



November!

Join in the Fun time of Year?

With Christmas fast approaching, it is easy to relax back on your training, however you will find that coming to training is a great way to take the stress away, time to focus on yourself. Time away from the school productions, Christmas preparations, and the dreary weather we have at this time of year. Every year students say to us "I didn't feel like coming, but now I've done a lesson I feel so much better".

Remember that when you are feeling down. Karate training is only a couple of hours a week out of your busy schedule. It's you time.

This time of year is a fun time at the dojo with events like Children in Need, Ladies Self Defence, the Christmas Special Lesson, the last kyu grading of the year, etc. Don't miss out.

We, as a team of instructors, are always here to help with private sessions, facebook notifications, email and phone advice, if you need support or just to check you are doing the technique right, talk to us. Our contact details are 01626 360999, info@KarateAcademy.co.uk or join us on Facebook (look up Karate Academy).

Remember we are here to help and will always listen. John and Kim

BBC Children in Need

Friday 18th November is BBC Children in Need night. We will be holding a special fun session at the Newton Abbot dojo 5pm-6.30pm to raise money for Children in Need. The session will consist of karate based games, a quiz and a sponsored circuit. We will be asking for an entry fee of £5

per person to take part in the event as well as asking you to get sponsors, form attached to this newsletter. Fancy dress optional, but must include some spots.



New Nidans

Congratulations to Sensei **Clare Potter**, Sensei **Ross Chesterton**, Sensei **Jim Wight** and Sensei **Richard Brend**



who all passed their 2nd Dan tests on Saturday 8th October during the BAMA seminar.



Award Nominations

Every year at the special Christmas lesson we give out awards for Student of the Year, Most Improved Student, Most Dedicated Student and Most Helpful Sempai. Usually it is the instructors who get together and decide on who should get the awards. This year we want your input. Have a look at your fellow students and email us with your nominations. The only person you cannot nominate is yourself.

Nominations should be sent, in confidence, to kim@karateacademy.co.uk no later than 10th December 2011.

Newton Abbot Venue Change

As some of you are aware Teignbridge District Council have purchased our unit from our old landlord, ADR Holdings. With this change, the council have increased our rent to a rate that no longer makes the site viable without increasing all student fees by about 20%. After a lot of consideration, and attempts to get the rent reduced, we have decided it is in the best interest of the club to relocate to smaller, affordable premises, as we do not feel that in the current economic climate it is fair to ask students to pay more.

We have just agreed to take on a new dojo at Unit 8 Signal Buildings, Brunel Road, Newton Abbot. The dojo is located at the back of the Signal Buildings, next to Inkot, to the side of AGS Windows. We have free allocated parking for 7-8



cars, with more spaces available in the yard and on Brunel Road. The training area is free of support pillars and big enough for our regular classes.

Classes will be transferred to the Signal Building Dojo from 21st November 2011.

Timetable changes

From the 7th November we are changing the Wednesday and Friday classes in Newton Abbot so that they follow the same format as the rest of the week for the early sessions. Classes will now be 5-6pm and 6-7pm on both days. Copies of the full timetable will be available to pick up soon.

Ladies Self Defence

We have planned a Ladies Self Defence course to be held at the Newton Abbot Dojo on Saturday 26th November 1-4pm at a cost of only £10 per person.

In light of the recent rape in Paignton, this course is more valuable now than ever. Places are limited, so to reserve your slot, call Kim on 01626 360999 or email kim@karateacademy.co.uk.

Sensei Clare Potter will lead the session, and she will be assisted by Sensei John Burke and some of the black belts team.

This class is based on practical no-nonsense techniques and universal principles that do not depend on strength or size.

Grading Results

Congratulations to the following people who attained new kyu grades (coloured belts) on Saturday 22nd October 2011.

2nd kyu

Ryan Bovey
Colleen Clark
John Drew
Ethan Heppell
Eric Pateman
Grace Pitts

5th kyu

Jessie Bailey

6th kyu

David Alderson
Robin Davey
Scott Elson
Frederick Leach
Samuel McCarthy
Tabitha Morgan
Robert Patmore
Archie Williams
Shannon Withers

7th kyu

Maria Higginson
John Lewis
Connor Patmore
Jon Ward

8th Kyu

Amy Clark
Cameron Greenwood
Poppy Hammond
Finn Hearn
Andrew Power

9th kyu

Eleanor Antcliff
Jack Burley
Leroy Chan
Lucy Fear
Simon Keenan
Finn Pateman
Cain Power
Eddie Pratt
Charlie Rebello

If you would like to be considered for the next grading then you must make your best efforts in regular classes. The next grading is scheduled for Sunday 4th December and will be held at the Newton Abbot dojo.

New Members

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

Paignton: Melanie & Rebecca Baker, Harry Stanton

Newton Abbot: Tao & Jay Joyce, Shea Garrigan

Ashburton: James Antcliff

Torquay: Corey Edworthy, Lotte Minty, Bradley & Joanie Durkin

Welcome one and all!



Birthdays

The following students celebrate their Birthday this month (November):

3rd Debbie Whitefoot
8th Susan Bailey
10th Shea Garrigan
11th Bidwell Fairlove
12th Harrison Hammond, Kit Hughes-Johnson
13th Jared Wray Sensei
15th Archie Williams
16th Bradley Durkin
18th Nick Williams
20th Cameron Greenwood, Frederick Leach
22nd Nicola Brown
27th Caleb Clark
29th Ann Westwood
30th Matthew Keirman

Happy Birthday to You

FREE Bunk Beds

Sensei Clare Potter has a set of wooden bunk beds that need a new home. The beds can also be used as two singles. Free to anyone who is prepared to collect them. For more information, please see Sensei Clare or leave a message with Kim in the office.

Coming-up

Friday 18th November

5pm-6.30pm Fun Day for BBC Children in Need £5 per person plus sponsorship monies

Saturday 26th November

Ladies Self Defence 1pm-4pm £10 per person

Sunday 4th December

Kyu Grading Newton Abbot Dojo

Sunday 18th December

Christmas Special Lesson. Details next month.

Timetable Exceptions

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

November

18th Newton Abbot class replaced with Children in Need event.

December

4th No Totnes Session due to hall being booked for another event

4th Grading Session only in Newton Abbot

18th No regular sessions. Special Lesson only

24th Dec -1st Jan No regular sessions. See next months newsletter for Christmas timetable.

Last Word

Why do you do karate. Is it for fitness, confidence, self-esteem, discipline coordination, self defence or just as a social/family activity. Whatever the reason, we always have your best interests at heart. We want you to succeed on your journey just as we do on ours. We are here to help, but sometimes you may need to ask for it. Do not be afraid to ask. Karate has a strong tradition based on helping students achieve their goals, and we as a club strive to uphold that tradition. Proud to be the Keikokai.

See you in the dojo. **Oss**

Dedicated to Black Belt Excellence