

Karate Bulletin

A Note From Kim

Private Sessions: 30 minute 1-2-1 sessions at Newton Abbot Leisure Centre are available most Saturday afternoons. To book your slot call me on 01626 360999 or 08000 155152 or even drop me an email kim@karateacademy.co.uk. These sessions are available to all every month, not just before the grading. We pay Dyrns extra to provide this service to you and you are all aware of the saying "use it or lose it!"

Must be May

Merry May, at last. We have seen a third of this year fly by already. How are you doing? Are you forging ahead with your plans for the year? Are you getting all of the help that you need? If so, well done. If not, there is still time to change your rate of progress. There is still the possibility of getting more help and moving ahead in the way that you want to. Now this applies to all things in life. It won't do you any good to get to November and wonder where the year went, if you want to make progress it has to be little by little and starting today. No excuses. Today. As far as Karate is concerned, if you need help just ask for it. Grab a senior before a lesson and get some help. Book a private lesson. Look at the DVD or the book that handles the relevant subject that you need help with.

Make the most of us to make the most of you!

It's a really exciting time, with so much going on. We're really looking forward to our continued growth and development, and seeing you achieve much with yours.

TRADITIONAL WEAPONS SEMINAR

Sensei **Julian Mead**, 7th Dan Ryukyu Kobudo, came to Newton Abbot to teach us bo and sai techniques. After a vigorous warm-up, Sensei moved on to teaching fundamental techniques such as blocking and striking with a bo staff. The six foot weapon meant that there were nervous approaches in the set kumi-bo that Mr Mead taught. We were given the joy and subtlety of Shuji-no-kon bo kata, and then a very confusing bit of sai practice. Sensei tells us that there will soon be a DVD available to refresh our memory of the core techniques that we were taught.

Anyone interested in continuing with their kobudo training, please contact us via the forum at www.groups.yahoo.com/group/keikokarate to express your interest so that we can find a good time and venue, etc.

Of course, on the 1st June we have one of Sensei Mead's contemporaries visiting us.

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 visit to us will be open to all grades and ages, and will specifically focus on teaching us the Goju Ryu kata **Seiyunchin**. So, if you'd like to learn a kata that's a bit different to the norm, Cook Sensei will be educating us in less than one month's time. **Sunday 1st June 2008, 10am-2pm, £25 per person.**



Travels

It seems that Sensei John is on the road a lot at the moment. He has taught seminars in **London, Ladram Bay, and Surrey**, and is returning to teach in **Romford** at the end of this month. He also journeyed to Wycombe to train with **Patrick McCarthy** sensei and is off to train with **Kanazawa** sensei this month. It is, therefore, good fortune and good planning that there are capable martial artists and excellent teachers who take classes for sensei. **Lee Warren** sensei teaches most of the Torquay classes, and members are encouraged to make the most of this gentleman who displays great insight. **Liam Trott** sensei is there for Newton Abbot and Totnes sessions and is experienced with many styles of teaching and technique. These nidans are backed up by other nidans black belts like Blaise Radley and Joe Trott, but also a great group of shodan black belts who can more than hold their own. Of course, special mention must go to **Richard Carrick** sensei, who goes out of his way not just to accompany sensei on his journeys, but also to help out, teach, and train, and suffers much as uke.

While no black belt would expect thanks, sensei would like the team to know that he appreciates them, and the students who benefit from the black belts' experience must realise that they are getting the best tuition on offer. After all, just look at the miles that are covered to provide your training.

The Brighton Uni Seminar with Patrick McCarthy Hanshi



Pressure Point Seminar

On Sunday May 18th, John Burke sensei will be conducting a seminar dedicated to **Pressure Points** and their combative use.

Lots of people talk about pressure points. Some dress it up overly and get confused by it. Some deride the thought that they even exist. Sensei will show how the old Oriental medicine science is relevant to Karate study.

This session is open to Brown and Black Belts only due to the advanced subject matter, at a cost of **£15** per person including seminar booklet. To reserve your place call Kim on 01626 360999. Places limited to 20 students. Places allocated on a first come first served basis.

New Members

A big welcome to **Gurrik Singh-Thomas, Josh Evans, Robert Ledger** and **Dylan Shrubbs** who joined the Karate club in April.

Birthdays

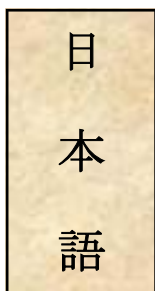
The following students have birthdays in May:

- 1st Harry Ramsay
- 2nd Joshua Newbold
- 4th Daniel Carrick
- 8th John Knight
- 10th George Bennett
- 13th Sean Sliney
- 15th Jasper James, Summer Wight, and McCauley Jewell
- 16th Finn Moxon
- 23rd Samantha Bailey
- 25th Kelvin Ho, and Jack Jarvis
- 28th Carl Kestell
- 31st Kirsty Scott

Happy Birthday to you all.

Turning Japanese

We have spaces on our Japanese course which has just resumed after the spring break. All are welcome. Makiko sensei is a very patient teacher who takes it very well when we butcher her language. We've just started the topic of booking hotels etc. It's a good jumping on point. Saturdays at Newton Abbot Leisure Centre, please call for times and costs.



Kickboxing Hiatus

Yes, I'm afraid that until we have our new centre we will not be able to hold Kickboxing classes due to the expense of the hall-hire for such a small group. Classes will begin again at the opening of the new centre. In the meantime, Kickboxers are encouraged to come and join in with regular Karate classes in order to keep their fitness up.

2008 Seminar/Grading Dates

- May 6th **Kanazawa** kancho at Camelford, Cornwall
- May 18th **Pressure Point** Seminar, N. Abbot £15
- June 1st **Harry Cook** sensei
Seiyunchin seminar £25
- June 8th South West Open Tournament, Weston Super-Mare
- June 14th Shiphay school demo, Torquay
- June 15th Kyu Grading
- July 12th Rydon school demo, Kingsteignton
- July 22nd Haytor View School Fair & Demo
- August 4th-8th Summer School tbc
- September 13th Kyu Grading (note change Sat not Sun)
- September 27th & 28th Seminar & Black Belt Grading
- December 14th Kyu Grading

Full Time Centre

As some of you will have heard, we have had more troubles with establishing our super-centre. Ridiculous clauses in the lease are prolonging negotiations, but rest assured, there are other plans afoot and irons in the fire.

We need to be sure the new centre is big enough for all classes (Market Walk was too small for Sat, Tues and Thurs classes), and that the lease gives us long term stability. We want a long-term centre so we never need to move again. Bear with us.

May Timetable Exceptions

- Monday 5th No regular training due to Bank Holiday.
- Tuesday 6th No evening sessions due to seniors training with Kanazawa kancho.
- Monday 26th No regular training due to Bank Holiday.

Forum Use

Temporarily, we have suspended the phBB forum while we make it more secure and apply a re-design. In the meantime, members are encouraged to register at www.groups.yahoo.com/group/keikokarate which is the home of our old bulletin board. Lacking the "sections" as it does, this is sub-optimal, but will serve until we reinstate the forum proper. It's free, so please use it. You can upload files and photos of your own to the ones that I put on there before 2005.



Last Word

So, the summer is nearly upon us, and with it the many distractions that it brings. Remember that we are here for *you*. Without *you* there isn't any need for a *teacher*. You are an integral part of our group. That said, the Black Belts would all be training anyway, they're just those kind of people. Come and join them. Proud to be the Keikokai. See you in the dojo. **Oss**

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, 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

IAIDO

SATURDAY

12pm-1pm Newton Abbot Leisure Centre

TAI CHI/CHI GUNG

On hiatus

KICKBOXING

On hiatus