

# Karate Bulletin

Volume 4 Issue 5 May 2010

## May

### More Lessons!

With a team of instructors all dedicated to helping the students progress, we are now able to offer even more lessons on the timetable.

In Torquay there are now two extra lessons on a Tuesday. The familiar 5.30pm and 7pm slots are now there on an additional day as well as the regular Mondays, Thursdays, and the 10.30am Saturday lessons. Tuesday sessions begin on the 11th May.

In Teignmouth we are changing venue to the Teignmouth Rugby Club's function room. This has allowed us to add Monday to our list of sessions, as well as the familiar Wednesday slots. The venue change and extra day are available from the beginning of May. No-one can deny that with you, our members, able to train at any of our venues and with all those times available, we are presenting the best value possible. Now we're adding Chudleigh to the mix as well...

### Lost property in Newton Abbot

If you think you might have left property at the Newton Abbot dojo please come over and have a look. Any lost property that has not been claimed by the end of May will be given to the local charity shop. At the moment that includes shoes, jackets, hoodies, shirts, and trousers.

### New Members

During the month of April the following students joined our Karate group. **Agnes John, Callum Stewart, Mishel Mathew, Samuel Moorey, Tim Moorey, Erwin Chan, and Henry Morgan.** Welcome one and all!

### Women's Self Defence

Sensei Clare will be bashing blokes on Saturday 29th May 2010 at the Newton Abbot dojo. This course just gets more and more demand as people come to realise that you don't have to be physically strong to defend yourself logically. Clare Potter demonstrates the principles to a women-only group on a couple of the biggest Karate Black Belts we have in such a way that anyone can do it.

2pm 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. £10 for the three hour session.

### 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.

### Birthdays

The following students have birthdays in May:

- 4th Ryan Bovey, Daniel Carrick
- 6th Phil Tonks
- 8th John Knight
- 13th Sean Sliney
- 15th Jasper James
- 17th Colleen Clark, Tamsyn Pearce
- 18th Summer Wight
- 23rd Jasmine Cross
- 24th Jon Damerel
- 25th Kelvin Ho
- 28th Carl Kestell

*Happy Birthday to you all.*

## KARATE

### Newton Abbot

Karate Academy, Bradley Lane,  
NEWTON ABBOT

MONDAY	5pm-6.30pm
TUESDAY	11.30am-12.30pm 5pm-6pm 6pm-7pm 7pm-8.30pm
THURSDAY	11.30am-12.30pm 5pm-6pm 6pm-7pm 7pm-8.30pm
FRIDAY	5.30pm-6.30pm
SATURDAY	10am-12noon
SUNDAY	4pm-5.30pm Brown & Black Belts 5.30pm-6.30pm All Grades

Ashburton

Ashmoor Leisure Centre, ASHBURTON

THURSDAY  
5.30pm-6.30pm  
6.30pm-8pm

### Torquay

Karate Academy, Warbro Road, TORQUAY

MONDAY	5.30pm-6.45pm 7pm-8.30pm
TUESDAY	5.30pm-6.45pm 7pm-8.30pm
THURSDAY	5.30pm-6.45pm 7pm-8.30pm
SATURDAY	10.30am-12noon

Teignmouth

Teignmouth Rugby Club, TEIGNMOUTH

MONDAY  
5.30pm-6.30pm  
6.30pm-8pm  
5.30pm-6.30pm  
6.30pm-8pm

### Totnes

TOTNES Pavilion Leisure Centre

WEDNESDAY	5.30pm-6.30pm 6.30pm-8pm
SUNDAY	10am-12noon

WEDNESDAY

## Resources

Every once in a while we remember to let you all know about the resources which are available to you.

The club website [www.KarateAcademy.co.uk](http://www.KarateAcademy.co.uk) has quite a lot of information on it, including a gallery page of photos, but hidden away at the bottom of the front page is a link to the top secret **Members Area**. When you click on this link it will tell you that you are not allowed to look at the page, then a pop-up appears asking for the password.

Currently the password is **Excellence**.

Now, on the Members site you can download newsletters, see more pictures, read the latest news and ask questions on the members only forum. Unlike so much "social networking" this forum is private and John Burke sensei has to approve each and every user.

You will also find the grading syllabus, including photos of your kata, downloadable by grade. This information is all free to our members.

There are also books and DVDs available to help you with your home study.

The DVDs include the syllabus range, which basically show you what you have to know for each belt exam. For the most part these are "one grade per DVD", all the way up to brown belt. **Syllabus DVDs** are normally £15.

There is also a range of Application/Self Defence material, which might not suit everyone as there is some serious subject matter covered.

The Book **Peaceful Mind** illustrates the applications to the Heian kata family and retails at £14.95

**Iron Horseman** shows you what Tekki Shodan can be used for in self defence at £14.95

**Fortress Storming**, the book that launched it all, is still available at £14.95 all about Bassai Dai, and **Fortress Storming— the minor version** is now available for those studying Bassai Sho.

**The Pressure Point Guide for Martial Artists** is our best-seller and has readers across the globe, sharing specialised pressure point information at £19.95, and there is a double DVD set at £29.95 that accompanies this book. Obviously, this is only for serious, mature, and advanced practitioners.

There are **Kata & Application DVDs** representing one kata per DVD. Each features an hour or so of tuition to help you understand what the kata are for. We start with Kihon and keep going. Many black belts try to buy a "high grade" kata DVD first. They should understand that the foundation to most of our principles of application are on the first disc—Kihon. These retail at £19.95. Clare Potter sensei, Ross Chesterton sensei, and John Burke sensei get together to present the DVD

**Women's Self Defence** at £19.95. The simple techniques on this one are the core of self protection and especially necessary in this day and age.

All in all, this represents a huge collection of work. Over 30 DVDs and 5 major books as well as the free information on the website. Don't miss out, use this collection to your advantage!

## Why Seminars?

You could just as easily ask "why not?" For many people training in Karate is something that they do a couple of times per week for exercise or a nice hobby. For others it becomes a quest for knowledge and experience. We seek out instruction, correction, and always yearn for more.

Some say that training with the Karate Academy instructors is quite enough. You are fortunate to have a club where the instructors are as knowledgeable and able as they are. Some would say that the instructors are this good *because* of the seminars they have been to.

To appreciate the importance of guest instructors it becomes important to recognise that the Karate Academy allows you train with people outside of your own club. That might seem natural and right (it certainly does to us!), but please appreciate that there are clubs where you are NOT allowed to train with other instructors. Where you are not permitted to do anything other than what the instructor tells you. WE see this activity as blinkered and ignorant. They see it as protectionist. The other factor is that generations of martial artists are disappearing. If you began your training in the last 7 years then you have not had the opportunity to train with Enoda sensei. He has passed. The man who brought Karate to Britain was Vernon Bell. You cannot meet him now—he's passed. If you have only trained for 22 years then you never got to meet Nakayama sensei. He passed away in the 80s. And even John Burke sensei never got to meet Funakoshi himself. So we go out of our way to bring you the best and the important from the world of martial arts. We do that at



great expense and through much organisation to continue with our own education and also so that you, too, will have your dojo tales to tell when you are teaching Karate or simply reminiscing with "the old boys" in 40 years time.

Yes, you should get as much as you can from your regular instructors, they are some of the best around, not just in the UK but worldwide. Then you should also take advantage of our special guests, for their experience, their abilities, their different take on what makes a class and what makes a seminar.

In recent times you have had the opportunity to train with **Martyn Harris** 4th dan sensei of Okinawan Kempo from Cardiff; **Neil Ellison** 5th dan sensei of Wado Ryu from Teesside; **Tino Ceberano** 9th dan sensei of Goju Kai from Australia/Hawaii/ Philippines; and now we are bringing you **Patrick McCarthy 8th dan hanshi** of Koryu Uchinadi from Australia; **Terry Wingrove 8th dan hanshi** of Jutsu from all over the world; and **Anthony Blades 6th dan renshi** of Karate from Sunderland/Moreton and **Russell Stutely 6th dan renshi** of OCFM from Oakham.

How many of them will you get to train with? You would benefit in different ways from each of them, and none of them runs the same kind of class as you get regularly. ***Participate to Accelerate!***

## Expo Workshops

**The Martial Arts Show, NEC, Birmingham:** John Burke sensei is giving a free Bunkai Strategies workshop at 10am on Saturday 22nd May 2010.

**SENI2010, Excel Centre, London:** John Burke sensei is teaching a free Kata Bunkai Workshop at 12noon on Sunday 29th May 2010.

So what is an Expo? These are shows where all sorts of different arts, associations, retailers etc display their wares. Think of it as a big martial arts fair. There are displays all day, paid seminars and free workshops. A great day out. SENI tickets are available through the Academy for £10. If you pay on the day you'll pay more. If you fancy going let's try to co-ordinate transport to keep costs down. People like Jim Wight sensei travel all over the country to train. Even though John Burke sensei teaches 15 minutes from Jim's house he finds great advantage in meeting other martial artists and training with them to gain fresh insights.

## Gasshuku

Training outdoors is great fun; for a Gasshuku the training is all about the austere environment. 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 will have to book up fast if you expect a room, or you can 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 on the Sunday. 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 from *Martyn Skipper's Tower Shukukai* as well.

The £100 fee includes camping/dormitory, breakfast, and evening meal for Saturday, and Sunday's breakfast. Interested? Ask Kim or Sensei John for a booking form, or download from the Members Only website.

## Instructor Training

Quick reminder: ITP will be Saturday 5th June from 1pm and will focus on the next stage of the Academy's development. You know that we could not do all the things that this Karate Academy accomplishes without your unflinching help and dedication. Our great team is just about ready for the next bit. If you are interested in training to become an instructor we are now taking names for the next course which starts in September. To apply the minimum requirements are age 14+, 5th kyu+ and able to commit to one weekends intensive training per month.

## May Timetable Exceptions

**Monday 3rd** Bank Holiday. No normal lessons.  
**Monday 31st** Bank Holiday. No normal lessons.

## Torquay Kick-a-thon

On Saturday 19th June 2010 the Torquay students will be hosting a Kick-a-thon to raise money for new mats and equipment at the Torquay Dojo. Any student from Newton Abbot, Totnes, Teignmouth or Ashburton who would like to join in please let Sensei Lee Warren know.

## Coming-up

**Saturday 15th May**  
**Sat/Sun 22/23rd May**

**Sat/Sun 29/30th May**  
**Saturday 29th May**

**Tuesday 1st June**

**June tbc**  
**Sunday 13th June**  
**Saturday 19th June**  
**Sat/Sun 26/27th June**

**Sat/Sun 10/11th July**  
**Mon 26-Fri 30th July**  
**Mon 3rd-Fri 6th August**  
**Sat/Sun 7/8th August**

## Next Grading

The next belt/rank testing for coloured belts is on **Sunday 9th May 2010**. This grading will be from 4-6.30pm. There is no reason why anyone under 1st kyu who did not grade in March and has been training since January can't be on it. 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.

## Last Word

I travelled to Manchester to teach and to Cornwall to train. I've been talking to martial artists in the Philippines and next month we bring over an Australian Hanshi. People will come from all over the country to train with him. Convenience is over-rated. While I was away the other instructors didn't do the convenient thing. They came in to teach instead.

Every time you put on your gi and step on the mat is a time when you could have been doing something else. You could have been lounging around or relaxing. You chose to do something less than convenient. You are one of the exceptional few. Training with us isn't for everyone. It's for the exceptional few. The ones who will succeed in this life.

Remember, whatever you have been in the past and wherever you are "starting" from now is irrelevant. What matters is where you are going. We can help you get there. You just need to take the first step.

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

Oyo Workshop  
The Martial Arts Show,  
Birmingham  
SENI2010, London  
Women's Self Defence,  
Newton Abbot  
Patrick McCarthy hanshi  
flow drill seminar.  
Dan Grading  
Kyu Grading  
Groundwork Masterclass  
Terry Wingrove sensei in  
Newton Abbot  
Russell Stutely renshi  
Bunkai Bootcamp, Devon  
Summer School  
Gasshuku, Brecon, Wales



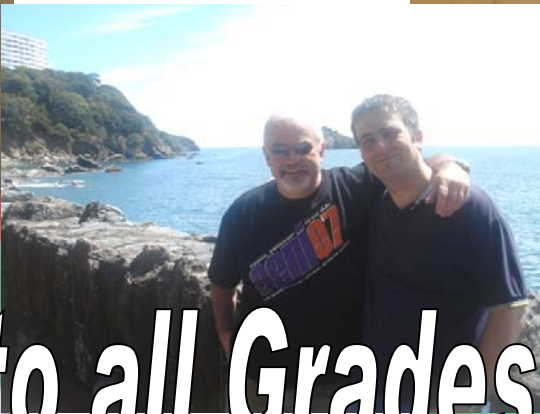


# Special Guest Instructor

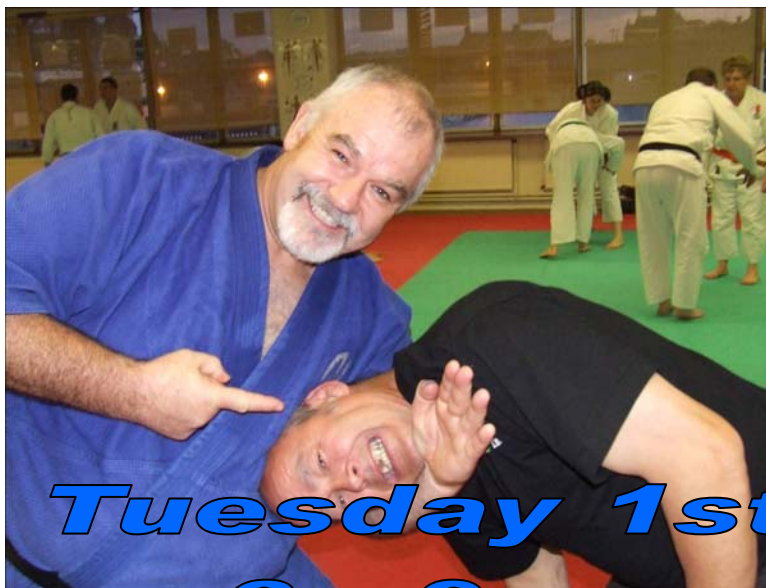
## Patrick McCarthy

### 8th Dan Hanshi

Historian, Author, Translator of  
the "Bubishi", and founder of  
Koryu-Uchinadi



# Open to all Grades & levels



## Tuesday 1st June 2010

## 6 - 9pm Only £25

Yes, I would love to attend the McCarthy Hanshi seminar on Tuesday 1st June 2010. I confirm that I have adequate martial arts training insurance and include the fee of £25 (Cheques should be made payable to BAMA). To pay by credit/debit card call 01626 360999. My details are as follows:

Name: .....

Current Grade: ..... Club: .....

Contact Numbers: .....

Email Address: ..... @ .....