

Karate Academy

May 2011

Summer!

Wow, a mini-heat-wave! What a really brilliant April. Now, being Britain that might mean a chilly June, but we're thankful for the warm weather we've had, aren't we. With training in heat it's important to still warm up, because even though the temperature might be high that does not mean that the muscles and tendons are ready for exercise. Other safety measures include making sure you have adequate water to hand. Instructors will always pace the class to take care of the training stresses, but we must all look out for our own health, too!
Talk to your instructor or email/call us info@KarateAcademy.co.uk or 01626 360999. Remember we are here to help and will always listen.

Timetable Exceptions

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

Monday 2nd	Bank Holiday No regular classes
Saturday 7th	normal classes
Sunday 8th	no N.Abbot classes due to TMAS
Sunday 22nd	kyu grading no N.Abbot normal classes
Monday 30th	Bank Holiday no regular classes

Birthdays

The following students celebrate their Birthday this month:

4th	Ryan Bovey, Daniel Carrick sensei
6th	Phil Tonks
7th	Terry Wingrove hanshi (70th)
8th	John Knight
11th	Poppy Hammond
17th	Colleen Clark
18th	Keeley Martin
21st	Ebony Brine
23rd	Samantha Bailey
24th	Jon Damerel
25th	Kelvin Ho
29th	Tommy Craven
30th	Ben Waymouth

Happy Birthday to You

New Members

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

Newton Abbot: Tyanna Gray, James Chanter, Finlay O'Gorman, Doug Pratt, Gareth Lee

Torquay: Amber Edwards. Welcome back to Luke Bovey
Welcome one and all!

BBQ

It was nice to see so many friends at the BBQ at the Newton Abbot dojo on the Royal Wedding Bank Holiday. Big thanks to those who brought along stuff, and who looked after the place when William banged his head.

Fighting on the Ground

Saturday 28th May 2011 sees the return of our "Anti-Grappling workshop to Newton Abbot. Lots of members worry about what to do when a confrontation moves to the floor. Many people also enjoy Hanshi McCarthy's "floor flow drill/kata". With this in mind, John Burke sensei will be teaching the techniques of how to take advantage of a grappler on the floor. 1-5pm, this course costs a mere £10, but the practice and knowledge are priceless.

Bunkai Bootcamp

The Bunkai Bootcamp still has a couple of places available for this special, week long course **August 1st-5th 2011**. The Bunkai bootcamp exists to teach the all important applications to every move in Karate kata.



Physically and mentally demanding, your Karate growth will be accelerated by participating in the week.

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. Our members get a huge discount (as long as you don't tell everyone). £110 on 1/8/11 or £99 if you pay beforehand.

Coming-up

Sat/Sun 7th/8th May

The Martial Arts Show, Birmingham NEC

Saturday 14th May

Wingrove Hanshi in St Austell

Sunday 22nd May

kyu grading 10-2 N.Abbot

Saturday 28th May

Grappling Workshop, N.Abbot

Sunday 26th June

Wingrove Hanshi in N.Abbot

Demo

Thanks to all those who attended the Wear Farm demo 22nd April 2011 (Good Friday). At the Davey Family's farm on the way to Teignmouth there was a massive event with all sorts of activities and shows, food and drink from 3pm—and it was all in aid of a Children's Hospice. Fiona has informed me that the event raised over £3000.

Women's Self Defence

Brilliant class with Clare Potter sensei and her team on Saturday 23rd April in Newton Abbot. Well done to all of those who overcame barriers and learned something about themselves and what they are capable of.

We're quite sure that there will be another Women's Self Defence Course soon. Listen out in class for details of when and where.

Timetable Changes

Ashburton classes are moving to the **Town Hall** in Ashburton. **Monday** & Thursday 6-7.30pm from 5th May 2011.

Newton Abbot Mondays are about to become **Wednesdays** at the Bradley Lane dojo. 5.30-6.30pm still, though.

New Venue

...and of course an all new timetable is now available for students who wish to train in **Paignton**. Yes, Keikokai is now available in Paignton again. The former "Winners Gym" is now ours to use. 2 floors for our all new members, and Richard Carrick sensei leading the charge with Sensei Pete Millea.

Grading Results

Well done to the following students who achieved new grades on Sunday 17th April 2011:

Shodan:

Daniel Carrick
Martin Carrick
Elaine Ho
Kelvin Ho
Jamie Hodgkins
Kyle Rusby

3rd kyu

Colleen Clark
John Drew
Jacob Heppell
Leah Watson
Nick Williams

4th kyu

Natasha Barlow
Alison Brend
Caleb Clark
Andrew Green
Julia Simmons
Anna Warren

5th kyu

Freja Scott-West

6th kyu

Mary Watson

7th kyu

Amanda Moss
Dan Williams

8th kyu

Sarah Jones

9th kyu

Ben Waymouth
Charlotte Waymouth
Joe Waymouth

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. Then they have to perform well enough to 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. Now onwards towards your new goals.



*Dedicated to Black Belt
Excellence*

Kids Summer School

We have been asked by a few parents if we will be running the summer school this year. We had decided that this year we would do the Bunkai Bootcamp instead (as requested for the past 2 years), however we have looked at the August calendar and can possibly put on a summer school on Monday 15th-Friday 19th August 10.30am to 3pm each day. The cost would be £60 for the week or £15 per day. We can only run this course if we have a minimum of 15 students attend, if you are interested, and can confirm attendance, let Kim know asap. Once we have 15 confirmed places filled we will confirm that the Summer School is on.

If we cannot fill the places on Summer School, we will look at doing some MasterClass days, which are open to all, during the summer break.

Last Word

Students make the dojo what it is, not the teachers. Sometimes those words haunt me as people expect entertainment or being "made" to work. The fact of it is that no matter what the teacher wants from the student, there can be no progress until the student is prepared to do the work. Sometimes that means chiding. Sometimes a straight explanation. Sometimes it needs an out-and-out shouting at. Accepting that what the teacher says is for your benefit is part of accepting them as a teacher. If the teacher is teaching then they have accepted you as a student. It's rude and uncivilised to think this relationship is one-way. There must be understanding and explanation on both parts; so that a teacher understands that there is something that you can't do. Of course, there is a big difference between "can't" and "won't".

Karate is different from anything else out there. You don't pay a coach and expect results in Karate. Neither is it something that you can do all on your own; guidance is necessary. The dojo is not a place for waiting with hands open for knowledge and training, but rather for Earning it. *This* is where that happens. Proud to be the Keikokai. See you in the dojo. **Oss**