

Karate Academy

MARCH!

One Quarter Gone!

Yes, by the end of this month there will only be three quarters of the year left.

Whether you view that as a relief or a challenge will be decided by your outlook on life, but the fact remains that the first quarter has still gone. What you do with the rest of this year will determine what position you find yourself in next year. Time is so precious, it's a gift. That's why they call it the Present. Grateful for the time we have left, we now look towards what we want to achieve. Then we start to achieve it. Begin now.

Are you training regularly?

Have you booked your 1-2-1 private lesson this month?

Are you reading and re-reading your goals and aspirations?

Are you being observant with what food and liquid you put into your body?

Are you training at home and keeping up your fitness and flexibility?

If not begin now.

There's so much to do, but by reducing the amount of time you spend needlessly (did you really need to watch Dancing on Ice?) you can accomplish more with your time. That might include booking some down-time too. Do nothing time is still good time if it's deliberate. The only waste is when time is frittered away needlessly.

For any of these factors in your development that you need help with—ask your instructor.

Or email info@KarateAcademy.co.uk or call 01626 360999

Timetable Exceptions

The following our exceptions to the regular timetable during the month of March:

Sunday 20th No regular Newton Abbot classes.

Coming-up

Sunday 20th March	Kyu Grading
Saturday 26th March	Pressure Point Seminar with John Burke sensei, Newton Abbot 2-5pm. Only £10
Sunday 27th March	Wingrove Hanshi in Penzance
Sat/Sun 16th/17th April	Dan Grading, Newton Abbot
Sunday 17th	Kyu Grading 10-2
Sat/Sun 7th/8th May	The Martial Arts Show, Birmingham NEC
Sunday 26th June	Wingrove Hanshi in Newton Abbot

Birthdays

The following students celebrate their Birthday this month:

2nd	Andre Hughes
7th	Sean Green, Grace Pitts
8th	Ellie-Jade Tonks

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11th	Kiera Cleary, Liam Hammond (18th!)
12th	Jacob Sayer, Eddie Pratt
13th	Lee Warren sensei
15th	Christopher King
16th	John Burke sensei, Dean Ellett
18th	Andrew Green, Ozzy Chambers
21st	Andy Wray sensei
23rd	Julia Simmons, Jon Ward
24th	Charlayne Green
25th	Kenny Cheung
27th	Daniel Jeffreys, Martha Lawton
28th	Alex Cutts
29th	Maia Knight
31st	James Little

Happy Birthday to You

New Members

The following people joined the Karate Academy in the month of February:

Newton Abbot: Eddie Pratt, Finn Hearn, John Lewis, Seren Kay, Jordan Stewart, and Nicholas Carley.

Torquay: Emma-Marie Manson, Sharon Keirman

Totnes: Finn Iredale, Ozzy Chambers

Ashburton: Connor Patmore,

Welcome one and all!

Bunkai Bootcamp

Bunkai is our speciality. Our students and instructors know what the moves in their kata are for. That statement seems strange to those who train with us regularly; after all, doesn't everyone do that? The surprising answer is "no".

In many Karate dojo up and down the country kata is something that is taught to pass grades, and the students don't know what the moves do. That's why John Burke sensei is in demand as a seminar instructor across the UK and has taught internationally. When you come to take your Dan grade, you must know what the moves you are doing are for. That's why we teach them from the very beginning. For those who want to brush up on their bunkai, or for those who don't know it at all there is the Bunkai Bootcamp.



August 1st—5th sees the Bunkai Bootcamp at Newton Abbot dojo. 10-4 every day with both physically and mentally intensive training geared towards functional kata bunkai. If you are interested in bunkai (application) then this is for you. It's advertised on the web at £295. There are 4 people booked from Finland already. Our members get a huge discount (as long as you keep it private). £85 if you pay before March 31st and put down a £20 deposit to book your place. If you want to pay on the day it will cost you £110. Not for children except by special arrangement.

*Dedicated to Black Belt
Excellence*

Grading Results

Well done to the following students who achieved new grades on Sunday 20th February 2011:

3rd kyu

Kieran Osborne

4th kyu

Janet Drew
Eric Pateman

5th kyu

Agnes John
Matthew Keirman
Mishel Mathew

7th kyu

Shaun Cooper
Alen Sunny

8th kyu

David Alderson
Lorraine Alderson
Alex Briddon
Andre Hughes
Paul Jesney
Samantha McCarthy-Patmore
Annabel Nicholls
Archie Williams
Jack Zheng

9th kyu

George Broome
Deborah Needham
Reef Price
Courtney Stewart

GRADING ADVICE for NEW MEMBERS

If you are new to our Academy then you might not be aware that tests are regularly held to ascertain the level of a student's ability. Students are invited to take part in these tests after careful consideration and talks between the instructors. A grading notice is sent to the candidate, and as long as they wish to take part (and if they are junior then they have their parents' permission) then the form is returned and they are eligible to take the test. That doesn't mean they will pass. Getting a new grade depends on training up to and including the day of the test, and of course, that they perform well on the test itself. It is not possible for a student to "put themselves in" for the test, nor is it possible to "attempt a double grading" - both of these things happen when the Sensei says so.

Now onwards towards your new goals.

Bunkai Seminar

Once more John Burke sensei taught the Heian kata bunkai seminar at the Newton Abbot dojo. This class is designed to reveal just what it is that those kata are capable of doing for self defence. Generally, attendees agree that there is really too much information



there for the short period of the seminar, even though on this occasion it over-ran by an hour and a half!

The Bunkai DVDs make the perfect accompaniment to this kind of training as they serve to remind you later of the things that you saw at the time. People travelled from as far afield as Scotland to take part in this course, and those who were there are now equipped for that "bunkai question" in their grading.

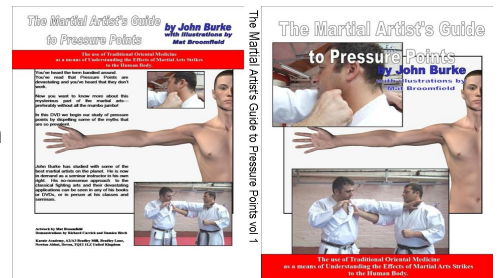
Next Seminar

John Burke sensei will shed light on how **Pressure**

Points are used in the martial

arts in his seminar on **Saturday 26th March** in Newton Abbot. Scheduled from **2-5pm**.

This course is designed to show the background and use of Pressure Points as found in the kata of Karate. Training on Pressure Points can be very painful, but it helps someone who isn't physically strong to gain an advantage, no matter what the size of their opponent. The seminar is suitable for adults, although some high-grade youngsters will be permitted to attend. The cost is only **£10** per person. Please book your place on 01626 360999 or discuss family discounts with Kim.



Last Word

When life throws trials at us it is just as well to remember that belts and Karate are not everything. There are certainly much more important things that these white pyjamas that we wear.

Your family. Your health. Your safety.

There are also times where training reflects exactly what you want and what you need in your life. Recognition and reward only comes to those who work for it. That makes it completely fair. When you apply yourself to training the results that come to you are a reflection of the effort put in. The belt is a reflection of the effort put in. The increase in your stamina, fitness, confidence, and self esteem are all reflections of the effort put in.

The instructor team of the Academy are not there to bully you into having more help than you want. Some people are happy to take months to progress. When you want faster progression or greater increments of success then talk to your instructor about your needs so that they can guide you as to what will help you accomplish them.

The act of asking, the effort of finding out what you can do is reflected in all areas of your life—home, school, work, relationships, everything.

Karate is not everything, but everything is Karate.

Proud to be the Keikokai.

See you in the dojo.

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