

Karate Bulletin

A Note From Kim

Help Needed. The new Full-time Dojo is nearly here. The new site is 8000 sq ft of open space, enough for 2 training areas and a warm-up/Kids play area.

The site is currently really dirty, needs a good clean and fresh paint. Any volunteers to help with the cleaning and painting would be greatly appreciated. If you can help, please call me on 01626 360999 or 01626 330880 to arrange days and times.

Thanks

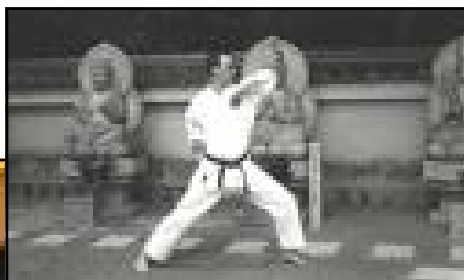
Jolly June

Just the start of the Summer. Long hot days and a hundred distractions. Karate is still the best choice for toning your body for beach times, just as it is a great activity for those rainy days—we are in Britain, after all. The short bursts of high intensity activity are very good for toning the muscles. The longer periods of movement (kumite or partner work) are good for aerobic fitness. Best of all is that you get to work to your limits in a disciplined environment. You see, the gym may have lots of fancy equipment, but there's no-one to spur you on. The benefit of Karate as exercise is that you compete primarily with yourself, but always with others to help you along (and perhaps add a little bit of competitive edge).

We know of very fit runners who insist that a workout with us still gives them a muscle ache to prove they've trained! That's a good thing, by the way.

When you hear your friends moaning about fighting the flab or fighting boredom, you know that you can recommend they come and join us.

As you'll read further on, June is a fantastic time to get cracking.



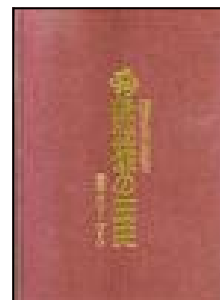
The Cook Report

As you know, each year we like to bring you the very best instruction. There are no arm-chair experts in this club, and we ALL train. Sensei John Burke teaches most of the time, and is also called away to teach other groups on his seminar schedule. This is because there are many people who want the kind of tuition that you get *all* the time.

WE have our own special events, too. Our guests are the very cream of the crop, and soon we are bringing you another one.

Harry Cook Sensei is a leading historian and author of several books. He trains in Shotokan and also in Goju Ryu. Cook Sensei is the author of the *Shotokan: A Precise History* book which has caused some controversy. His articles used to appear in all the martial arts press, but currently he reserves his writing for Classical Fighting Arts—an American magazine. His visit to us will be open to all grades and ages, and will specifically focus on teaching us the Goju Ryu kata *Seiyunchin*.

Cook sensei is a respected expert and accomplished martial artist. So, if you'd like to learn a kata that's a bit different to the norm, Cook Sensei will be educating us in a short while. **Sunday 17th August 2008, 10am-2pm, £20 per person.**



Demo Season

As the summer draws on, we are invited to perform demonstrations at various locations. Doing a demo can be slightly frightening—performing Karate in front of a crowd—but the more of us there are at these events the less scary it is.

The reason we do demos is to beat a little bit of fear, and also to bring new people into training with us. For the good of the club, we always need new white belts to come and start training, so please, have a look at the list of demos and come along and support us by joining in these short training sessions.

If you know of an event that we could demonstrate at, please let us know and talk to the organiser about booking ahead—it's no good telling us on a Wednesday that we could do a demo on the Saturday, it would be too little notice.

Promotion

This summer sees the release of several new martial arts movies, one of which is the Kung Fu Panda animated feature. With some heavy promotion including the offer of martial arts lessons put out by McDonalds, we will see some new faces in the dojo. In order to make it easy to start training, we are offering new students the chance to **Pay As You Go**. Basically, they will be able to pay on the night at the rate of £5 each or £4 each if there are two from the same family/£3 each if there are 3 or more from the same family. They can purchase their uniforms and any private lessons must be paid for. Any existing members who would like to change to this system, please let Kim know on 01626 360999/330880

Seminar

On Sunday 29th June 2008, John Burke sensei will be conducting a seminar dedicated to **Bunkai and Oyo in the Heian Kata**. The seminar will run from 1-4pm, and will illustrate all the moves that the Dan grading candidates are expected to know and how to present the answers to their technical questions.

Of special interest to the Brown Belts and Black Belts, the seminar is also useful to all those studying Heian kata and looking for applications. A useful adjunct to the Peaceful Mind book (available from your sensei), the seminar will cost £15

Summer School Booking

Summer School is now set to go ahead at the new venue. The dates are listed below, and as usual, we will be cramming a month's training into one week.

There are two Summer Schools scheduled. Places are limited so that we can really get stuck in. The cost of the course is £50 for the whole week or £12.50 per day. Book your places with confidence.

Photos

Just a reminder: from time to time we take pictures for use on the website and on club posters/leaflets. If any member wishes to with-hold their permission for us to use pictures of themselves or their family, please let us know. We won't use your picture if you don't want us to.

Birthdays

The following students have birthdays in June:

8th Natasha Barlow and Tommy Zheng
11th Lewis Barlow
13th Greg Clark and Joe Langabeer
18th Kim Burke
21st Lewis Potter
26th Yeshaya Wahnnon-Pym

And apologies to Summer Wight whose birthday was listed as the 15th of May, but actually has her Birthday on 18th May!

Happy Birthday to you all.

2008 Seminar/Grading Dates

June 14th Shiphay school demo, Torquay
June 15th Kyu Grading.
July 12th Rydon school demo, Kingsteignton
June 27th St Joseph's Primary School demo, Newton Abbot.
July 22nd Haytor View School Fair & Demo
August 4th-8th Summer School
August 17th Harry Cook sensei teaching Seiyunchin kata. Newton Abbot.
August 18th-22nd Summer School
September 13th Kyu Grading (note change: **Sat** not Sun)
September 27th & 28th Seminar & Black Belt Grading
December 14th Kyu Grading

June Timetable Exceptions

June 14th a.m. lesson in the main hall, as there's a party in the Activity Hall.
Shiphay school demo, Torquay 2pm start
June 15th Kyu Grading. No normal lessons

Full Time Centre

Plans proceed apace. The building quote is in and the instruction has now been given. The centre will be fixed and then it's ours to move into. We have 270 new mats being delivered in July in preparation. Listen out for announcements with how you can help with painting and decoration of the new dojo.

Listen out for announcements about more lessons available, and keep watching the website for the location, too.

Japanese GCSE

Sensei Makiko Caul has returned to Osaka, Japan for a trip to see her family, and will return to teaching us on Saturday 21st June 2008. At this point we will begin working towards our Japanese GCSE, which will take approximately 2 years to complete. The exam has both written and oral components, and so this is the best jumping on point in the near future. Please call 01626 360999 for details.



New Members

A big welcome to **Michelle Hall** (1st kyu) who joined the Karate club in May.

Last Word

We bow as we come into the dojo. We bow when we begin working with a partner. We bow when we leave. We all know that the dojo is a great place to train, but we must also present ourselves to work hard during the time we are there. There are no grades handed out for turning up. In the very best sense, we reward great effort. Everyone who watches and listens and really tries hard will find that their effort reaps huge rewards, and the very least of them is the new belt.

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



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|-------------------------------------------|------------------|--------------------------------------------|
| T I M E T A B L E | KARATE | |
| | MONDAY | 5pm-6.30pm Newton Abbot Leisure Centre |
| | TUESDAY | 12.30pm-1.30pm Newton Abbot Leisure Centre |
| | | 5pm-6pm Scout Hall, Wolborough Street |
| | | 6pm-7pm Scout Hall, Wolborough Street |
| | | 7pm-8.30pm Coombeshead College Gym |
| | WEDNESDAY | 5pm-6pm Torquay, Riviera Centre |
| | | 6pm-8pm Totnes Pavilion Leisure Centre |
| | THURSDAY | 12.30pm-1.30pm Newton Abbot Leisure Centre |
| | | 5pm-6pm Newton Abbot Leisure Centre |
| | | 6pm-7pm Newton Abbot Leisure Centre |
| | | 7pm-8.30pm Newton Abbot Leisure Centre |
| | FRIDAY | 5pm-6pm Torquay, Riviera Centre |
| | SATURDAY | 10am-12noon Newton Abbot Leisure Centre |
| | SUNDAY | 10am-12noon Totnes Pavilion Leisure Centre |
| | | 10.30am-12noon Torquay, Acorn Centre |
| | | 4pm-6pm Newton Abbot Leisure Centre |

All classes are open unless stated

IAIDO

On hiatus—private practice available on Saturday pm.

TAI CHI/CHI GUNG

On hiatus

KICKBOXING

On hiatus