are, 2009. What are you prepared to do this year? What are you willing to go through to get to where you want to be? For some people the answer is "not a lot". For others, their dreams can be made real by the effort that they put in. There will be obstacles, but success is defined by getting up one more time than you fall over.

The dojo is your forging ground, your *body* and your *will* put under stress to produce a harder and keener weapon, to be applied to all areas of your life.

Proud to be the Keikokai.

See you in the dojo.

Oss

KARATE

MONDAY	5pm-6.30pm	Karate Academy, Newton Abbot
TUESDAY	11.30am-12.30pm	Karate Academy, Newton Abbot
	5pm-6pm	Karate Academy, Newton Abbot
	5.30-6.45pm	Upton Vale Church, Torquay
	6pm-7pm	Karate Academy, Newton Abbot
	7pm-8.30pm	Karate Academy, Newton Abbot
	7pm-8.30pm	Upton Vale Church, Torquay
WEDNESDAY	6pm-8pm	Totnes Pavilion Leisure Centre
THURSDAY	11.30am-12.30pm	Karate Academy, Newton Abbot
	5pm-6pm	Karate Academy, Newton Abbot
	5.30-6.45pm	Central Church, Torquay
	6pm-7pm	Karate Academy, Newton Abbot
	7pm-8.30pm	Karate Academy, Newton Abbot
	5.30-6.45pm	Central Church, Torquay
FRIDAY	5.30pm-6.30pm	Karate Academy, Newton Abbot
SATURDAY	10am-12noon	Karate Academy, Newton Abbot
SUNDAY	10am-12noon	Totnes Pavilion Leisure Centre
	4pm-5.30pm+	Brown & Black Belts Newton Abbot
	5pm-7pm	Karate Academy, Newton Abbot

KICKBOXING

Monday and Friday 6.30-7.30pm Karate Academy, Newton Abbot

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