

Karate Academy

July!

No Secrets

As time goes by and I meet more martial artists from many different disciplines and countries, I am frequently asked about the "secrets" of the martial arts. The person asking is usually referring to some secret technique or hidden application. While I might try to give them some of the principles which they might be missing, it is also my duty to let them know that there really aren't any secrets. There are only the principles that you train in and recognise when being taught by a knowledgeable teacher. I am blessed in having met and trained with some of the best teachers in the world. And in order to get their best attention and help I had to prove myself with time and effort spent in pursuit of the knowledge.

The same is true for every student of the martial arts. There aren't any secrets. It's about putting yourself through the wringer to gain that experience and the principles and the skill that you desire.

If you ever need help with your training, talk to your instructor or email/call us info@KarateAcademy.co.uk or 01626 360999. Remember we are here to help and will always listen.—JGB

CH ch ch changes

Please listen out in class as we are about to add a slew of new timetable slots for your training. The aim here is to make sure that there are lessons available to you and your family at many different junctures. You'll see new classes in Torquay, Paignton, and Newton Abbot.

Coming-up

- 14th Ladies Self Defence 6.30-9pm Paignton.
- 22nd-24th Gasshuku in Wales
- 31st Kyu grading in Newton Abbot.

Timetable Exceptions

The following are exceptions to the regular timetable during the month of July:

- 28th No Ashburton classes
- 31st Kyu grading. No regular Newton Abbot classes.
- 1st + 4th August No Ashburton classes

Birthdays

The following students celebrate their Birthday this month:

- 3rd Jake Lee
- 4th Kyle Withers
- 8th Blaise Radley sensei, Holly Tonks
- 11th Samuel McCarthy
- 12th Luke Bovey
- 15th Lewis Tribble
- 19th Pete Millea sensei
- 20th Jessie Long
- 22nd George Merritt
- 26th Jamie Callan sensei
- 29th Catriona Maslin sensei

Happy Birthday to You

New Members

The following people joined the Karate Academy in the month of June:

- Torquay:** Matilda Nicholls, Ann Westwood, Jade-Marie Devon
 - Totnes:** Michael Patrick
- Welcome one and all!

Ladies Self Protection

This very successful and much-in-demand class is moving to Paignton for this month. It'll give a whole new audience the chance to experience Sensei Clare's particular brand of bashing blokes who dare to attack her.

We're also moving it out to a Thursday night. 6.30-9pm. £10 Please call 01626 360999 to reserve your place.

This class is not full of hopeless theory like some of the books and classes out there, just practical no-nonsense technique and universal principles that do not depend on strength or size. Make it a priority to be there.

Hanshi Terry Wingrove

Hanshi Wingrove, 9th Dan Karate Jutsu, 9th Dan Ju Jutsu, and holder of Dan grades in Aikido and Judo, the dojo captain of the man who brought Karate to this country left his mark on those of us at the Newton Abbot dojo on Sunday 26th June 2011.

A nice day with interesting lectures and new levels of pain severity. Sensei very kindly agreed that the proceeds from this seminar would go to Down South West, the Downs Syndrome charity.



Dedicated to Black Belt Excellence

Grading Results

Well done to the following students who achieved new grades on Saturday 25th June 2011:

1st kyu

Nicola Brown
Steve White

2nd kyu

Sabrina Murphy

3rd kyu

Andrew Green

4th kyu

Phil Tonks
Lisa Tonks
Matthew Keirman

5th kyu

Adam Castle
Alex Clulow

6th kyu

Olivier Petit
Jessie Bailey
Susan Bailey

7th kyu

Shana Osborne
Frederick Leach
Melissa McCarthy
Samuel McCarthy
Robert Patmore
Andre Hughes
Archie Williams
Luke Alderson
Peter Alderson
Annabel Nicholls
Kyle Withers
Shannon Withers

8th kyu

Kit Hughes-Johnson
Connor Patmore
Maria Higginson

9th kyu

Amy Clark
Rachel Edwards
Finn Hearn
Sophie Meaden
Sophie Paulton

GRADING ADVICE for NEW MEMBERS

If you are new to our Academy then you might not be aware that tests are regularly held to ascertain the level of a student's ability. Students are invited to take part in these tests after careful consideration and talks between the instructors. A grading notice is sent to the candidate, and as long as they wish to take part (and if they are junior then they have their parents' permission) then the form is returned and they are eligible to take the test. Then they have to perform well enough to pass! Getting a new grade depends on training up to and including the day of the test, and of course, that they perform well on the test itself.

Now onwards towards your new goals.

Nijushiho Released

Our new DVD on self defence applications from the 2nd Dan kata Nijushiho is now available.
£19.95 on the website, £15 to members.

Ashburton troubles

A few issues with our new venue in Ashburton with cancellations. Please watch the bulletin board for updates as we are not happy with the Town Hall's approach.

We have also been informed that we cannot have Thursdays from September—December so if you know of an alternative venue, please let us know so we can follow it up.

Bunkai Bootcamp

The Bunkai Bootcamp still has a couple of places available for this special, week long course

August 1st-5th 2011.



The Bunkai bootcamp exists to teach the all important applications to every move in Karate kata. Physically and mentally demanding, your Karate growth will be accelerated by participating in the week.

10-4 every day with both physically and mentally intensive training geared towards functional kata bunkai.

If you are interested in bunkai (application) then this is for you. It's advertised on the web at £295. Our members get a huge discount (as long as you don't tell everyone). £110 on 1/8/11 or £99 if you pay beforehand.

Summer School Activity Days

Instead of a single week, this year sees day classes spread throughout the holiday.

Each day will run from 10.30am to 3pm at a cost of £10 per person. Students will need to bring a packed lunch. The confirmed dates are as follows. Each lesson must be pre-booked and follows a different theme (such as kata or bunkai or pads or...). Collect the set!

Weds 27th July	Newton Abbot
Weds 10th Aug	Paignton
Mon 15th Aug	Newton Abbot
Tues 23rd Aug	Torquay
Mon 29th Aug	Newton Abbot BBQ

Last Word

For some people an exam is a challenge. It can be a living hell to go through all of that stress. When you approach every lesson as a step towards overcoming the exam obstacle though, you prepare body and mind to deal with challenge. The test in Karate is only as difficult as getting things right in a lesson. The mental test is whether you are prepared by how you treat your lessons. When we face challenges in life it is often because we were not prepared for them. As in Karate so in life—if we make ourselves mentally ready for the challenges that are thrown at us then even when they are terrible to endure we come out of the experience stronger. I'm still working on it.

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