

# Karate Bulletin



## Truly July

And there goes June. We're now half way through 2007 and we've had an amazing 6 months. How far into your year's goals are you? Not half-way? The year slips away too quickly, doesn't it? It is vital that you take a few minutes now to reassess your goals and make plans on how you are going to catch up with where you want to be compared to where you actually are. Come and talk to us to work out how we can help you get there. Does it need some 1-on-1 coaching? An extra lesson for a couple of weeks? If you are a grade behind where you expected to be is it possible to work hard enough and smart enough that the next grade is a double? Go on.

### The First Karate Man

It was 50 years ago that Karate came to England, brought here by Vernon Bell. One of his very first students was a man named Terry Wingrove, who soon got to be one of the first Black Belts in the UK and then spent some 20 years in Japan working for the World Karate Federation. All Karate organisations in Japan had to belong to this body, so Terry got to train with the brightest and the best, in Karate, Aikido, Jujutsu, and many more. Wingrove sensei is the most senior Karate man in the UK. He was recently awarded 8th Dan by Kinjo Hiroshi in Tokyo (the most senior Karate man in Japan). He's coming to us. Sunday 21st October 2007. 11-1 &



*Volume 1 Issue 7 July 2007*

2-3.30. Train for both sessions for £25. The proceeds go to a children's hospice that Sensei Wingrove supports.

Even though we have the OCI seminar a week earlier (14th October), you should make plans to be at both of these events.

We've really pulled out all the stops for you this year, haven't we? Renshi Blades, Hanshi McCarthy, Renshi Stutely, Cook Kyoshi, and now Hanshi Wingrove!

### Brown & Black Belts

You should be attending the specific training over at the Karate Academy on Sundays from 6.30-8pm. Don't miss out on this opportunity to work at higher levels. The session on Sunday 8th July go on for an extra 30 minutes or so due to the special coaching that will be taking place that affects all of you. No matter where you normally train you should aim to be there.

### Grading

Sunday 24th June 2007 saw another successful examination at Newton Abbot Leisure Centre in the main hall. It was really great to see the 91 members who attended, and we received apologies from the dedicated students who could not attend for special reasons.

It must be said that this event had the best spirit of a grading ever. The kiai of the karate-ka present resounded around the hall, and there was a palpable energy in the room.

Congratulations to all those who passed.

Remember, now is the time to focus on the next test in 12 weeks time. Training more regularly 3 weeks before the test will not get you through. You need to train now to ensure readiness in September (particularly with holidays breaking your training over the summer). Next grading session will be on Sunday 16th September, times and venue to be advised.



### Announcements

We like to let you know what's going on in advance in the newsletter, and we try to also announce things in class. The number of people who weren't aware of the week of changes at Newton Abbot was startling. Please take note of the things which affect you.

# Timetable

<b>NEWTON ABBOT</b> Tuesday	Open Open Open Open	12-1pm 4.45-5.45pm 6-7pm 7.15pm-8.30pm	Open Open Open Open
Thursday	Open Open Open Open	12-1pm 4.45-5.45pm 6-7pm 7.15pm-8.30pm	Open Open Open Open
Friday	Open Open Open	4.45-5.45pm 6-7pm 7.15pm-8.30pm	Open Open Open
Saturday	Open	10am-12noon	Open
Sunday	10th-4th Kyu 3rd Kyu+	5-6.30pm 6.30-8pm	Open Open Open
<b>TOYNES</b> Monday		6-7pm 7-8pm 6-8pm	Open Open Open
Wednesday			Open Open Open
<b>TORQUAY</b> Monday		7-8.30pm	Westlands Open
Wednesday		5-6pm	Riviera Centre Open
Friday		5-6pm	Riviera Centre Open

## New Members

A big welcome to **William Vine, Ross Chesterton, & Bradley Merrick** and welcome back to **Lewis and Natasha Barlow & Tom and Laura Stacey** who joined us during June.

If you have a friend that you think would do well in our academy, hand them a Guest Pass, or give their details to Kim and she will invite them along for you.

## Floor Fighting

Famous martial artists like Geoff Thompson have stated that 80% of fights go to the floor. While we might not necessarily agree with him, we do suggest that all martial artists should have some ability when the floor becomes their arena.

To help you in this respect, John Burke sensei will be teaching a 3 hour seminar from **2pm** on Saturday **14th July 2007**. Floor Fighting costs £25 (**£15** to members/free to members who have paid their fees until their next Dan grade). Come along and increase your floor skills before the next pressure test.

## Buddy Day

Buddy Days are an ideal opportunity to bring friends and family to a session designed for beginners and a chance to show off your skills. Let us know if you have someone you want to

bring to a Buddy Session so we can schedule the next one at a time to suit you.

## Birthdays

The following students have birthdays in July

1st Nathan Prescott  
2nd Daisy Boyd  
3rd William Burke sensei (3) & Jack Wall  
8th Blaise Radley  
10th Stephen Mole  
17th Thomas Duncan  
18th Amy Trott  
19th Pete Millea  
27th Jamie Callan & Mark Maddocks  
28th Charli Thompson  
29th Catriona Maslin  
Happy Birthday to you all.

## Summer School

This week long course begins at the end of July, just at the start of



Richard Carrick enjoys groundwork!

school holidays. Our aim is to get a month's training into a week. That's a lot of work.

Week one July 30th—August 3rd  
Week two August 20th—August 24th.  
£40 per person (family discounts apply)

Classes are from 11am until 3pm, including a lunch break. Students must supply their own lunch. Youngsters who *are* allowed to leave the building for lunch must have their parents explain as much to Kim so that we can ensure safety. Subjects will cover all the usual basics, kumite, kata and oyo, and a few other things (like competitions, weapons practice, etc).

Places are almost fully booked. If you want a space call Kim NOW on 01626 360999.

## Thanks

We have a very nice "Thank you" letter from Shiphay Primary School complimenting the excellent display that you put on at Newton Abbot dojo if you would like to read it.

We'd like to thank those of you who supported the event, too.

## Swords!

With great regret, sensei Cook did not manage to get to us at the end of June. His good wife, Terry, had to have an operation, and as soon as they have any idea about the recovery time, they will rearrange their appointment with us. Sorry that you didn't get to train with them, sorry that Terry had to have an operation in the first place.

## Private Lessons

All students are entitled to request one private session per month, subject to availability. Each session is 30 minutes long, and you must arrive early enough to conduct your own warm-up. Due to the high number of late cancellations, bookings will now be taken no more than 2 weeks in advance. Any student who does not turn up for a private session without good reason will lose that month's entitlement.

## July Timetable Exceptions

Everything is back to normal!

## And Finally

The summer is here (despite the weather), don't let your training slip during this time. See you in the dojo.

Upcoming Events: **July** 30th-3rd August Summer School **August** 20th-24th Summer School **September** 15th Black Belt pre-grading **October** 14th **OCI Southern** Area Traditional Arts Seminar & Black Belt grading. 21st Terry Wingrove sensei seminar. **November** 18th **Gala**—annual competition **December** Christmas Party