

# Karate Bulletin

Volume 4 Issue 7 July 2010

July

## Summer School 2010

We are holding our annual Summer School at the Newton Abbot Dojo from Monday 2nd to Friday 6th August. Training will start at 10.30am each day and finish at 3pm (except Friday 10am-2pm). Cost of the weeks training will be £65 per person and includes lunch (call Kim for family discounts) and is open to all. For a booking form talk to Kim.



## Summer Fun!

The exam period is coming to an end so we get to see some of our students who have taken a break while they study hard in May and June. That's good news. The British weather has been good so far and the holidays are coming. Over the summer our lessons continue except for bank holiday Monday, so make good use of the timetable. Day-times, evenings, weekends. Catch up and then advance, boldly and proudly.

**Terry Wingrove sensei** and **Alan Ruddock sensei** taught a great seminar on Sunday 27th June. Well done to everyone who attended and made it such a good day. Of course it seems like ages since Patrick McCarthy sensei's visit, but it was only at the very end of May.

This month gives us the opportunity to get stuck in. Enjoy.

## Birthdays

The following students have birthdays in July:

- 3rd Matthew Baker, William Burke
- 4th Kyle Withers
- 5th Gurrik Singh-Thomas
- 8th Blaise Radley sensei (sweet 16), Holly Tonks
- 11th Julie Rusby
- 15th Lewis Tribble
- 19th Dave Coombe sensei
- 22nd Nephi Wahnnon-Pym, Laura Stacey
- 26th Jamie Callan sensei
- 28th Charli Thompson
- 29th Catriona Maslin sensei

*Happy Birthday to you all.*

## Chudleigh Classes

Began on Monday 28th June. All are welcome if you're not training in Torquay, Teignmouth or Newton Abbot that

night!

The new session takes place at Chudleigh Town Hall in the Large Room (upstairs) from 5.30pm-7pm every Monday (excluding Bank Holidays).

## Women's Self Defence

Sensei Clare will be bashing blokes on Saturday 17th July 2010 at the Newton Abbot dojo. This course just gets more and more popular so please bring your family but book early! Clare Potter demonstrates the principles to a women-only group on a couple of the biggest Karate Black Belts we have in such a way that anyone can do it.

As you know, this is ideal for your female friends and relatives who don't necessarily want to do the whole Karate package. Places must be booked on 01626 360999. £10 for the three hour session or £5 each if you bring someone who hasn't done the course before. **2-5pm!**

## Instructor Training

ITP will be Saturday 24th July from 2pm and will mark the last part of this Level before the test.

**If you are interested in training to become an instructor** we are now taking names for the next course which starts in September. To apply the minimum requirements are age 14+, 5th kyu+ and able to commit to one weekend's intensive training per month.

## New Members

During the month of June the following students joined our Karate group. **David Alderson, Lorraine Alderson, Luke Alderson, Peter Alderson, Shannon Withers, Kyle Withers, Noel George, Sophie Meaden, and Rachel Reed.** Welcome along one and all!

## Gasshuku

The Gasshuku is special outdoors training. This year, the Gasshuku is in Brecon in Wales at a converted barn from Friday 6th August (straight after Summer School). There are still spaces available if you want to camp outside, the rooms are now all gone. August 7th and 8th we'll be training and eating together, and then the long drive home after the fun on the Sunday.

The £100 fee includes camping/dormitory, breakfast, lunch, and evening meal for Saturday, and Sunday's breakfast and lunch. Interested? Ask Kim or Sensei John for a booking form, or download from the Members Only website.

## DVD

Kata & Application volume 13—**Hangetsu** is out this month. £19.95 or £15 to members.

# KARATE

## Newton Abbot

Karate Academy, Bradley Lane,  
NEWTON ABBOT

MONDAY	5.30pm-6.30pm
TUESDAY	11.30am-12.30pm 5pm-6pm 6pm-7pm 7pm-8.30pm
THURSDAY	11.30am-12.30pm 5pm-6pm 6pm-7pm 7pm-8.30pm
FRIDAY	5.30pm-6.30pm
SATURDAY	10am-12noon
SUNDAY	4pm-5.30pm Brown & Black Belts 5.30pm-6.30pm All Grades

Ashburton

Ashmoor Leisure Centre, ASHBURTON

THURSDAY  
5.30pm-6.30pm  
6.30pm-8pm

THURSDAY

## Torquay

Karate Academy, Warbro Road, TORQUAY

MONDAY	5.30pm-6.45pm 7pm-8.30pm
TUESDAY	5.30pm-6.45pm 7pm-8.30pm
THURSDAY	5.30pm-6.45pm 7pm-8.30pm
SATURDAY	10.30am-12noon

## Totnes

TOTNES Pavilion Leisure Centre

WEDNESDAY	5.30pm-6.30pm 6.30pm-8pm
SUNDAY	10am-12noon

## Teignmouth

Teignmouth Rugby Club, TEIGNMOUTH

MONDAY	5.30pm-6.30pm 6.30pm-8pm
WEDNESDAY	5.30pm-6.30pm 6.30pm-8pm

Chudleigh

CHUDLEIGH Town Hall

MONDAY  
5.30pm-7pm

MONDAY

## Torquay Kick-a-thon

On Saturday 19th June 2010 we got stuck in at the Newton Abbot and Torquay dojo with a Kick-a-thon to raise money for new mats and equipment at the Torquay Dojo. Torquay students have pledged around £600 so far!

What with the efforts of **James Warren** with his recent kata-a-thon, you can see that the Torquay students are really behind the idea of improving their dojo. In our efforts to make the Torquay dojo a great building (it's already a great club) we have added the secondary area downstairs. It means more rent to pay but is hopefully a little more comfortable for parents and students alike. We'll put in posters and upgrade the product displays, too, as we get to grips with it.

Now, to top off our fund raising effort, **Jim Wight sensei** has arranged for a raffle of 4 tickets to **Diggerland!** Tickets for the raffle are available at £1 each from your sensei. The draw will take place on Sunday 18th July 5.30pm at the Newton Abbot dojo.

## Coming-up

Mon 26-Fri 30th July	Bunkai Bootcamp, Devon
Mon 3rd-Fri 6th August	Summer School
Sat/Sun 7/8th August	Gasshuku, Brecon, Wales
Sat/Sun 18/19th September	Russell Stutely renshi <i>Note New Dates</i>
Sat 25th September	Bunkai seminar Scotland
Sat/Sun 16/17th October	BAMA weekend and Black Belt Grading
Sat/Sun 21st/22nd May 2011	The Martial Arts Show, Birmingham NEC

## Last Word

Entitlement and Earning should go hand in hand. If you earn something then you *are* entitled to it aren't you. Sometimes, especially with regard to belts, people can believe that they are entitled to something that perhaps they aren't quite ready for. That's why the instructors decide who will attempt an examination—they have a different perspective on it. They observe the struggle and the effort and the progress that is actually achieved in each and every lesson. When these accumulate they create an entitlement that is earned.

For you to be entitled to grade, you have to do the work and make the progress necessary. IF you need extra help then it is there for you, but the best help is the advice you get EVERY lesson in the form of corrections. Simply listen to the corrections and maintain the new version of what you were doing when you were corrected. Overcome your habits. Then *real* progress can be made!

It's been said so many times, but it remains true: we have amazing things to show you. You have amazing things to learn, but there's no point in going through them until you get the basic things right. A house without a solid foundation is soon rubble. Strong foundations create enduring monuments.

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

