

Karate Bulletin

Volume 3 Issue 11 November 2009

Naturally November

Accelerator

Thanks to all those who took part in the Accelerator. You helped us to make £800 towards the new mats for Newton Abbot dojo, which should arrive on November 6th. We know you enjoyed yourselves and that the fun and games, food and drink were tempered by some revelations in your training. Congratulations to the raffle prize winners, and many thanks to Tracey LaVallee and Jim Wight sensei for their donated prizes, too.



The NEW Black Belts

Big congratulations and well done to our newest yudansha (those who possess a black belt degree). On Saturday 3rd and Sunday the 4th October we were privileged and honoured to have **Anthony Blades** renshi and **Neil Ellison** sensei at Newton Abbot dojo to teach a course and take some students through their Black Belt grading.

The course focussed on the flow between techniques and two-person drills for practical combat. Everyone who took part coped very well and we looked hard at who will be taking Black Belt next year. Sensei Neil also brought two of his students with him; Craig Downing and Paul March. Paul was awarded 3rd dan and Craig 4th dan on this visit.

Amongst our members, we were extremely pleased to see **Richard Carrick** sensei awarded his **sandan** (3rd degree), and the following were our new **shodan** (1st degree) successes: **Jamie Callan, Ross Chesterton, Jack Degan, Alyssa Frayling, Hannah Gower, Alice James, and Steve Thomas.**

Also graded on this trip was BAMA instructor **Damien Birch** sensei, who achieved sandan. Well done one and all.

November Timetable Exceptions

Sunday 1st kyu grading, Evening session starts at 4pm, end 6.30pm approx.
Sunday 14th Seminar, no normal lessons.
Friday 20th Children in Need Fun evening—nothing's normal.

Birthdays

The following students have birthdays in November:

1st	Lindsay Upton
3rd	Debbie Whitefoot
11th	Kalani Lavallee, Bidwell Fairlove sensei
13th	Jared Wray sensei
15th	Daniel Callan sensei (sweet 16!)
16th	Jacob Heppell
18th	Nick Williams
20th	Lee Cross
22nd	Nicola Brown
27th	Caleb Clark
30th	Hannah Cauldwell

Happy Birthday to you all.

Painful Lessons

Sunday 15th November sees a return visit to the Newton Abbot dojo from **Terry Wingrove** sensei. His seminar will begin at 10am, and features very painful techniques. This sort of class is especially suitable for high grades and adults.

Terry Wingrove is probably the most senior Karate-ka in the UK, and he will have with him **Alan Ruddock** sensei, an Aikido-ka who trained directly under the founder of Aikido, Morihei Ueshiba.

Proceeds from this seminar go to Richard House Children's Hospice, a centre that makes the remaining days easier for terminally ill children. The cost is £10, in line with other seminars that sensei teaches nationwide.

On Saturday 14th sensei will be teaching in Cornwall. Anyone who wants to come along for training the whole weekend please see John for travel co-ordination.

Coming-up

Sunday 1st November

South West Open Competition, Exeter

Saturday 7th November

PP Seminar Plymouth

Sunday 8th November

PP Seminar Essex

Sunday 15th November

Terry Wingrove
Newton Abbot

Friday 20th November

Children in Need Fun evening.

Saturday 21st November

Womens Self Defence

Sunday 13th December

Kyu Grading

Sunday 20th December

Special Xmas Lesson

Sat/Sun 29/30th May 2010

SENI martial arts trade show.

Tuesday 1st June 2010

Patrick McCarthy
hanshi flow drill seminar.

Children in Need

Friday 20th November has us doing all kinds of silly stuff over at Newton Abbot. Crazy Kata, Silly Sparring, and Fancy Dress. Come and have a go, all donations go to the Charity.

The session begins at 5pm, but don't worry, if you can't make it til 6.30pm we'll still be going strong. Come along whenever you can and join in to support Children in Need. We've already run a charity Kick-a-Thon this year, but your overwhelming support for this particular charity means that we want to help you in supporting it. We also want it to be fun.

We suggest a £5 fee for entering one of the competitions, and if you enter 2 or more then you can enter them **all** for the donation of £10. On top of the entry fees if you want to collect sponsors, you can.

Categories include Musical Kata (bring your own music), Team Kata, Make-up-your-own Kata, Piggyback Sparring, Pin your Partner, Last person in the ring and Best Fancy Dress.

Application forms and Sponsor Forms are available from Kim in the office, or pick up one from the reception desk at the same time you collect your training diary.



Women's Self Defence

The next Women's Self Defence class that **Clare Potter** sensei has booked is on Saturday 21st November 3-6pm. To confirm your interest, please call us on 01626 360999 or speak to Sensei Clare Potter

New Members

During the month of October the following students joined our Karate group.

John Dunlop, Adam Castle, Anna Warren, Ellie-Jade Tonks, Lisa Tonks, Phil Tonks, Holly Tonks, Aiden Hendriksen, Olivier Petit, Louis Jones, Vikky Mitchelmore, Alison Brend, Leah Watson, Ryan Hill, Joseph Baker, Alfie Kelly-Stacey and Taylor Hornett.

Welcome one and all.

Times Change

Newton Abbot dojo. Monday Open class will now be 5.30-6.30pm.

Wedding Congratulations

Join us in congratulating Terry Wingrove sensei's student Imran who married his new wife on Saturday 17th October. It was this event that meant the postponing of sensei's visit to us.

Last Word

Recently in class I made the point that we will have another Dan grading in the spring next year. It is absolutely no use telling yourself that you 'll get ready for the test next year. Stepping up the pace in February will be too late. The decision is being made now as to who will be put in to that grading. So when do you want to make an impression that you are ready for your next test? If you are hoping to grade in December you are working for it now. The impression you make is what will let your instructor know when you are ready.

Put in the effort every lesson. It's true that it isn't a race. It's true that it doesn't matter whether you pass this time or next or the time after that. It's also true that unless you are aiming for something you only ever hit anything by accident—and that includes your goals!

So when will you hit your goals? When you aim for them. When you seek the help you need and put in whatever effort is required. How will you know what's required? When your instructor tells you that you need to tone it down because you are doing too much. We can be proud of ourselves with genuine effort, so let's make sure that we're never asked for *more* effort again.

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

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