

# Karate Bulletin

## A Note From Kim

Mat time for extra training is available at certain times, but be sure to check as there are private bookings to consider, too. Yes, you can come in and get some extra time in the dojo for constructive practice, but please let us know so that we don't disturb certain groups.

Orders for Christmas presents are now being taken, if you have any special requirements, please call 01626 360999 or email me on karateklub@aol.com in plenty of time as some goods sell out at the distributors' warehouses very close to the big day.

## November

The nights get darker, the days get colder. Many people see this time of year as miserable. I don't get it. The season has changed as seasons must. It's not to like or dislike, it just IS. We're still training, have been for years, will be for years to come barring death or quadriplegia. There is still so much to look forward to. There's Christmas, and there's the new year, and there are the personal goals and the help that we can give to others.

I feel so fortunate to be doing what I'm doing. Training is always good for us, the historical education is enlightening. I consistently and persistently seek out new information and yet I still have so much polishing to do with the "old" information. I can never be bored with Karate. I can never be bored because there is still so much to do. When frustration arrives because I can't do it all as well as I'd like to do it "right now" I greet the frustration as a friend. I can use his energy without adopting his attitude. He's there to help, not to rule me. So it is with all the experiences life sends me.

### Kata Comparison Seminar

It was shocking to discover in class how few of our students ever met **Martyn Harris** sensei. He and John Burke sensei once taught together quite regularly and it seems that only a very few of you ever got to train with him. Well, the good news is that Harris sensei is coming to meet you all in Newton Abbot on Sunday 23rd November from 10am onwards. The **Kata Comparison Seminar** will reveal how the Shotokan **Tekki Shodan** kata—as taught and demonstrated by John Burke sensei—compares and relates to the RyuKyu Kempo kata **Naihanchi**—as taught and demonstrated by Martyn Harris sensei. This means you will get an insight into another art, learn a new kata, and get lots of applications all in one day. This seminar is open to all grades and ages, and only costs £15, so easily affordable.



### Christmas Gifts

If you were thinking of Christmas Gifts with a Martial Arts theme, please let us know at your earliest opportunity. Heavy Bags, Brackets, and chains, Sparring gear, heavy-weight uniforms, new holdalls. Karate Books? DVDs? We can supply them all, and if you order in November then Kim can make sure you get a good price.

### Pressure Point Guide for Martial Artists Book

As John Burke sensei has travelled around for seminars across the country and orders for his books and DVDs have come from overseas, one of the most common requests has been for Pressure Point information presented in a clear fashion. Whereas there are many book available with lists of points, there are few that tell people how to use them. With this in mind Sensei has been working for a long while on the Pressure Points Guide for Martial Artists. This book comes in at £19.95 and features Damien Birch sensei being demonstrated on and illustrations from our colleague in London, Matt Broomfield sensei. The book comes out in December, but with orders going directly out to clubs for the initial print run, members are advised to reserve their copies now!

### New DVD(s)

We have a very few copies of a "no frills" Heian Kata Performance DVD that was put together from the syllabus DVDs. It's only £8 to members, and contains Kihon to Heian Godan kata tuition. That's not the real news, though. We have a NEW DVD on release in December, too. This is **the Ultimate Guide to Grading Oyo**. It details Oyo belt by belt to Black Belt and BEYOND. It shows you where we are taking this project. It comes in at £19.95 and debuts on 1/12/08 Reserve your copy now.

### Bassai Sho Book

This new book by John Burke sensei is out this month. It features a "how to" section to remind you how the kata goes, and a full set of applications to even the strangest moves from this Black Belt kata. Also covered are the historical references to the origins of this form, and an exposition as to the differences between Dai and Sho kata. Definitely one for advanced practitioners, at only £14.95 it becomes a "must" read for our members.

### Terry Wingrove Sensei

Apologies came from overseas, Terry Wingrove sensei was in Shanghai and did not make it back in time for our seminar. The next opportunity to meet him is on Sunday 29th November in Penzance, but will only cost £10 as a consolation.

## Birthdays

The following students have birthdays in November:

1st	Joe Harding
10th	Matt Derges
11th	Bidwell Fairlove
13th	Jared Wray sensei
14th	Sam Adams sensei
15th	Dan Callan sensei
18th	Nick Williams
19th	Katie Jones
20th	Lee Cross
21st	Aidan Seal
24th	Nicola Brown
25th	Gabriel Hopkins, Jackie Bailey

*Happy Birthday to you all.*

## New Members

During the month of October the following students joined our group. Welcome one and all. **Freya Vickridge, Sabrina Murphy, Stefana Murphy, Vanessa Murphy, Gabriel Hopkins, Jordan Anslow, Matt Beazley, Jason Bond-Myatt, Peter Bond-Myatt, Matt Derges, Matthew Keirman, Louise Jones, Robert Jones, Alys Jones, Katie Jones, Tabitha Jones, Daniel Rivers, Otis Evans, Isabelle Lindsay, Jack Barrett-Squires, Tara French, Finn French, and Eric French.** And a big welcome back to **Timothy Cullen** and **Hayden Tarr.**

## Advanced Training

Brown and Black Belts. Sundays 4pm—5.30pm+. Regular class at 5pm. Ongoing.

## November Timetable Exceptions

Sunday 2nd	No Brown and Black Belt class, others normal
Sunday 23rd	No Regular Class, Seminar only
Tuesday 25th	No Lunchtime Session. Evening sessions as normal
Sunday 30th	No Brown & Black Belt session, others normal

### KARATE

#### MONDAY

5pm-6.30pm Karate Academy, Newton Abbot

#### TUESDAY

11.30am-12.30pm Karate Academy, Newton Abbot

5pm-6pm Karate Academy, Newton Abbot

**5.30-6.45pm Upton Vale Church, Torquay**

6pm-7pm Karate Academy, Newton Abbot

7pm-8.30pm Karate Academy, Newton Abbot

**7pm-8.30pm Upton Vale Church, Torquay**

#### WEDNESDAY

**5pm-6pm**

**6pm-8pm Totnes Pavilion Leisure Centre**

#### THURSDAY

11.30am-12.30pm Karate Academy, Newton Abbot

5pm-6pm Karate Academy, Newton Abbot

**5.30-6.45pm Central Church, Torquay**

6pm-7pm Karate Academy, Newton Abbot

7pm-8.30pm Karate Academy, Newton Abbot

**5.30-6.45pm Central Church, Torquay**

#### FRIDAY

**5.30pm-6.30pm Karate Academy, Newton Abbot**

#### SATURDAY

10am-12noon Karate Academy, Newton Abbot

#### SUNDAY

**10am-12noon Totnes Pavilion Leisure Centre**

4pm-5.30pm+ Brown & Black Belts Newton Abbot

5pm-7pm Karate Academy, Newton Abbot

### KICKBOXING

**Monday and Friday 6.30-7.30pm Karate Academy, Newton Abbot**

# T I M E T A B L E

## 2008 Seminar/Grading Dates

November 1st	Kyu Grading 3-6pm
November 2nd	<b>Ground Grapping Seminar</b> with John Burke sensei in Newton Abbot
November 23rd	Tekki/Naihanchi <b>Kata Comparison</b> seminar with John Burke sensei and Martyn Harris sensei
November 30th	Heian <b>Kata Bunkai</b> with John Burke sensei in London
December 6th	Kids Self Defence. Adult Plymouth Power Generation Seminar
December 14th	Kyu Grading
December 21st	Annual awards and Christmas Party.
December 24th 2008—January 2nd 2009	Normal timetable suspended. See next month's newsletter for confirmation of extra training sessions over the Christmas break.

## 2009

January TBA	Goju Ryu/Shotokan <b>Kata Comparison</b> with John Burke sensei and IOGKF instructor. Seisan/Hangetsu. £25.
February 28th	Chris Crudelli at Newton Abbot (see Gary Dell).
March 28-30th	Lynmouth Course—see Jo Biggs sensei
May 1st-4th	SENI09 at Excel London
June 28th	Demo Newton Abbot

## Mind Body and Kick-Ass Moves

The presenter of the BBC tv series, **Chris Crudelli** was the guest instructor of Gary Dell. There was a seminar at the dojo on October 11th. The girls and boys enjoyed themselves so much that they have invited him back on 28th February 2009. Apparently this time it will be 12-6pm for £60.

## Member Businesses

If any member would like theirs or their family's business included in the next newsletter, please let us have a credit-card-sized jpeg in the next week. This newsletter will go out to an awful lot of people as we include it with the Christmas Cards that get sent out. That means that not only current members, but a lot of ex-members will also get to see your ad. We don't charge for this, but hope that you will make an offer to the recipients in the spirit of the season.

## Last Word

December is just around the corner. For some that is a time of dread, for some a joyous thing to really look forward to. I am reminded that Life is very much what we make it. You can get fit from training. You will gain self defence skills. You get stress relief and you get an interesting alternative to modern outlooks. Of course, you could just turn up and cruise through each class; but life is much more fun and much more rewarding when you absolutely drive your way through lessons. When you throw yourself into it whole-heartedly. The lessons are carefully crafted to deliver a brilliant system, but only you can make yourself ready to receive that system. Are you really listening? I mean really listening. Are you really watching? Did you see all the subtleties that were being demonstrated? That's why we tackle the same subjects again and again—so that you can pick up more from them. Sessions are never boring because there is always something new for you to notice—or did you think you already had it all?

Proud to be the Keikokai.

See you in the dojo.

**Oss**

