

Karate Bulletin



A Note From Kim

Christmas is coming!
If you would like to give the gift of Karate, we can provide you with books, DVDs, uniforms, pads, or even just vouchers towards training.

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.

October

So here we go into the last quarter of this year. If the time has just flown for you and you haven't got everything that you want to achieve done this year—take heart. There is still time. Oh, a little less of it than, say 9 months ago; but there is time, nonetheless. To get in all the things that you thought you'd have to do or planned to do or just wanted to do you must now consolidate time and apply yourself at a pace that will enable you to get where you want to go. You can get from London to Plymouth. If you walk it will take a long time, if you crawl it will take even longer. If you run it will be faster, but if you drive or fly then the journey seems shorter. The distance may be the same, it's what pace you apply to it that will make the difference. Instead of excuses, take up a "why wait" attitude and GO FOR IT.



The Big One

September was phenomenally busy. There was a kyu grading, a seminar in London, our Big Seminar of the year, and the Dan (black belt) grading too!

Big thanks to those who battled long distances to come and train with us—we had visitors from London, Essex, Plymouth, Seaton, and Cornwall to the seminar. There was a resounding approval from every-

one who came along as they got involved with Indirect Pressure with John Burke sensei, then Neil Ellison sensei got into 8 Directions and Serving Tea. As all this was happening, the Keikokai nidans got a session with Anthony Blades renshi where they experimented with how those movements could be taken into "normal" kata and basics practice. The shodans followed soon after, while Neil's marathon session was being recorded. Our Black Belts seemed to be fitting right into their current ranks, with the Nidans being complimented for their improvements over the past few months.

John finished off the day with attacks to legs to disrupt an opponent's stability.

Of course, while all of this was happening, there was actually a dan grading taking place, too. The test began on Saturday with the technical grading. Our colleague within BAMA, Damien Birch sensei had never seen a black belt test like it, and was suitably impressed.

By the end of Sunday, we were happy to announce our new nidans (2nd degree black belts) **Lucie Clark** and **Steph Ellis**. The successful shodan (1st degree black belt) candidates were **Sam Adams, Tim Boyd, Daniel Callan, Cat Maslin, Ruby Simmons, and Dale Tarr**. Congratulations to you all, and this is where the training really starts!



Terry Wingrove Sensei

Once again we are due to receive a visit from Britain's most senior Karate-ka. Terry Wingrove sensei was the senior student and dojo captain to Vernon Bell, the man who brought Karate to England. Sensei Terry spent 20 years in Japan, where he still has a home, and he is also graded in Aikido, Jujutsu, and Judo (his lowest grade is 5th dan).

Training with Sensei is painful and very educational. We encourage all adults and senior grades to attend. All fees from this seminar are donated to charity.

Kickboxing

Focus Kickboxing is sliding into the evening a little more, with a hook and a jab it moves to 6.30pm. Prepare for impact!



Timetable Changes

Please note that there are some changes to the timetable below. We have rearranged Torquay times and venues to allow for longer sessions and more adult attendance. Classes are now at Upton Vale Church hall on a Tuesday and Central Methodist Church hall on a Thursday. We have an extra session on a Friday at Newton Abbot. These changes are with immediate effect.

Birthdays

The following students have birthdays in October:

- 1st Megan Ramsay
- 7th Dylan Shrubbs
- 9th Shannon Thorne
- 10th Jim Wight
- 11th Sandra Koch
- 14th Austin Bryant
- 15th Annabel Callan sensei
- 17th Ruby Simmons sensei
- 18th Pip Lawton
- 20th John Slater, Wesley Whittle
- 21st David Pickhaver sensei
- 22nd Alice James
- 25th Joe Boyd sensei, Alex Suarez, Steph Ellis sensei (18th Birthday)
- 29th Tyler Ledger

Happy Birthday to you all.

New Members

Traditionally there are fewer new members over the summer months, so we are absolutely delighted to welcome **Thomas Cane, Oliver Cane, Ethan Heppell, Jacob Heppell, Adam Gillson, Coral Nelson, Chloe Nelson, Grace Pitts, Daniel Hird, Tyler Hird, Rebecca Field, Jamie Field, Theresa Field, Robert Jones, Owen Mahoney, Jamie Keith, Karla Breeze, Shannon Thorn, Andrei Slipszenko, Marie Mudge, Amy Drew, Jenny Pierpoint, Scarlet Faw-**

cett, Mia Pierpoint-Giel, Nathan Blackmore, and John Cooper who joined the Karate club in September.

Advanced Training

Brown and Black Belts. Sundays 4pm—5.30pm+. Regular class at 5pm. First Session Sunday 12th October.

October Timetable Exceptions

- Tues 7th No Lunchtime Session. Evening sessions as normal
- Sun 26th No Normal Sessions. Seminar only.

2008 Seminar/Grading Dates

- October 11th Chris Crudelli from BBC's Mind, Body & Kick Ass Moves fame. 3-6pm £45.
 - October 25th Heian kata seminar with **John Burke** sensei, Plymouth venue. 10-2. £35 (BAMA members £25)
 - October 26th **Terry Wingrove** sensei, Newton Abbot
 - November 2nd Kyu Grading 3-6pm
 - November 22nd Tekki/Naihanchi Kata Comparison seminar with John Burke sensei and Martyn Harris sensei
 - December 14th Kyu Grading
 - December 20th or 21st (tbc) Annual Gala, competition, awards and Christmas Party.
- And of course 2009 is only just around the corner. If you have specific requests for courses or instructors that we might be able to bring in then please let us know so that the arrangements can be made. If enough people ask for a knife defence seminar, for example, then we will arrange one.

Mind Body and Kick-Ass Moves

The presenter of the BBC tv series was **Chris Crudelli**. An associate of ours has contacted him to see if he will present a seminar at the Newton Abbot dojo on Saturday October 11th. The seminar will teach mind control, internal energy, and some of the tricks that you will have seen in the series. It will be 3-6pm and £45. Anyone interested must let us know ASAP.

BAMA

The British Association for Martial Arts is now up and running. It was announced at the seminar on Sunday 28th September that BAMA would exist as a governing body and sanctioning committee for grade recognition for martial arts clubs of all styles with a senior technical committee to guide it's development. The local examiner is John Burke sensei.

Last Word

Once again, watching the forums, I see people whinging about situations of their own making. One local instructor is bemoaning that she has no-one to grade her! If you are graded it should be by someone you respect. If you are not willing to take someone else's opinion and advice then a grade from them is useless, isn't it? That's why we are so privileged to have high ranking and skilled teachers advising and guiding us. Taking advice from them isn't a sign of weakness, it's a sign of maturity. It doesn't mean we can't make up our own minds, it means that we recognise an "outsider" can have an unbiased opinion. When your teachers and their teachers are loyal to each other it is because of mutual respect, not hero-worship, Proud to be the Keikokai. See you in the dojo.

Oss



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

Open Seminar



All styles and grades welcome

Your opportunity to train with Terry Wingrove sensei. Britain's most senior Karate-ka. Also skilled and graded in Aikido, Ju-jitsu, and Judo. The theme will be "Old-Style Karate-Jutsu"! The fee from this seminar is donated to the Richard House Children's Hospice.

Sunday 26th October 2008, 10am-2.30pm £25

Karate Academy, Bradley Lane, Newton Abbot

To book your place, please call 01626 360999 with card details or fill in cut-off slip and return it to Kim Burke, Karate Academy, Unit 1 Bradley Lane, Newton Abbot, TQ12 1LZ

(cheques should be made payable to **Black Belt Academy**)

Yes, I'd like to reserve my place on the Karate Jutsu seminar taught by the Terry Wingrove. I include £25 to cover tuition, and confirm that I have valid insurance and licence to practice martial arts. I understand that training includes the risk of injury, and will ensure that I train with care for my own health and that of my training partners. I will present myself in a timely fashion and present myself neat and tidy, ready for training, at the seminar.

Name.....

Style/Club..... Grade

Contact Number(s):

Email.....

Signed: Date:

(parents consent for students under 16 years)