



June!

## What Is It?

A seemingly innocent question set my mind reeling recently, and I'd love your help with answering it... What makes someone come and train with us, rather than any other martial arts club or any other activity, including the right to do nothing at all? Why should they start now? At first we are all tempted to offer up the "standard" answers—fun, fitness, self defence, friendship, a hobby, realistic self defence etc. However, we must also admit that even where those things are not present in a club the blurb is likely to say that they are, and a potential student cannot know the difference with us just bragging about how great we are.

So we need an answer.

Without one we cannot have as great an impact on as many people as deserve it. We cannot help enough of the folks who could benefit from and enjoy our classes.

I look forward to seeing what you come up with.

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

## 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.

## Coming-up

**Saturday 11th June** Highweek school demo  
**Saturday 25th June** Kyu grading in Newton Abbot  
**Sunday 26th June** Wingrove Hanshi in N.Abbot

## Timetable Exceptions

The following our exceptions to the regular timetable during the month of June:

**Thursday 16th** No Ashburton class  
**Saturday 25th** Newton Abbot no regular classes due to kyu grading. Torquay and Paignton as normal  
**Sunday 26th** No Newton Abbot classes due to Wingrove hanshi's seminar. Totnes as normal  
**Monday 27th** No Ashburton class—carnival  
**Thursday 30th** No Ashburton class—carnival

*Dedicated to Black Belt Excellence*

## Birthdays

The following students celebrate their Birthday this month:

- 1st Paul Jesney
- 3rd Amy Drew, Liam Payne
- 8th Natasha Barlow, Richard Brend sensei, Tommy Zheng
- 9th Ethan Heppell
- 10th Alex Clulow
- 11th Lewis Barlow, Adam Castle
- 18th Kim Burke sensei
- 19th Hannah Tribble
- 22nd Scott Elson
- 26th George Broome
- 27th Mishel Mathew, Sophie-Marie Paulton, Gareth Lee
- 29th David Alderson
- 30th Holly Palmer, Mary Watson, John Lewis

**Happy Birthday to You**

## New Members

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

Newton Abbot: **Alex Cullen, Andrew Power**

Torquay: **Maria Higginson**

Welcome one and all!

## Fighting on the Ground

Saturday 28th May 2011 saw our "Anti-Grappling" workshop in Newton Abbot. We covered drills to do with getting there, self defence against standing opponents, self defence against grappling opponents, and some fun skills with fellow martial artists whilst down on the floor. It's good to have some skills for that dreaded "pressure test" during Dan gradings. Students from the Karate Academy who attended the workshop enjoyed, and gained a lot, from working with the attendees from Judo and Aikido.

## Demo

**Highweek school** in Newton Abbot requires a Karate demonstration at the school fair on Saturday 11th June at **1pm**. Come and have some fun. Support the club and enjoy the fair.

Anyone who requires a demonstration of Karate for their school fete or fayre please book them now. We are happy to demonstrate what our classes are like in public, but to put on a good show it's nice if there is a crowd of us. Two days before the event is not enough notice to get a good group together...

## Protocol

When we see a student for a 1-2-1 session it's good if we can give them as much help as we can in the short timeframe available. Therefore it seems wasteful to fill the session with things that have been taught in the session that immediately preceded it. That means that if you have a session on Saturday directly after the morning lesson you should also be at the morning lesson. If you are going to take up time in an instructor's day *during the week* then you should also attend the lesson adjacent to your private time with them, just so that you can get the best out of it. 1-2-1 lessons adjacent to classes will only be booked if you are attending the class as well.

## Martial Arts Illustrated

Watch out for John Burke sensei's Bunkai—Keeping It Real column in Martial Arts Illustrated magazine.

## Grading Results

Well done to the following students who achieved new grades on Sunday 22nd May 2011:

### 1st kyu

Jessica Alger

### 2nd kyu

Charlayne Green  
Sean Green  
Sean Thompson

### 3rd kyu

Janet Drew  
Eric Pateman  
Grace Pitts

### 5th kyu

Lewis Tribble

### 7th kyu

Tabitha Morgan  
Lorraine Alderson  
David Alderson  
Samantha McCarthy-Patmore  
Scott Elson

### 6th kyu

Shaun Cooper  
Andrew Lawaley  
Nyah Moss

### 8th kyu

Luke Bovey  
John Lewis  
Henry Morgan  
Rachel Reed

### 9th kyu

Sharon Keirman  
Adam Price

Last month we accidentally mis-labelled some graders: those affected, and now correctly congratulated are:

### 4th kyu

Colleen Clark  
John Drew  
Leah Watson

## 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.



## Ji'IN Released

Our new DVD on self defence applications from the 4th Dan kata Ji'in is now available. This kata is particularly important to us as the JKA have removed the kata from their syllabus. Our heritage is intact here at the Karate Academy. £19.95 on the website, £15 to members.

## Hanshi Terry 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 will be teaching at the Newton Abbot dojo on Sunday 26th June 2011. 10am start, the £10 training fee goes directly to the Richard House Children's Hospice. Adults will benefit most from this painful realistic training.

Children will only be allowed under certain criteria.

Please speak to Sensei John or call Kim if you would like to attend and are not sure if you would benefit from this seminar.

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

## Kids Summer School

For the past two months we have asked for interest in running a week long summer school for the kids. We have not received enough support to put on this course so we have decided to run a series of Masterclass/Fun Days throughout the school holidays.

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 provisional dates are as follows. They will be confirmed in the next newsletter.

Weds 27th July	Newton Abbot
Fri 5th Aug	Torquay
Weds 10th Aug	Paignton
Mon 15th Aug	Newton Abbot
Weds 24th Aug	Torquay
Mon 29th Aug	Newton Abbot BBQ

## Last Word

I truly believe that Karate is special. I believe that amongst Karate clubs we are special. There are terrible things happening in the world and even some people that we thought we could trust who have done terrible things. Sometimes I'm accused of being naïve. Although we can all make use of a reality check I'm also quite glad of my naivety sometimes. It lets me take you as I find you. It lets me assess what I see at any one particular time. But even that doesn't mean I'm not capable of mis-judging someone or something. That's why I'm glad of a team. The other instructors are forthright enough to tell me when I'm mis-judging someone. Sometimes favourably, sometimes too harshly. With a team like that the reality checks come weekly and daily. For 12 years we have been outside the KUGB. For more than 17 years I have tried to make a difference to the way Karate is taught. I still make mistakes. I'm still working on it. Proud to be the Keikokai. See you in the dojo. **Oss**