

Karate Bulletin

Volume 4 Issue 1 January 2010

January

Happy New Year

What a Year we have to look forward to!
As well as the normal full-timetable of lessons there are always special events and seminars to add something a little special to your training regimen.

The first event for everyone's diary is the surprise visit from Martyn Harris sensei. He will be teaching a joint seminar with John Burke sensei at the Newton Abbot dojo on Sunday 31st January 2010 from 10pm. Martyn is a long-time friend of this club and his lessons are always friendly and based around vicious practical Karate. Make a note for your diary.

Of course, before that we have the Black Belt Booster lesson with Richard Carrick sensei at the Newton Abbot dojo on Sunday 3rd January, but this class is by invitation only.

On the 23rd of January we will be hosting the Bully Buster class at the Newton Abbot dojo, 3-5pm. This is not a Karate class, but focuses on the very real situation that people face with bullying at school, at work, and in society. All welcome. Pick up a leaflet for costs.

So with all this happening, and MUCH more in the pipe-line, what is it that you want to achieve this year?

SPECIAL LESSON

Well done to everyone who had fun at December's "Special Lesson"
We are pleased to announce that as well as the host of "Perfect Attendance" awards (given to all those who had trained at least eight times per month in 2009) we also gave out our annual special awards. The winners were:

Most Helpful Sempai 2009:

Senior: **Clare Potter** sensei

Junior: **Charli Thompson**

Most Dedicated Student 2009

Senior: **John Drew**

Junior: **Amy Drew**

Most Improved Student 2009

Senior: **Paula Hickin-Botham**

Junior: **Charlayne Green**

and the prestigious

Student of the Year 2009

Junior: **Katie Needham**

Senior: **Jim Wight** sensei

Well done, all!

January Timetable

Exceptions

Friday 1st no normal lessons
Saturday 2nd Normal timetable resumes
Sunday 31st No normal lessons due to Seminar

Big thanks, also, to those who contributed to our feast.

Birthdays

The following students have birthdays in January:

1st Vikki Mitchelmore
2nd Russell Stutely renshi
3rd Ross Chesterton sensei, Liam Fisher, Charlie Fisher
4th Elaine Ho
5th Gillian May sensei, Jordan Millward
8th Aaron Bateman
14th Olivier Petit
15th Lucie Clark sensei (sweet 16), Anita Gilbert
17th Sabrina Murphy
19th Jen Allen
23rd Jane Hughes sensei, Angel Gibbs
26th Bradley Rooney
27th Lisa Tonks
29th Jamee Bulman
30th Laura Dennehy, Matthew Keirman

Happy Birthday to you all.

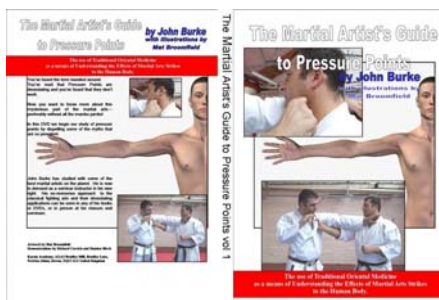
Coming-up

Sunday 3rd January	Black Belt Booster
Saturday 23rd January	Bully Buster
Sunday 31st January	Martyn Harris sensei
Sunday 13th February	Dan grading, Plymouth
Saturday 20th February	Heians Masterclass
Sunday 7th March	Kyu Grading
Saturday 13th March	Kumite Workshop
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

DVDs Galore

The keen-eyed among you may have spotted the new products that came out before Christmas that we really didn't hype up. Mostly, they came about because of demand from those outside our club, but they are of course available to you as well:

The Pressure Point Guide for Martial Artists is now available on DVD. The 2-disc set is £29.95 (£25 to members).



Kata and Application volume 19 **Gankaku** is all about the applications to this advanced "crane kata". £19.95, or £15 to members.

The **Complete Karate** course is a DVD subscription that hits your letterbox with explanations and advanced tuition once every other week. The 30 DVD course is £400 until 18th January when it will go up to £997. See www.CompleteKarate.com for more details.

Bunkai Strategies is a 12-DVD course (one-per-month) at £300 that explains the principles and gives examples that the free Bunkai Strategies Newsletter just couldn't adequately fit in. See www.bunkai.co.uk for more details.

Don't forget that the Syllabus DVDs from White Belt to Black Belt are still available, as are Kata & Application volumes 1-12

You haven't got to have these, but we know you will find them an invaluable resource if you do have them

Women's Self Defence

Straight forward self protection for women is hugely necessary in this day and age. To that end, Clare Potter sensei, Ross Chesterton sensei, and John Burke sensei have produced a DVD to help remind students of the important elements. Normally £19.95, it's available to our members at £15 for January only before it reverts to the National price.

To order your copy call Kim on 01626 360999 or just ask your instructor.

Listen out for the Women's Self Defence class that Sensei Clare and Sensei Jim will be running in Chudleigh, imminently.

New Members

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

Alexander Clulow, Fynn McCarthy, Bradley Rooney, and Jessie Bailey.

Welcome one and all.

Last Word

The beginning of 2010!

Goals in place? It's best to have some clear-thinking-time and then write down what it is that you hope to accomplish. The act of writing it down is what brings a dream into the real world. It means that you can have the goal in front of you daily and keep it fresh in your memory. If it's to be anything more than a pipe-dream then you must take action on your goals to make them real.

When you want help with your goals you must choose your friends wisely. A friend will hold you to your promise and help you live up to your potential, but will also understand without condescending when things don't run to plan. If your sensei pushes you it is because they want you to do well. Sometimes people may mis-read that and take it as spiteful, but a teachers' life is much easier if they don't offer you correction; so every correction must be taken as a helpful pointer. If you want more then please say that you require more help.

You can do it.

Happy New Year

Proud to be the Keikokai.
See you in the dojo.

Oss

