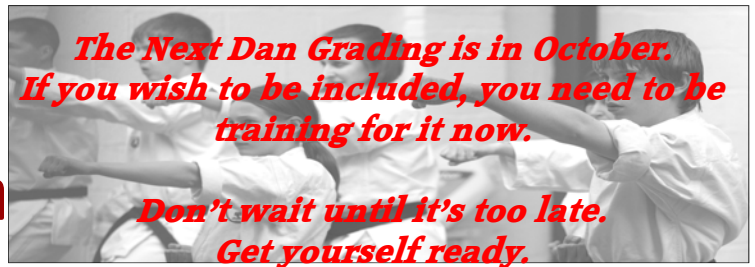


# Karate Bulletin

Volume 3 Issue 5 May 2009



## May Be

The English Summer is just about here. You can tell because it's raining again. Our goals should now be well underway. We have had 4 whole months of the year so far, haven't we. If you are not on target, approaching your goals or exceeding them for the first quarter, then do not despair. All that you have to do is decide to hit them. Start on your journey. And then DO NOT STOP. For instance, if you were measuring your success in terms of the number of press-ups you can do, then you have to do one more than your previous record. And then one more. You have to keep moving towards the goal.

To despair that you haven't reached a goal is to move it even further away. So reach for it again. The day we stop striving is the day we stop living—just complacently going through the motions. When it comes to Karate, this couldn't be truer. The number of lessons that you do is meaningless without seeking your goals in each and every one. Getting corrected is pointless if you don't strive to keep from making the same mistakes again.

It's not something for the future—something to correct *next* week—it's for now. May be May be the start for you. Your choice.

## Renshi Anthony Blades Visit

**Anthony Blades** sensei came to see us at the start of April. We had a great day training on Saturday, and two nice classes on the Sunday. This course marked the grading examination of our latest contenders for the prestigious Black Belt.

This year's successful candidates were **Jim Wight, Pete Millea, Clare Potter, Jobie Rolfe, Bidwell Fairlove, and Kumar Chopra**, all of whom passed Shodan—1st Degree Black Belt.

For the first time, Renshi claims to have enjoyed himself!



## Anniversary Celebrations

Our little group used to be called Newton Abbot Shotokan Karate Club (NASKC). We used to be part of the KUGB. In May 1999 that changed, and we became Keiko!

So what are we going to do? Well, you are all welcome to attend our special training and celebration on Saturday 16th May 2009. We begin at 3pm, and there will be 2 hours of training, followed by a social evening celebration.

## Jobs for those who want them.

As you will be aware, clubs in general need a supply of new members—to replace those who quit or move away, and to help to grow the club. One way of recruiting new members is to do so face-to-face. We need canvassers (adults only please). To qualify, all you have to have is a love of Karate and be prepared to follow our advice about what to say and what not to say. You could earn a commission on every new member that comes to us.

## Travelling Man

John Burke sensei taught at the UBA Judo course, recently, then he was off to teach for the Kyushindo organisation. Next up was our own Grappling workshop, closely followed by an open course in London. All this on top of teaching for the Keikokai.

## New Badges

The Keiko logo is available to our members as a metal badge for **£2.95**. This classy cloisonné pin is only available from our instructors.

The "Perfect attendance" badges cannot be purchased, except by training 8 times every month without fail.

## Kickboxing

We have a Kickboxing grading on Friday 1st May. The candidates are to perform Kickboxing basics and sparring as well as padwork.

## Ground Defence & Anti-Grappling

No-one should favour fighting on the floor—there's too much danger there. However, if we should get taken down then we must have tactics for getting back up. **Saturday 2nd May 3-6pm Workshop** at Newton Abbot. Only £12.50 to members.

## Demo

Well done to those who trained with the Mayor of Bovey Tracey and Liam Trott sensei at the demo at Jefferies. Thanks for supporting the event.

If anyone is seeking our support for demos at school fetes etc, please book early. We don't like to disappoint, but it takes a little time to organise a group.

Saturday 28th June we're at Buckland and Milber FC at 2.30pm

## Japanese

We're commencing Japanese lessons on Saturday 2nd May from 12.30-2.30pm. Anyone who wants to join us is welcome.

**Makiko Caul sensei** is taking us through the course, at £8 for adults and £6 for teens.

## Friends

Our Cornish colleague, Dave Cooke sensei, is hosting Professor **Rick Clark**, the American Pressure Point expert, for a seminar on Friday 22nd May. I know he'd appreciate your support for the event as he's always travelling up to our events.

Over in Eastbourne they are hosting **Elwyn Hall**, the Shotokan kumite legend is teaching on Sunday 31st May 10.30-12.30 and 1.30-3.30.

## Birthdays

The following students have birthdays in May:

1st Harry Ramsay  
4th Daniel Carrick  
7th Jessica Coath (18th)  
8th John Knight  
13th Sean Sliney  
14th Eikoku Karate-do Keikokai 10 years  
15th Jasper James, Macauley Jewell  
17th Tamsyn Pearce  
18th Summer Wight  
23rd Sammy Bailey, Jasmine Cross  
24th Jon Damerel, James Gilbert  
25th Kelvin Ho  
26th Thomas Gelarde  
27th Sophie Blandford  
28th Carl Kestell

*Happy Birthday to you all.*

## St Michael's Grading

Our members at St Michael's Primary School got themselves a bonus grading day scheduled for May 20th. Let's wish them all luck.

## New Members

During the month of April the following students joined our Karate group. Welcome one and all. **Christopher Blandford, Samuel Blandford, Maia Knight, James Little, Adam Little, James Gilbert, Anita Spiers, Alexandra Spiers, Samuel Spiers, Wesley Parry, Sophie Blandford, James Driscoll, Robin Davey** and **John Drew**.

## BAMA

I know many of you will be thrilled to learn that **Martyn Harris** 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.

## May Timetable Exceptions

Monday 4th Bank Holiday—no training  
Monday 25th Bank Holiday—no training

## Coming-up

**Saturday 16th May Anniversary Celebration** as Keiko Kai reaches it's official 10th Birthday on 14th May. On Saturday 16th we will have a Special Lesson 3pm-5pm. Then we eat. The fee for taking part is that you bring along some food to share with everyone. For the lesson you will sweat, but if you are wearing something "a little odd" it will add to the spirit of the event. We're celebrating, and you are all invited. Come along and help us realise what we've got from the past 10 years of Keikokai.

**Sunday 14th June kyu grading**

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Pressure Point Application in the Martial Arts



Koryukan Karate Jutsu

present a rare opportunity to train with

Internationally respected American Master level instructor, researcher and author



Professor Rick Clark

8th Dan Kyukyu Kenpo, 7th Dan Ju-Jitsu  
7th Dan Tae Kwon-Do, 4th Dan Judo etc.  
Founder of Ao Dankou Jitsu

Venue: Polkyth Leisure Centre, Carlyon Road,  
St.Austell, Cornwall. PL25 4DB

Date: Friday 22nd May  
Time: 7 - 10pm (Arrive by 6:40pm to sign in)  
Tickets Cost £20

Contact Dave Cooke 01726 71524  
david.cooke@virgin.net

## 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.

## More Training

Remember, taking private lessons and bumping up your "numbers" just before a grading is leaving things too late. Results come from consistent, persistent effort. Train regularly and ask for help when you need it. Students who pay monthly, by grade or annually are entitled to one free private lesson per month (subject to availability). To book call Kim on 01626 360999. Students who pay per session can book private tuition at a cost of £12.50 per 30 minutes.

## Last Word

I'm producing a Pressure Points for Martial Artist DVD. It's causing me some consternation. Oh, we put all sorts of serious techniques on DVD, so it's not the severity that causes me consternation. No, it's that I'm producing it because so many people have asked. There's real demand. Sounds like a good thing, doesn't it?

The problem is that we martial artists should really have what we need rather than what we want. Sometimes they might seem the same, but sometimes there might be a sour taste to what we need. So who decides? Well, a good teacher will see what we need. They'll deliver what will be good for our training rather than just what we want. Then we have to trust that the teacher is doing that.

Or we could just whinge that we aren't getting enough of our favourite bit of training...  
Trust Sensei.

Proud to be the Keikokai.  
See you in the dojo.

Oss

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