

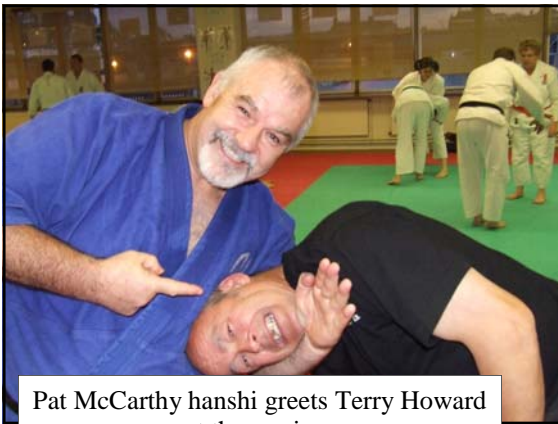
# Karate Bulletin

Kurt Graham renshi at SENI07



## Just June

How busy was May? We had SENI and our VIP guest, Funakoshi memorial day, Buddy day, and Women's self defence. It becomes more and more apparent to me that those who really want to take part in Karate, to really make it part of them, are at these kind of special events as well as at their regular training. With plenty of notice about when they will occur we make arrangements so that we can attend—as well as making training into a regular habit. That's a huge secret to the martial arts, right there; make training into a regular habit. If you miss a lesson then do another one to replace it.



Pat McCarthy hanshi greets Terry Howard at the seminar

### Ladies Empowered

On Saturday 5th May 2007 there was a Women's Self Defence session held at the Academy in Newton Abbot. We covered lots of escape techniques and that all important awareness. Apologies for the lateness of the accompanying booklet, but we've been up to our eyes in it this month.

because they were good on the day, and there was also a double-grade awarded. All students should bring their grading books with them just in case.

### Buddy Day

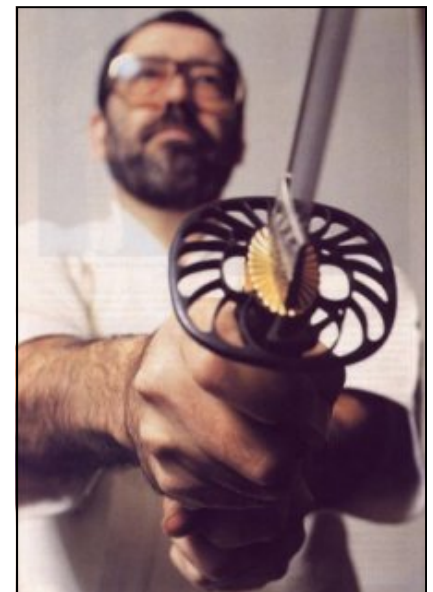
Thanks to those who supported Buddy Day and who brought friends with them. New members are always welcome, so if you wanted to bring someone along passes can be obtained from Kim, just ask.

### Brown & Black Belts

There is now specific training just for you, whether you normally belong at Newton Abbot, Totnes, or Torquay, over at the Karate Academy on Sundays from 6.30-8pm. Don't miss out on this opportunity to work at higher levels.

### Grading

Sunday 24th June 2007. Newton Abbot Leisure Centre in the main hall. Prompt 12noon start. **Every-one should be there**, whether you are actually being tested or not. As you saw, last time there were two people who were awarded grades



### Learn Swords from the master!

**June 23rd** will see another visit from Vic Cook Iaido 7th Dan and his wife Terry Cook Iaido 5th Dan. The couple have postponed a trip to Greece in order to come and teach us!

This time we are training from 10am-3pm. The cost is only £20 if you already have a bokken, or £30 if you want us to supply one (which you can keep)..

### The Man from Oz

It was great to see so many of you for the seminar with internationally famous Patrick McCarthy 8th dan hanshi. Pat taught way over the scheduled 3 hours and was ably assisted by Kurt Graham 6th dan renshi. He also let me know that he is unlikely to come to the UK next year, so those who attended got themselves a treat.

The subject of the day was flow drills, and we covered the Quadrant defences and took it on to a take-down and ground work. Hanshi also took us through some kanji translation and history.



## NEWTON ABBOT

Tuesday	12-1pm	Open
	4.45-5.45pm	Open
	6-7pm	Open
	7.15pm-8.30pm	Open
Thursday	12-1pm	Open
	4.45-5.45pm	Open
	6-7pm	Open
	7.15pm-8.30pm	Open
Friday	4.45-5.45pm	Open
	6-7pm	Open
	7.15pm-8.30pm	Open
Saturday	10am-12noon	Open
Sunday	5-6.30pm	10th-4th Kyu
	6.30-8pm	3rd Kyu+

## TOTNES

Monday	6-7pm	Open
	7-8pm	Open
Wednesday	6-8pm	Open

## TORQUAY

Monday	7-8.30pm	Westlands	Open
Wednesday	5-6pm	Riviera Centre	Open
Friday	5-6pm	Riviera Centre	Open

# Timetable

## Timetable Changes

You will see above that there have been a few changes to the timetable this month. In particular we would draw your attention to the following:

**Torquay:** There will now only be Monday night at Westlands until there is an increase in demand for another session.

**Totnes;** Saturday mornings are replaced with Monday evenings. This effectively runs as 2 one hour lessons which you can attend one or both of. If you are only able to make Saturday morning then you should definitely go to Newton Abbot for 10am rather than lose out.

**Newton Abbot:** Saturday sessions have been re-combined into one now that John Burke sensei is teaching it. Sunday evening is also being taken by Sensei. Those who train on Friday night will notice a definite bias towards pad training.

## New Members

A big welcome to **Joshua Hurren, Tyler Steer, Alastair Cobb, Mark Maddocks**, and welcome back to **Trevor Steer** who joined us during May.

If you have a friend that you think would do well in our academy, hand them a Guest Pass, or give their details to Kim and she will invite them along for you.

## June Timetable Exceptions

**Wednesday lunchtime open floors** for private training are back on.

**Saturday 23rd** No normal lessons due to Sword Seminar.

**Sunday 24th** No normal lessons due to grading at Newton Abbot Leisure Centre.

**Tuesday 26th, Thursday 28th, & Friday 29th** Newton Abbot lessons have the following times: 5.30pm-7pm, & 7pm-8.30pm due to external course being run until 5pm.

**Saturday 30th** No sessions

**Sunday 1st July** No sessions

## Birthdays

The following students have birthdays in June

4th Steve Bulley sensei (18th)  
8th Tommy Zheng  
13th Greg Clark  
16th Sebastian Timothy  
18th Kim Burke sensei (21st+)  
19th Alice Kelly  
21st Lewis Potter  
30th Rae Conway  
Happy Birthday to you all.

## Demos

We need volunteers to take part in demos as follows:

Saturday 16th Shiphay Primary School 1.45 for 2pm start.  
Saturday 23rd Decoy Primary School 2.45 for 3pm start.

## Summer School

Week one July 30th—August 3rd  
Week two August 20th—August 24th.

£40 per person (family discounts apply)

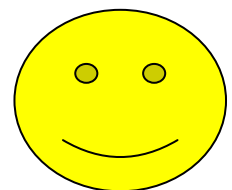
Places are almost fully booked. If you want a space call Kim NOW on 01626 360999.

## Private Lessons

All students are entitled to request one private session per month, subject to availability. Each session is 30 minutes long, and you must arrive early enough to conduct your own warm-up. When you book your monthly 1-2-1 session, you will be asked what you want to study in that session. You could say “oyo” or “kata” or “basics”, or anything, really. It’s a great help to us to be able to focus our efforts on what you need rather than just plodding through the grading material.

## And Finally

The summer is coming and everyone wants to be out and about. Don’t let your training slip during this time. Make up for missed lessons and your progress can continue. Indeed, use the extra sessions that are available to accelerate your learning.



Upcoming Events: **June** 16th Demo at Shiphay Primary School, Torquay. 23rd Vic Cook sensei with Iaido also; demo at Decoy Primary School. 24th Grading Examination. **July** 30th-3rd August Summer School **August** 20th-24th Summer School **September** 15th Black Belt pre-grading **October** 14th **OCI Southern** Area Traditional Arts Seminar & Black Belt grading **November** 18th **Gala**—annual competition **December** Christmas Party