

Karate Bulletin

Volume 4 Issue 11 November 2010

Remember November

Celebrations Begin!

Remember self protection and awareness around this time of year. Darker nights bring more opportunities for harm, so stay on guard around traffic and remember that dark alleys are even darker now. Still, the celebrations really begin now, don't they? No sooner do we see Halloween than we reach bonfire night and then we're on to Christmas!

Meanwhile we're rounding up our training year with grading, seminar, and then "The Special Lesson". If you've been around for less than a year you really want to ask some of the high grades what all that is about...

Terry O'Neill sensei



There are few instructors who are genuinely legendary.

Terry O'Neill 7th dan sensei is legendary. And he'll be at Newton Abbot dojo on Sunday 28th November 2010. O'Neill sensei is one of the most senior members of the KUGB, a group that we used to be part of. He has an extensive film career (including League of Extraordinary Gentlemen, Dragonheart, and TV work for Civvies and The Governor) and used to publish the

best martial arts magazine ever "**Fighting Arts International**".

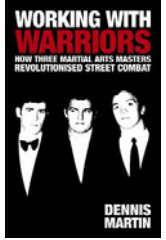
Sensei was also mentioned heavily in the book by Dennis Martin "Working with Warriors" about his time as a door-man.

We're bringing O'Neill sensei to you for a Junior session so that children can train with this great Karate-ka, and then a separate senior session for those who like their Karate applied!

Job

The Karate Academy is in need of a canvasser. Approx 16 hours per week, with no selling required. The job involves the very difficult task of asking people if they are interested in fitness and self defence. Those who answer affirmatively will then be offered a free introductory DVD that we can send them. Could you do this job? Do you know anyone who would be good at it?

This is our last seminar of 2010. It has been 13 years since John Burke sensei last trained with Terry O'Neill sensei, so there is no telling how long it will be until the next time. Make sure you don't miss out! Book your place today on 01626 360999. Times and prices on booking form, available soon from your instructor.



Grading

Coloured belt (kyu) grading will be on Sunday 21st November. 10am start. Please note change of date.

BAMA Rising Stars

Saturday 16th and Sunday 17th October saw our Guest instructors **Neil Ellison sensei** and **Stuart Howe sensei** teaching at the Newton Abbot dojo and overseeing the Dan grading of that weekend. Unfortunately, due to completely unrelated personal circumstances, neither Martyn Harris sensei nor Anthony Blades renshi were able to attend.

What that meant to you was that we had longer sessions with Howe sensei and Ellison sensei! Advanced movement, cool techniques, and a lot of very practical advice. If you weren't there then I'm afraid you really missed out.

The end of the Sunday session saw the earned grades given out. Big congratulations to **Lee Warren** sensei who is now **sandan** (3rd degree black belt), and our newest **shodan** students (1st degree black belts) **Alastair Cobb**, **Katie Needham**, and **James Warren**. Hard earned, one and all.



Timetable Exceptions

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

Sunday 21st kyu grading at Newton Abbot. No normal lessons that day.
Sunday 28th No normal lessons due to seminar

Coming-up

Sun 28th November Terry O'Neill sensei seminar
Sunday 19th December The Special Lesson
Sat/Sun 21st/22nd May 2011 The Martial Arts Show, Birmingham NEC

New Members

During the month of October the following students joined our Karate group.
Eleanor West, Jennifer West, Kiera Cleary, Adam Price, Jessie Long, Reef Price, George Broome, Felix Murdin, Martha Lawton, Deborah Needham, and Kieran Holland. Welcome along one and all!

Karate Academy Class Timetable

Monday	5.30pm-6.30pm	Newton Abbot
	5.30pm-6.45pm	Torquay
	7pm-8.30pm	Torquay
	5.30pm-7pm	Chudleigh
	6pm-7.30pm	Teignmouth
Tuesday	11.30am-12.30pm	Newton Abbot
	5pm-6pm	Newton Abbot
	6pm-7pm	Newton Abbot
	7pm-8.30pm	Newton Abbot
	5.30pm-6.45pm	Torquay
	7pm-8.30pm	Torquay
	6pm-7.30pm	Ashburton
Wednesday	6pm-7.30pm	Teignmouth
	6pm-7.30pm	Totnes
Thursday	11.30am-12.30pm	Newton Abbot
	5pm-6pm	Newton Abbot
	6pm-7pm	Newton Abbot
	7pm-8.30pm	Newton Abbot
	5.30pm-6.45pm	Torquay
7pm-8.30pm	Torquay	
6pm-7.30pm	Ashburton	
Friday	5.30pm-6.30pm	Newton Abbot
	6.30pm-7.30pm	Newton Abbot Pad Session
Saturday	10am-12pm	Newton Abbot
	10.30am-12pm	Torquay
Sunday	10.30am-12pm	Totnes
	4pm-5.30pm	Newton Abbot Brown & Black Belts Only
	5.30pm-6.30pm	Newton Abbot

All sessions are open to all grades and ages except the 4pm session on Sunday which is for High Grades Only.

Private Sessions are held on Saturday Afternoons in Newton Abbot and Torquay, call Kim on 01626 360999 to book

VENUES

Newton Abbot: Karate Academy, Bradley Mill, Bradley Lane, Newton Abbot
Torquay: Karate Academy, First Floor, 5-7 Market Street, Torquay
Chudleigh: Chudleigh Town Hall
Ashburton: Ashmoor Leisure Centre, Ashburton
Teignmouth: Teignmouth Rugby Club, Bitton Park Road, Teignmouth
Totnes: Pavilions Leisure Centre, Borough Road, Totnes

Timetable updated 9/10/10. Please goto www.KarateAcademy.co.uk to check for any updates

Don't Stop Me Now

Those students who receive **Free School Dinners** may now be eligible for funding with their Karate training. Outside of Torbay, the Karate Academy is registered with the group **Don't Stop Me Now** who supply funding for activities for those students. Talk to Kim on 01626 360999 to arrange your training funding. In Torbay, the scheme is slightly different and runs under the name **MyTime**. Contracts have been signed and sent to MyTime so we should be able to start invoicing them in December.

Birthdays

The following students have birthdays in November:

- 3 Debbie Whitefoot
- 8 Susan Bailey
- 11 Bidwell Fairlove sensei
- 12 Harrison Hammond, Kit Hughes-Johnson
- 13 Jared Wray sensei, Salem Wannacott
- 15 Daniel Callan sensei, Alvin Sunny, Archie Williams
- 16 Jacob Heppell, Reef Price
- 18 Nicholas Williams (sweet 16)
- 20 Frederick Leach
- 22 Nicola Brown
- 27 Caleb Clark

Happy Birthday to you all.

Last Word

There is still time to make a difference to your year. If you haven't accomplished all the things that you set out to do this year then that makes you human. If you have accomplished all your goals then you didn't set enough in the first place...

But right now there is still time—you can still crack out a couple of your aims and make progress. The reason that most won't is because they give up too easily—they suffer from **excuseitis**. Make excuses or make progress, it really is a choice. And yes, the choice is yours. Proud to be the Keikokai. See you in the dojo. **Oss**



Dedicated to Black Belt Excellence