

Karate Bulletin

Small Timetable adjustment from 1st March 2008.

Tuesday sessions at the Scout Hall will be split back into two one hour sessions (5-6pm & 6-7pm).

The 7-8.30pm session remains at Coombeshead Gym.

Focus Kickboxing Classes WILL NOT be on Good Friday due to Dyrons closing. Riveria Centre open for Torquay class as usual

See Full Training Timetable on reverse.

Merry March

And that means that a quarter of the year has already visited us!

How are you doing? Are you meeting your targets? The first part of that was in January, where you set your goals. If you didn't set goals in January then do it now. Without a goal you don't know what you are aiming for. In February you had to get the **self discipline** to continue to pursue those goals—you know, once the rush of making them has departed. Now we are in March it's time to re-evaluate and re-set for what we *haven't achieved*, and for new steps above and beyond what we already *have achieved*.

Now, if all this seems very demanding you are right. It is. That's the way we get things done. Your goals are personal to you, but, because we are alike, they are probably in sync with our own. You want to move ahead and succeed; you have a thirst for knowledge and a drive for never-ending improvement. That way we can work together to achieve our aspirations. I'm looking for a class of 100 Black Belts. You can be there if you'll aim to be.

The Continuing Saga

Oh, there have been some set-backs. Deposits that we hadn't bargained on, roofing problems, etc. But we are working through them. Sit tight for the moment. We are wound up by how long it's all taking, but the plans are moving ahead.

For the First Time...

An historic first, **Anthony Blades** Renshi has asked **John Burke** Sensei to teach alongside him at the seminar on Sunday 30th March. Even though Sensei has assisted with Renshi's lessons before, and has appeared as part of the Annual Traditional Arts Convention on the same platform as Renshi, this is the first time that they have taught *together*. This special seminar is open to all students, and also marks the **Dan grading** of the potential Black Belts and higher Dan grades.

The two different approaches to the subject matter for the day are though to be the most effective way of getting the information to as many students as possible, as everyone learns in slightly different ways.

The training will be split as follows—10am-12noon for brown belts and black belts only, 12.30-2.30 for everyone. The fees therefore are Brown and Black Belts (with the exception of those who are grading) £20. Everyone else £12.50

Brown and Black Belts who are not grading are also invited to attend the session on Saturday afternoon, 3-5pm. Especially, students attempting a dan promotion in September should make every effort to attend on the Saturday and Sunday.



The Living Tradition—Special Seminar

Sunday 17th February saw **Terry Wingrove** sensei returning to our dojo. The top student of **Vernon Bell**—the man who brought Karate to Britain—trained us from 10-3, and we bore the bruises and the aches with magnificent grins on our faces because it was great fun. This seminar got much more in than the last one. In October we barely managed 3 techniques. This time around we were hard pressed (geddit?) to remember all the places and ways that we learned to hurt. On the Saturday night some of us went out for a meal, and that was good fun, too.

We've brought you the world's best instructors for a few years now, and we urge you to train with people like Terry Wingrove sensei while it is still possible. This year we are bringing you **Anthony Blades (6th Dan)** our traditional advisor, **Julian Mead (7th Dan)** sensei of Okinawan weapon fame, and historian **Harry Cook (7th Dan)** sensei will also be travelling from the far north to see us.



Japan in November

One of the announcements that Mr Wingrove had to make concerned a planned trip to Japan. The trip is for two weeks November 3rd-17th 2008. It comprises sightseeing and training with the best Japanese instructors and guided tours with martial artists who speak English and have resided in Japan for more than 20 years each. The cost includes flight, travel between sites and bed and breakfast. It's just £2,000 (£100 deposit now, the balance 6 weeks before leaving). The catch is that you must "buddy-up". To get such a great rate there must be two people sharing each room. If you are interested then please co-ordinate through Sensei John so that we can ensure everyone gets a "buddy".

Japanese Lessons

You can learn Japanese—speaking and writing from Makiko Sensei at 4-6pm on Saturday evenings. Classes this month are a little disrupted, but this block of 5 includes the following dates: March 1st, 8th, 15th, and 29th, and April 5th.

Equipment Orders

Included with this newsletter is a flyer with just some of the things you can order to aid your training, together with costs of replacement uniforms.

Students who intend to participate in the Julian Mead seminar on 20th April will need to purchase Sai and a Bo/Jo staff. We have just managed to locate rubber training sai at a greatly reduced price to the metal ones. Have a look at the flyer for full details.

New Members

A big welcome to **Jim Wight** and **Summer Wight** who joined the Karate club in February.

Birthdays

The following students have birthdays in March:

- 8th Chris Gregory sensei
13th Hannah Gower, Jacob Sayer, and Lee Warren sensei
16th John Burke sensei
21st Andy Wray sensei
29th James Milne
30th Kayleigh Sutton
Happy Birthday to you all.

March Timetable Exceptions

- Sunday 16th** No regular classes due to Kyu grading
Friday 21st No Kickboxing
Sunday 23rd No lessons due to Easter Sunday
Monday 24th No lessons due to Easter Monday
Sunday 30th No regular classes due to **Special Seminar**

2008 Seminar/Grading Dates

- March 16th Kyu Grading
March 29th & 30th **Anthony Blades** Renshi Seminar & Black Belt Grading
April 20th **Julian Mead** Kobudo Weaponry Seminar. Sai & Bo.
April 26th-27th Seni 08
June 1st **Harry Cook** sensei *Seiyunchin* seminar.

- June 15th Kyu Grading
July 22nd Haytor View School Fair & Demo
August 4th-8th Summer School tbc
August 18th-22nd Summer School tbc
September 14th Kyu Grading
September 27th & 28th Seminar & Black Belt Grading
December 14th Kyu Grading

Private Sessions

It's too late to book private lessons the week before the grading. If you need extra help, please ask for it—perhaps we can accommodate your needs within a regular lesson. Book private lessons at your earliest opportunity, and enquire about the availability of cancellations, as some students mis-manage their diaries.

Last Word

By the end of this month many people will have a new grade. A new belt to wear. There will be some elation, and some commiseration. With either of these, the question is not so much about which one you receive, but rather about what you will do with it.

Will elation make you relax? Will it make you complacent? How about despair? Will it see you give up? Or channel your energy into turning it around?

We seek to be neither big-headed about our achievements nor despondent about our failings. Sometimes things go well for us and sometimes they don't. Neither of these mark us out as exceptional the day after they happen. So it's constant and never-ending improvement for us. And whether we do well or we stumble, our pursuit does not cease or falter, it only gains in impetus.

Proud to be the Keikokai.

See you in the dojo. **Oss**



T

KARATE MONDAY

5pm-6.30pm Newton Abbot Leisure Centre

TUESDAY

12.30pm-1.30pm Newton Abbot Leisure Centre
5pm-6pm Scout Hall, Woolborough Street
6pm-7pm Scout Hall, Woolborough 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

B

IAIDO SATURDAY

12pm-1pm Newton Abbot Leisure Centre

L

TAI CHI/CHI GUNG On hiatus

E

KICKBOXING MONDAY

6.30pm-7.30pm Newton Abbot Leisure Centre

FRIDAY

7.30pm-8.30pm Newton Abbot Leisure Centre