

Karate Bulletin

A Note From Kim

If you need a new uniform, or a syllabus DVD, or kata book, please call me on 01626 360999 or 01626 330880 so that I can make sure the right item is ready for you.

Similarly, if you would like a discount on tuition fees by paying for a longer period, then call for details. Monthly, quarterly, annual and "up-to-black-belt" payers also get free private lessons.

Thanks

Jolly June

July takes us into the midst of the summer. The children break up for the long summer holidays, and as adults we start really looking forward to that break from work. Our discipline as Karate students keeps us training. Indeed, our training never stops. Time spent in the dojo is part of it. That's the part where we get correction and direction. The part in the dojo is where we find the things that we will work on at home. We can find a few minutes each day to help make a habit. A good habit will include at least 10 press-ups every day. At least 10 sit-ups every day. Without fail. You see, if you can find the discipline to do that, and to turn up to training at the dojo when you are tired or there are a hundred distractions to keep you at home, then you can find the discipline to do anything. Yes. Anything.

That's why I like the summer. It's a great test of determination and of character. There will be new students in September, and a new "term". In the mean time there is this wonderful group of people who all want the same kinds of things you do, and they are buoyed by your presence in the dojo, and spurred on to greater successes, because we all realise that we are not alone.

The New Centre

Yes, we can finally use the new centre. The **Karate Academy** site is at **Unit 1, 1A, and 1B Bradley Mills, Bradley Lane, Newton Abbot, Devon, TQ12 1LZ**. The telephone number is, as always, 01626 360999. If you travel down Bradley Lane from Asda, there are houses on the right hand side. At the end of the houses, the very first unit you come to is the Academy site. It's directly opposite the Music Mill.

There are a couple of changes to the timetable, which you can see just below, and although the centre still needs some work doing to it, we're confident that you will see the potential. There's nothing plush about the place, but then there doesn't need to be for Karate training. Check out the details for the Summer School, enclosed, as these special weeks of training will take place at the new site.

The regular timetable moves over to the new site as of **Thursday 3rd July 2008**. Look out for additions to the timetable soon.

The upper areas of the new dojo will not be ready immediately, so we will be using the lower area for the first couple of weeks.

Big thanks to **Katherine Frayling, Toni, Brian, and Charli Thompson, Mer Maddell, Debbie Whitefoot, Dale, Haydn & Jodi Tarr, David Pickhaver, Richard Carrick, Katie Needham, Maddy O'Brien, Sam, Emma, and Zoe Adams, Steph Ellis** and especially **Jim Wight** for all their help with the preparations.

Summer School Booking

Summer School is now set to go ahead at the new venue. The dates are weeks commencing **4th** and **18th** August, and as usual, we will be cramming a month's training into one week. That could really give your ambitions a boost!

The two Summer Schools will run from 11am-3pm each day. Places are limited so that we can really get stuck in.

The cost of the course is £50 for the whole week or £12.50 per day.

Booking forms are available to collect in class, or email admin@karateacademy.co.uk for an email copy

Our New Headquarters



KARATE

MONDAY

5pm-6.30pm Karate Academy, Newton Abbot

TUESDAY

11.30am-12.30pm 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

11.30am-12.30pm 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 Karate Academy, Newton Abbot

SUNDAY

10am-12noon Totnes Pavilion Leisure Centre

5pm-7pm Karate Academy, Newton Abbot

All classes are open unless stated

IAIDO

On hiatus—private practice available on Saturday pm.

TAI CHI/CHI GUNG

On hiatus

KICKBOXING

On hiatus

PLEASE NOTE CHANGES IN BOLD

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The Cook Report

Our guests are the very cream of the crop. We bring you the world famous like renshi **Russell Stutely**, and the martial arts secrets like renshi **Anthony Blades**. We bring you historical figures and innovators, and soon we are bringing you another one.

Harry Cook sensei is a leading historian and author of several books. He trains in Shotokan and also in Goju Ryu.



Cook Sensei is the author of the **Shotokan: A Precise History** book which has caused some controversy. His articles used to appear in all the martial arts press, but currently he reserves his writing for Classical Fighting Arts—an American magazine. His visit to us will be open to all grades and ages, and will specifically focus on teaching us the Goju Ryu kata **Seiyunchin**.

Cook sensei is a respected expert and accomplished martial artist. So, if you'd like to learn a kata that's a bit different to the norm, Cook Sensei will be educating us in a short while. **Sunday 17th August 2008**, 10am-2pm, £20 per person.



Kickboxing Returns

Listen in class for the details of the returning classes of Focus Kickboxing. These classes are a great workout and feature pad-work and ring/sparring tactics exclusively. They are a great adjunct to regular Karate training.



Demo Season

Still a few demonstrations left to do:

July 4th Highweek school demo, Newton Abbot. **July 12th** Rydon school demo, Kingsteignton. **July 22nd** Haytor View School Fair & Demo, Buckland.

Your support and participation is greatly appreciated, and the more of us there are at these events, the easier they are to do.

Seminar

On Sunday 13th July, John Burke sensei will be teaching **Heian Yondan** and **Heian Godan** bunkai, and bunkai principles.

This seminar costs £15, but is free to all those who attended the Sunday 29th June seminar as it will complete the picture.

Of special interest to Green Belts and above, all adult students will appreciate this type of self defence, even if they don't know the kata. The venue will, of course, be the Karate Academy on Bradley Lane. A useful adjunct to the Peaceful Mind book.

Birthdays

The following students have birthdays in July:

- 2 Daisy Boyd
- 3 Will Burke (4) sensei
- 5 Gurik Singh-Thomas
- 8 Blaise Radley
- 10 Steve Mole
- 15 Lewis Tribble
- 18 Amy Trott
- 19 Pete Millea
- 22 Nephi Wahnon-Pym
- 25 Caitlin Stevens
- 26 Jamie Callan, and Hannah Shattock
- 27 Aron Pophof-Anderson
- 28 Charli Thompson
- 29 Catriona Maslin

Happy Birthday to you all.

2008 Seminar/Grading Dates

- July 12th Rydon School demo, Kingsteignton
- July 22nd Haytor View School Fair & Demo, Buckland, 2.45pm
- July 26th Bunkai Seminar, Colchester
- August 4th-8th Summer School
- August 17th **Harry Cook** sensei teaching Seiyunchin kata. Newton Abbot.
- August 18th-22nd Summer School
- September 13th Kyu Grading (note change: **Sat** not Sun)
- September 27th & 28th Seminar & Black Belt Grading
- October 26th **Terry Wingrove** sensei, Newton Abbot
- December 14th Kyu Grading

New Members

A big welcome to **Toni Thompson, Paul Worthington, Roderick Worthington, Ryan Wood, Lori-Ann Freeman, Natasha Andrews, Andrew Barker, Ben Barker, Paul Lewins, Kieran Gibbons, Katie Gibbons, Debbie Guppy, Jordan Croft, Caitlin Stevens, Ronnie Hughes, Tracy Hughes, Micky Gillett, Brandon May, Travis Heyward, Josh Timmins, Katie Timmins, Jon Damerel, Jodie Damerel, Lewis Tribble, Fred Johnson, Simon Johnson, Kye Breslan, Jessica Oakley Peck, Emma Williams, Roy Trays, Vivian Warren, Joanna Stephenson, Molly Wells, Ben Grant, Kirsty Grant, Luke Parnell, Thomas Gammon, John Guppy, Danielle Moorhouse, Tia Moorhouse, and Hannah Shattock** who joined the Karate club in June.

Last Word

We follow the standards of our seniors, and we set the standards for our juniors. That's a responsibility.

We have faith in our seniors and our juniors have faith in us. It spreads in to other areas of our lives, realising that our actions and our decisions have impact on other people. It's a lot to live up to, and it's a lot of trust. Being human enough to try to fulfil that obligation sets Karate-ka apart from many others.

We might not always succeed, but we keep trying to get it right. Proud to be the Keikokai.

See you in the dojo. **Oss**

