

Karate Bulletin

Volume 4 Issue 3 March 2010

March

Full Steam Ahead

How hectic do you like it? No sooner had we had Martyn Harris sensei here at the start of the year than we collide with Neil Ellison sensei's visit. What a smash it was, too! "A Guided Tour of Wado Ryu" took us through some stylish basic moves and into some nasty little bits of kumite which looked a lot like oyo. Now we're heading into the last part of the first quarter of 2010 and we have a grading coming up, and a Women's Self defence course with Clare Potter sensei in Torquay. Then Easter will be upon us. What does all this mean to you? Well, it's a reminder to get things done while you can. The months fly by and the clock ticks and before you know it the opportunity has wandered away. Grab your opportunities with both hands. Tell your loved ones how you feel about them and smile every day because the day is wasted when you don't.

Next Grading

The next belt/rank testing for coloured belts is on **Sunday 21st March 2010**. Those seeking new grades needing extra help please get it now. 1-2-1 lessons are available with the instructors, and you can always attend more regular classes to bump up your ability. A week before the test is too late to seek meaningful help.

March Timetable Exceptions

Sunday 21st No normal lessons due to Grading

Heians Masterclass

Saturday 20th February saw a group of us get together for a performance enhancing intensive workshop for those students who study the Heian family of kata. The next one will be the Kumite one, see over for details, but if you'd like us to repeat the Heians then please let us know. The more votes, the more likely it is to happen.

New Members

During the month of February the following students joined our Karate group. **Nyah Moss, Joanne Dyer, Joshua Dyer, Mary Watson, Alen Sunny, Alvin Sunny, Alex Antony & Allen Antony.** Welcome one and all.

Summer School 2010

We are holding our annual Summer School at the Newton Abbot Dojo from Monday 2nd to Friday 6th August. Training will start at 10.30am each day and finish at 3pm (except Friday 10am-2pm). Cost of the weeks training will be £65 per person and includes lunch (call Kim for family discounts) and is open to all. Places are limited so reserve your place now.



Women's Self Defence

Sensei Clare will be bashing blokes on Saturday 20th March 2010 at the Torquay dojo. 1.30pm start, and as you know, this is ideal for your female friends and relatives who don't necessarily want to do the whole Karate package. Places must be booked on 01626 360999. £5 for the two hour session. This is the last time we are offering this course at this reduced rate, future courses will be £10.

Birthdays

The following students have birthdays in March:

- 7th Sean Green, Grace Pitts
- 8th Chris Gregory, Ellie-Jade Tonks
- 9th Matthew Scammells
- 12th Jacob Sayer (16th)
- 13th Lee Warren Sensei, Hannah Gower (18th)
- 16th John Burke Sensei
- 18th Andrew Green
- 21st Andy Wray
- 23rd Julia Simmons, Willow Brown
- 24th Charlayne Green, Alfie Kelly-Stacey
- 29th Maia Knight
- 31st James Little, Ryan Hele

Happy Birthday to you all.

Timetable Changes

Newton Abbot changes: With falling interest in Kickboxing (let's face it, there are few people who want to do it properly; they either want aerobics or they want Karate) we're re-branding our sessions. Friday night is PadNight. We're hitting pads and keeping fit. This class is now included in your Karate tuition fees, so you don't need to pay extra for it. **PadNight** runs from 6.30-7.30, directly after the Karate class, so you could stay on and have extra tuition.

Monday night sees Liam Trott sensei teaching **grappling skills** to 3rd kyu and above from 6.30-7.30pm, and lower grades by invite only. This is a good way to get ahead for your Pressure Test in your Black Belt grading.

Kumite Workshop

Saturday 13th March we're enhancing our sparring skills. Whether you are expecting to take a Black Belt (when you have to do sparring) or you fancy your chances in competition (there's one coming up in Plymouth), this is the class for you. £5 only, except for those who "pay-per-grade/per year" who have it included in their fee.

Gasshuku

Bless you! No, it wasn't a sneeze. The Gasshuku is a spot of outdoor training that we embark on when we can. Training outdoors is great fun; we take a weekend away, spend some time together, do some training, and have a good time.

We arrive in Brecon at a converted barn on Friday 6th August (straight after Summer School). You can choose to sleep in the dormitory or bring a tent and camp outside. August 7th and 8th we'll be training and eating together, and then the long drive home after the fun.

The last one of these we did was 4 years ago. Talk to some of the people who were there, it was great fun. We all get stuck in and really get immersed in our Karate. There will be students from the *Keiko* group of clubs (us) and from *Martyn Harris's Red Dragon Karate Institute*, and possibly from *Doryoku Ryu* in Plymouth as well.

The £100 fee includes camping/dormitory, breakfast, and evening meal for Saturday, and Sunday's breakfast. There's a rumour that we might just manage that Waterfall Training this time.

Interested? Ask Kim or Sensei John for a booking form

Coming-up

Saturday 13th March

Sunday 21st March

April 10th/11th

Saturday 17th April

May date tbc

Saturday 15th May

Sat/Sun 23/24th May

Tuesday 1st June

Sunday 6th June

Saturday 19th June

Sat/Sun 10/11th July

Mon 26-Fri 30th July

Mon 3rd-Fri 6th August

Sat/Sun 7/8th August

Kumite Workshop

Kyu Grading

Bunkai course, Manchester

Bassai Dai Seminar

Dan Grading

Oyo Workshop

The Martial Arts Show,

Birmingham

Patrick McCarthy hanshi

flow drill seminar.

Kyu Grading

Groundwork Masterclass

Russell Stutely renshi

Bunkai Bootcamp, Devon

Summer School

Gasshuku, Brecon, Wales

Last Word

There is always a lot to do. There are always excuses that you can make. There are always events that life throws at us to challenge the best laid plans. And at the same time, there is always the ability to succeed if there is the desire and the will to make things happen. Most people won't. They'll wait for things to happen to them. Thanks goodness that we're not "most people". We're Karate-ka, and we're causing things to happen. It's not a matter of bragging, just statement of fact, that by taking control of your life and your destiny you are in that top bracket of society that most would "like" to be in, but few do anything about. When we need help we ask for it—and we usually get it. When something goes wrong we try to learn by our mistakes, thereby avoiding the human condition of endlessly repeating old errors. Not sitting idly by, you and I make our successes happen.

Let's go!

Proud to be the Keikokai.

See you in the dojo.

Oss

