

# Karate Bulletin

Volume 3 Issue 7 July 2009



John, Kim, William and John would like to invite you to the Christening Party of

**Michael Alexander Burke**

On Sunday 5th July 1.30pm

At The Karate Academy, Newton Abbot

RSVP: Kim on 01626 360999



## July

### POSITIVES

Big thanks to those who have helped so much in getting the Torquay dojo ready for training. Amy Drew even came in on her birthday to help with the cleaning! Assisting Lee Warren sensei were Dave Pickhaver sensei, Steve Thomas, Paul Wilson, John Drew and his good lady. The new Warbro Road site has benefitted from a good clean, although there is always more to do.

Thanks too, to the leafleting team, Paul, Steve, Jason and Dave.

You know, I am reminded of the benefits of training when I see those people who selflessly put themselves out to help us with promoting the new building. It really is about giving back for what we receive. Now, some would take the attitude that if you pay you are entitled to have leafleting and cleaning of the dojo done for you, but they would have missed the point. The people listed above recognise the sense of community that a Karate club has, the obligation to each other to have things done right. To support each other. It's how I knew that when I was moving house one of my fellow Black Belts would be there to give me a hand. They're like that. Not that guy who got his belt and stopped training; the ones who are always there. You know them because they are always there, and at the same time sometimes you don't notice them, because they are always there.

Like my first Karate Instructor, Peter Maduro sensei, you really notice when they are gone.

Take a moment to realise that when we bow it is our signal that we treat our partner properly, and that respect must also have an appreciation for the constancy and the consistency that our partner provides.

### NEGATIVES

I must be pretty naïve, really. I thought that when we opened the new Academy in Torquay that everyone would be happy with it.

There were negative comments from a small minority about the state of the building and the décor. I understand them. The building is a bit Raw. The place is in need of a paint job and a lot of fixtures and fittings. That's fact. No problem, as I've told people in class—we're working on it. The problem is that some people found it necessary to whinge and whine about it.

You know, adults, I would have thought, would see the potential in the place. Would understand that it takes some time to get things how you'd like them. More than that, with the current economy being the big topic of conversation, they might have understood that we haven't got the resources to mat the place entirely on the day it opens unless we increase your fees which we do not want to do.

**It's going to take a little while.**

We have taken on the site in Warbro Road for the sake of the students, to be given the option to add more classes, start offering private sessions to save having to travel to Newton Abbot, and a home for the club (plus FREE coffee is offered to parents and cold water for the students). This cannot be achieved taking classes in church halls.

The brilliant helpful and self-sacrificing efforts of those mentioned in the other column are the example you like your children to see. The nature of people to pull together and be of service, to give though there is nothing "in it for them" is a much better standard to follow than the judgemental bitterness that oozes from some others' pores.

The martial arts spirit rose to the occasion. Those people who saw the site and knew what we wanted to do with it; those who offered to help, who demanded to know what THEY could do to make the place better—they are our kind of people.

This isn't just about the dojo. This is about how you view your life. There's very little that's perfect out there, but some of us are working on it and others are just complaining. The complainers wonder why people try to avoid them (or perhaps they don't—they're so self centred that they haven't noticed). What you give is what you get. Master Funakoshi said that Karate was not only for in the dojo. He didn't mean the techniques, he meant the mind-set.

That you would put up with a little austerity in order to get a greater benefit, that you would make the best of it, perhaps even rejoice in what has already happened and the gifts we already possess, while still seeking after better. Not expecting it on a plate, but working to make it happen. That is the kind of attitude that will help the next generation. Some senior citizens will comment that "National Service would sort them out". We would add "Karate training will sort them out—but only if you put yourself through it".

### Anti-Bullying and Stranger Danger

July sees the start of the summer holidays. We all know that during the summer holidays children let their hair down and get a little wild. The days are long and there is so much to do! For safety, and to set the children in good stead for starting the new academic year in September (when some will be changing schools) we are running a special course on Anti-Bullying. This class will be linked with the planned Stranger Danger class to provide a neat hop-on point for all levels of student. Even if you've never trained before, this vital class will set you up for safety and self protection, leading to real self confidence. **Saturday 11th July, 3-5pm.** The cost of **£5** is a small investment in your child's future.



## Women's Self defence

Following the success of the last Women's Self Defence class, we are pleased to announce that Clare sensei will be teaching again on August 22nd for those who are interested. Please confirm your attendance on 01626 360999

## Master Russell Stutely in Devon

The man who taught me how to put the Pressure Point information in with our Karate is back in the UK. He'll be teaching for us over the weekend of 1st and 2nd August. On Saturday we have 3 classes—one for the children, one for the kyu grades, and one for the Black Belts. On the Sunday Master Stutely will be teaching people his Pressure Point Defensive Tactics Level One Teachers Course, complete with testing and certification for the successful candidates.

## Martyn Harris Seminar

Our Cornish colleague, Dave Cooke sensei, is hosting Martyn Harris sensei, our colleague from Wales, for a seminar on Sunday 18th July. A group of us will be travelling down there if anyone is interested in coming along.

## Birthdays

The following students have birthdays in July:

- 3rd William Burke sensei
- 5th Gurrik Singh-Thomas
- 6th Kal Blackburn & Maise Davies
- 8th Blaise Radley sensei
- 10th Steve Mole sensei
- 14th Rebecca Lewis
- 15th Timothy Cullen & Lewis Tribble
- 19th Pete Millea sensei
- 22nd Nephi Wahnnon-Pym
- 26th Jamie Callan
- 28th Charli Thompson
- 29th Catriona Maslin

*Happy Birthday to you all.*

## New Members

During the month of June the following students joined our Karate group. Welcome one and all. **Andrew Green, Liam Payne, Daniel Hinds, Thomas & Ashley Stone-Uglow, Callum Mounce-Jeffreys, Maise & Adam Davies, Karolina & Laima Bielauskiene, Paige Corderoy, Stewart Bastow, Bracken & Connor Mitchell, Angel Gibbs, Roy Kelly, Darren Scarlett and Kayleigh Perrow.**

## BAMA

I know many of you will be thrilled to learn that **Ann Johanson** sensei has joined the British Association for Martial Arts with us. As our group continues to grow we are enthused at the quality of instructor that we attract.

## Timetable Changes

With the Torquay dojo becoming more established and the influx of students we have to provide more sessions. We are moving the Tuesday lessons to Mondays, and starting a Saturday morning class. New timetable takes effect from Monday 6th July.

## July Timetable Exceptions

Sunday 5th No Brown and Black Belt session  
Totnes session 10am-11.30am

## Coming-up

**Sunday 5th July**

**Saturday 11th July**

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**Isle of Arran**

July 23rd-26th course on the

Isle of Arran with **Harry Cook** sensei.

**Saturday August 1st** Classes with Russell Stutely

**Sunday August 2nd** Russell Stutely PPDT course

**Saturday August 22nd** Women's self Defence

**Monday August 10th– Friday 14th** **Keiko Summer**

**School** 10.30am-3pm each day for only £47.50 (£10 deposit secures your place as places are limited). To book collect a registration form from your instructor or call Kim on 01626 360999.

## Last Word

We all have days that don't go quite right. It's how you deal with it that makes the difference.

If the day has you defeated then there wasn't much use to it, but if there is a lesson that we can glean, a point to the events that have caused us upset then we can at least take heart in that. Whatever the test is, from a martial artist's perspective, our job is to give it our best shot. Recriminations after the event, and worrying about it beforehand can be an exhausting use of our energy that isn't necessary.

Yes, we should prepare ourselves for success or failure in whatever endeavour we have before us, but worry only sickens us. Knowing that we do our best, and that we do that no matter what the situation, leads us to a contentment that knows no boundaries. Instead of having to "face up" to something, all we have to do is use our normal, everyday habit of giving it our best shot.

When the situation is not *different* then we can face it with our head held high.

Proud to be the Keikokai.

See you in the dojo.

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**bunkai**

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分解と応用

KARATE		
MONDAY	5pm-6.30pm 5.30-6.45pm 7pm-8.30pm	Karate Academy, Newton Abbot Karate Academy, Torquay Karate Academy, Torquay
TUESDAY	11.30am-12.30pm 5pm-6pm 6pm-7pm 7pm-8.30pm	Karate Academy, Newton Abbot Karate Academy, Newton Abbot Karate Academy, Newton Abbot Karate Academy, Newton Abbot
WEDNESDAY	6pm-8pm	Totnes Pavilion Leisure Centre
THURSDAY	11.30am-12.30pm 5pm-6pm 5.30-6.45pm 6pm-7pm 7pm-8.30pm 5.30-6.45pm	Karate Academy, Newton Abbot Karate Academy, Newton Abbot Karate Academy, Torquay Karate Academy, Newton Abbot Karate Academy, Newton Abbot Karate Academy, Torquay
FRIDAY	5.30pm-6.30pm	Karate Academy, Newton Abbot
SATURDAY	10am-12noon 10.30am-12noon	Karate Academy, Newton Abbot Karate Academy, Torquay
SUNDAY	10am-12noon 4pm-5.30pm+ 5pm-7pm	Totnes Pavilion Leisure Centre Brown & Black Belts Newton Abbot Karate Academy, Newton Abbot
KICKBOXING		
Monday and Friday 6.30-7.30pm Karate Academy, Newton Abbot		

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