

Karate Bulletin

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2009 Marches On

With one quarter of the year already underway, we've got to check how we're doing. Keeping an eye on where you are going is vital, or you won't get there! If you've gone off course there is still plenty of time to make corrective measures. What can you do? Make good use of the training time-table. Book private lessons. Read martial arts books and magazines, and ask questions on our Members-Only Forum. Use our DVDs as training aids for your exercise regime at home. Turn up early and ask senior students to help you out. Getting more out of your training doesn't have to be expensive, it just needs a little awareness and focus on your part. Haven't done your grading Oyo recently? It's probably because you weren't in class. Need some more help? Ask!

Birthdays

The following students have birthdays in March:

- 7th Sean Green, Grace Pitts
- 8th Chris Gregory sensei
- 12th Jacob Sayer
- 13th Hannah Gower, Lee Warren sensei
- 16th John Burke sensei
- 21st Rob Ledger, Louisa Male, Andy Wray sensei
- 22nd Keanu Lavallee
- 23rd Julia Simmons (*special one*)
- 24th Charlayne Green
- 29th James Milne

Happy Birthday to you all.

New Members

During the month of February the following students joined our Karate group. Welcome one and all. **Dayle Pearce, Shaun Driscoll, Gemma Vince, Amy Mace**, and **Daniel Mace** and welcome back to **Ruth Cooper-Haime**. Also this month, **Ross Carlino** officially joined the Kick-boxing class.

The Masters Visit

Terry Wingrove sensei and **Alan Ruddock** sensei visited us on Sunday 1st March. Aikido with a man who actually trained with the founder of Aikido was always going to be a treat, and Wingrove sensei took a small section of the class through traditional resuscitation techniques as well as the usual pain-related wonders. We raised £250 for the Children's Hospice. On the Saturday, a small group of us also went to Cornwall to make it a 2-day session. This really made the weekend worthwhile.

Black Belt Pre Grading

The Brown and Black Belt class on Sunday 8th March will be a Pre-Grading Assessment. Anyone hoping for a Dan grade **this year** must be there. The class will start earlier and finish later than usual: 3-6pm. Unlike some associations, we do not charge extra for this class. The normal 5pm Open class will take place as normal.

March Timetable Exceptions

- Sunday 1st Seminar, no normal lessons
- Sunday 8th Brown & Black Belts 3-6pm, other sessions as normal.
- Sunday 15th Kyu Grading, no regular sessions.

Coming-up

Saturday 4th and Sunday 5th April, Anthony Blades (6th dan) seminar and dan grading. Everyone should attend the Sunday session. Brown Belts and above should also attend the Saturday afternoon. The seminar will tackle "better kicking and body-mechanics". Make a note in your diary, come and train with the Chief Examiner of the British Association for Martial Arts!

Kyu Grading

The Kyu Grading Examination in March will take place on Sunday 15th at 10am. There will not be any regular classes that day. Make sure you are trained up and ready for the day.

Bunkai.co.uk

John Burke sensei has a free newsletter for those interested in Kata application. Simply log on and register at the website for regular tips and tactics that build up into a comprehensive non-style-specific system.

Last Word

Spring is nearly upon us. The season rolls by and we continue to grow and change. Some people think that Karate never changes, but as we change our approach to our training should change. There are times when I need a good sweat session and there are times when I need to take an academic approach to learning. There are times for finesse and there are times for bluntness. The universal truth, though, is that there is always more to be done. If that were not true then it wouldn't be much of an art, would it?

Proud to be the Keikokai.

See you in the dojo.

Oss

Coming this month—Karate Academy jackets and lapel pins!

Kick-a-Thon Kicking Cancer

Well done to all those who took part. Now we have to get the money in so that Cancer Research UK can benefit from all of our hard work. If everyone manages to get in the money they've been promised we'll raise over £4,000. Fantastic effort!

We've got a new Gi for the one who gets the highest number of sponsors, and a new heavy weight gi for the one who raises the most money.