

Karate Bulletin

Volume 4 Issue 6 June 2010

June

More Lessons!

We've had such a hectic time recently. Good, isn't it? Seminars with top instructors, away days to demonstrations, and all your regular training too. The idea is to get as much as you can from your instructors, to glean what information you can get and sweat to get the results you want. This month we have a great mix for you. We start off with Hanshi **Patrick McCarthy** 8th dan and the flow drills, then we work towards the Kick-a-thon to raise money for new mats at the Torquay dojo. Newton Abbot is really filling up with mats now, so it's time to make another Centre that we can really be proud of (we're already proud of the students, but the building could be better). At the end of the month we present a whole weekend of painful techniques with Britain's most senior Karate teacher—**Terry Wingrove** sensei. Mr Wingrove's seminars are not for everyone, but rather for those who want to experience the old "jutsu" version of Karate. With all of that going on you might be forgiven for forgetting that your regular lessons become even more important to your continued development, and that Summer School and the Gasshuku are fast approaching too!

New Members

During the month of May the following students joined our Karate group. **Kieran Sliney, Shannon Withers and Kyle Withers.** Welcome along one and all!

Birthdays

The following students have birthdays in June:

- 1st Dominic Bayliss
- 2nd Joshua Dyer
- 3rd Amy Drew, Liam Payne
- 8th Tommy Zheng, Richard Brend sensei
- 9th Ethan Heppell
- 10th Alexander Clulow
- 11th Adam Castle
- 15th Erwin Chan
- 16th Jason Bond-Myatt
- 17th Joanne Dyer
- 18th Kim Burke sensei
- 19th Hannah Tribble
- 20th Jack Major
- 26th Taylor Hornett
- 27th Mishel Mathew
- 30th Mary Watson

Happy Birthday to you all.

Success

Big congratulations to **Steve White** from Seaton who won 1st place in the Men's Senior Kata competition at SENI 10. Also, to **Michelle and Charlayne Green, Katie Needham, and Lucie Clark** who all raised money for Race for Life's cancer campaign. All donations would still be appreciated by the girls.

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. Places are limited so reserve your place now.

Women's Self Defence

Sensei Clare was bashing blokes on Saturday 29th May 2010 at the Newton Abbot dojo. This course just gets more and more popular!

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.

The next one will be in July Watch out on the websites for details. 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.

KARATE

Newton Abbot

Karate Academy, Bradley Lane,
NEWTON ABBOT

MONDAY	5pm-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
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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

Teignmouth

Teignmouth Rugby Club, TEIGNMOUTH

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

Totnes

TOTNES Pavilion Leisure Centre

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

Expo Workshops

The Martial Arts Show, NEC, Birmingham: a gang of us went us went up.

Ross did an Aikido workshop. Lee did Capoeira. Clare, Colleen, and Alison got Gok Wan's autograph. Jim told one of the other instructors how to do it all.

How about a few more of us going next year?



Gasshuku

The Gasshuku is special outdoors training. It feels different underfoot and feels different in your lungs.

This year, the Gasshuku is in Brecon in Wales at a converted barn from Friday 6th August (straight after Summer School). You will have to book up fast if you expect a room, or you can bring a tent and camp outside. August 7th and 8th we'll be training and eating together, and then the long drive home after the fun on the Sunday.

We all get stuck in and really get immersed in our Karate. There will be about 60 people there, a mix of the *Keiko* group of clubs (us), *Martyn Harris's Red Dragon Karate Institute*, and *Martyn Skipper's Tower Shukukai* as well. The £100 fee includes camping/dormitory, breakfast, and evening meal for Saturday, and Sunday's breakfast. Interested? Ask Kim or Sensei John for a booking form, or download from the Members Only website.

Instructor Training

Quick reminder: ITP will be Saturday 5th June from 1pm and will focus on the instructor's ability to assess. You know that we could not do all the things that this Karate Academy accomplishes without your unflinching help and dedication.

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.

June Timetable Exceptions

Tuesday 1st	No normal lessons due to seminar
Sunday 13th	Grading. No normal lessons.
Saturday 26th	Seminar. No normal lessons.
Sunday 27th	Seminar. No Black Belt lesson.

Chudleigh Classes

From Monday 28th June we will be adding another class to the already extensive timetable. The new session will take place at Chudleigh Town Hall in the Large Room (upstairs) from 5.30pm-7pm every Monday (excluding Bank Holidays).

Torquay Kick-a-thon

On Saturday 19th June 2010 10.30am to noon, the Torquay students will be hosting a Kick-a-thon to raise money for new mats and equipment at the Torquay Dojo. Any student from Newton Abbot, Totnes, Teignmouth or Ashburton who would like to join in please let Sensei Lee Warren know. Sponsorship forms are available now.

Next Grading

The next belt/rank testing for coloured belts is on **Sunday 13th June 2010**. This grading will be from 10am to finish. There is no reason why anyone under 1st kyu who did not grade in March and has been training since January can't be on it. Those seeking new grades needing extra help please get it now. 1-2-1 lessons are available with the instructors, and you can always attend more regular classes to bump up your ability. A week before the test is too late to seek meaningful help.

Coming-up

Tuesday 1st June

Patrick McCarthy hanshi
flow drill seminar.

Sunday 13th June

Kyu Grading

Saturday 19th June

Kick-a-thon for TQ Mats

Sat/Sun 26/27th June

Terry Wingrove sensei in
Newton Abbot

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 rensai

Note New Dates

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

It's been hectic recently. I know that a few people have wished that there was less on with special events, supposedly leaving more time for regular training. It's understandable, feeling that way. I often feel that way myself. At the same time, if you pass up opportunities to train with the very special guests at the events that we have seen recently then there isn't any room for thinking that they will come round again.

We only bring you top quality instructors. Those who came to the Martial Arts Show will attest that there are an awful lot of martial artists out there who are doing gymnastic but ill-conceived martial arts. Here you get the exercise, you get the disciplined side, you get the martial artists' mindset, and on top of all that you get applications that work! Not everyone can say the same. Aim higher. Always.

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

