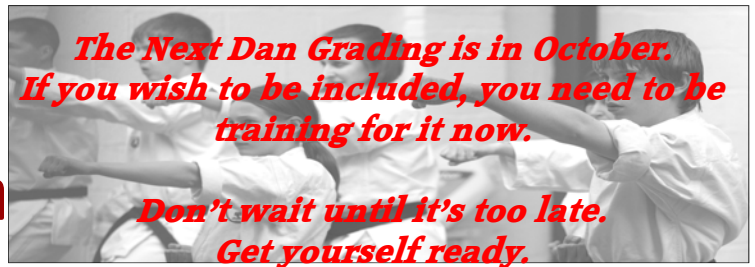


Karate Bulletin

Volume 3 Issue 6 June 2009



June

The English Summer is here. Great sunshine and great rain. Karate carries on, whichever way the weather swings. Yes, it can take a lot more effort to get your gi on and get sweaty in the sunshine. It would be much easier to sit at home or at the beach. Yet every time you give in to that temptation you give yourself permission to fail in every other area of your life, too. Establishing a habit of slacking off will not serve your need for self confidence, it will not create self esteem. Quite the opposite in fact. Enjoying the beach during training time will make you feel guilty about the beach, guilty about training "robbing you" of the beach experience, and in the end you won't enjoy either of them. So, *what do you do about it?* Make sure that beach time is beach time and Karate time is Karate time. That way you can make **the best** of *each part* of your life. When you are involved in anything, be it Karate or work or education or relationships be involved in it wholeheartedly. With your whole heart is the only way to be involved in anything. When you give your whole heart to something then invariably the results are better and the very least that can happen is that you know you were honest with yourself. If there was a facet that was worth prizing over others it would be the ability to avoid self delusion and enjoy being in touch with the real you, the one with all the potential to do so many things, so well. It's not about chance or circumstance, we cause these things to come into being.

Torquay!

So, what have we got going on in Torquay? Big changes, that's what. Our new venue is the Karate Academy on the corner of Warborough Road in Plainmoor. The old framing gallery gives us a good size venue, and more opportunities for training.

This month we won't have any changes to the timetable (just to the venue), but as current classes fill up we will be adding more classes to the mix. We're going to need some help with getting the new place up to speed, and we'll have a coffee machine and chairs in there very shortly for the comfort of parents etc (although really, you should be training, not sitting). We've been trying to get a more permanent site in Torquay for quite a while now, and have been confounded at just about every step.

Training in a site like this isn't totally necessary—you can train just as well in a church hall. With that said, our new venue means that we can have

- equipment on hand for you to use.
- Dedicated changing rooms.
- DVDs and books readily available.
- And of course, more options for training.

Despite the increase in costs to us, our tuition rates remain the same. The dojo isn't perfect and it's not plush. There's no parking available and there's no showers. What it does have is easy access and lots of space. We need some help with making the site useable, please. See Lee Warren sensei to organise a cleaning detail, and also to help with leaflet distribution to publicise our move.

Now is the ideal time for new students to come and join the Torquay club. Everyone who brings a friend to the new venue will get a complimentary DVD when their friend joins the club.

Women's Self defence

It's vital these days, isn't it. At short notice Clare Potter sensei put together a group of about 30 students to get a grip on methods of surviving and dealing with an attack. Not a lesson for students in gi, this class was all about practical common sense methods of getting safety. Resoundingly positive feedback means that we will run a similar course in September for those who are interested. Please confirm your interest on 01626 360999

Parking.

Newton Abbot students and parents are reminded that the parking spaces and land marked out as belonging to G&M Engineering is not for our use. In order for Karate to be perceived as courteous and respectable we must set the example, no matter what the attitude of the other party.

Anniversary Celebrations

Thanks to those who supported our Anniversary celebration and brought in all the food and drink. It's nice to know we're appreciated. Special thanks to Clare Potter for our big photo frame and the pictures of the past 10 years (and more) and Sammy Bailey for the 10 years plaque.

St Michael's Grading

Congratulations to the students who attended the recent grading at St Michael's Primary School in Kingsteignton. The next time you feel like some things take too long perhaps you will spare a thought for some of the members there who have been white belts for up to eight months!

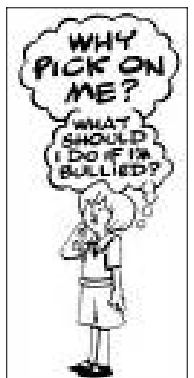


Anti-Bullying and Stranger Danger

Next Month, July, sees the start of the summer holidays. We all know that during the summer holidays children let their hair down and get a little wild. The days are long and there is so much to do! For safety, and to

set the children in good stead for starting the new academic year in September (when some will be changing schools) we are running a special course on Anti-Bullying. This class will be linked with the planned Stranger Danger class to provide a neat hop-on point for all levels of student.

Even if you've never trained before, this vital class will set you up for safety and self protection, leading to real self confidence. Saturday 18th July, 3-5pm. The cost of £5 is a small investment in your child's future.



Professor Rick Clark

Our Cornish colleague, Dave Cooke sensei, hosted Professor **Rick Clark**, the American Pressure Point expert, for a seminar on Friday 22nd May. A group of us travelled down to train and had a pleasant evening.

Birthdays

The following students have birthdays in June:

3rd Amy Drew
8th Natasha Barlow, Tommy Zheng
9th Joel Cross, Ethan Heppell
13th Greg Clark, Amber Lawrence
15th Robin Alexander
16th Jason Bond-Myatt
18th Sensei Kim Burke
26th Yeshaya Wahnon-Pym
29th Chloe Goodlad
30th Holly Palmer

Happy Birthday to you all.

New Members

During the month of May the following students joined our Karate group. Welcome one and all. **Tabitha Morgan, Zack Morgan, Willow Brown, Megan Baker-Smith, and Isabella Baker-Smith.**

BAMA

I know many of you will be thrilled to learn that **Damien Birch** sensei has joined the British Association for Martial Arts with us. As our group continues to grow we are enthused at the quality of instructor that we attract.

June Timetable Exceptions

Sunday 14th No normal lessons due to kyu grading.

Friday 26th No normal lessons due to Canada Hill demo.

Coming-up

Sunday 7th June Plymouth Karate Course
Saturday 13th June Rydon school demo 2.15pm Kingsteignton
Sunday 14th June kyu grading
Saturday 20th June **Instructor Training Seminar**
£12.50 3pm-6pm. If you want to become an instructor you need to be at this seminar. For more details call Sensei John Burke on 01626 360999 to reserve your place. Only open to students over 11 years.
Friday 26th June 5.30 Canada Hill demo Ogwell
Saturday 27th June 1pm Bearnas School demo Newton Abbot
Sunday 28th June Buckland & Milber FC demo 2pm, Newton Abbot
Sunday 5th July Michael Burke's christening
Isle of Arran July 23rd-26th course on the Isle of Arran with **Harry Cook** sensei.

Saturday August 1st Russell Stutely PPDT course
Sunday August 2nd Classes with Russell Stutely
Monday August 10th– Friday 14th Keiko Summer School
10.30am-3pm each day for only £47.50 (£10 deposit secures your place as places are limited). To book collect a registration form from your instructor or call Kim on 01626 360999.

Swords

Please see Ross Chesterton to confirm your interest in a regular laido class. If there is to be a group it must have your commitment and be properly organised.

Last Word

Work proceeds apace on the Pressure Point Guide DVD. I think you'll agree that this one is quite special when you see it. I've put the sample chapter on SP6 up on Youtube, you can see the link in the Members Only website.

We've also just included video footage in the Bunkai Strategies Newsletter (available for free at www.bunkai.co.uk). All this technology makes me wonder where Karate will be in 20 years time. Will we get our full-power shots in on robot training dummies? Or will performance become the only factor, as the application of Karate starts to mean less and less. Schools these days tend towards one of two trends. They are either about "character development" where it doesn't matter if you do the move incorrectly, as long as you learn a lesson in doing so, or they are about "sport" where anything that doesn't score points and win medals is discarded.

We choose the third path. The one where the character lessons are a by-product of learning in a dedicated way. The one where the determined technique is seen as decisive, and where we also carry forward the self defence motif.

We have no desire to be a "meathead" school, where only the toughest survive. Nor do we seek to become a "Winnie the Pooh" school, where no one is actually capable of the martial part of martial arts. Somewhere between the unthinking bootcamp and the hippy club lies the dojo. Let's have analysis, and let's have ability. Let's call it Karate.

Proud to be the Keikokai.

See you in the dojo.

Oss

KARATE		
MONDAY	5pm-6.30pm	Karate Academy, Newton Abbot
TUESDAY	11.30am-12.30pm	Karate Academy, Newton Abbot
	5pm-6pm	Karate Academy, Newton Abbot
	5.30-6.45pm	Karate Academy, Torquay
	6pm-7pm	Karate Academy, Newton Abbot
	7pm-8.30pm	Karate Academy, Newton Abbot
	7pm-8.30pm	Karate Academy, Torquay
WEDNESDAY	6pm-8pm	Totnes Pavilion Leisure Centre
THURSDAY	11.30am-12.30pm	Karate Academy, Newton Abbot
	5pm-6pm	Karate Academy, Newton Abbot
	5.30-6.45pm	Karate Academy, Torquay
	6pm-7pm	Karate Academy, Newton Abbot
	7pm-8.30pm	Karate Academy, Newton Abbot
	5.30-6.45pm	Karate Academy, Torquay
FRIDAY	5.30pm-6.30pm	Karate Academy, Newton Abbot
SATURDAY	10am-12noon	Karate Academy, Newton Abbot
SUNDAY	10am-12noon	Totnes Pavilion Leisure Centre
	4pm-5.30pm+	Brown & Black Belts Newton Abbot
	5pm-7pm	Karate Academy, Newton Abbot

KICKBOXING

Monday and Friday 6.30-7.30pm Karate Academy, Newton Abbot

空手道の型
bunkai
.co.uk
分解と応用

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