

Karate Bulletin

Volume 3 Issue 10 October 2009



Ostensibly October

The BIG One!

The senior instructors of the British Association for Martial Arts, **Anthony Blades** renshi and **Neil Ellison** sensei will be visiting the Newton Abbot dojo and joining John Burke sensei for this year's **must-do** seminar. Previous years' courses with these two greats have been very enjoyable, with subjects like "serving cake" (now if that doesn't make you wonder about how we fit that into self defence then I don't know what will).



The course is suitable for everyone, and will also form the backbone of the Dan grading and the guidance for those seeking Dan grades over the next year.

Sunday is the seminar day, open to everyone. Training starts at 10am and finishes somewhere around 4pm. On Saturday the Brown and Black Belts have an extra session, and should make sure they are at the dojo for 1pm, training will begin at 2pm.

Don't miss out.

Hot on the Heels

The very next weekend we have an afternoon session we just had to call The Accelerator. This will be a set of Workshops put together to help you with your grading material.

The minimum investment of £10 will go towards the new mats and pads for the new dojo.

Each grade group will have a Black Belt instructor drilling them through their grading material so that we really polish it, ready for the kyu grading that some will do this month and some will do in December. It starts at 1pm at the Newton Abbot dojo, and features a prize draw to win a years worth of tuition plus a variety of other prizes. We will end the day with some Karate Games followed by a buffet.

Painful Lessons

Sunday 18th October 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.

NEW CLASSES

There are extra training opportunities now on at the Broadmeadow Centre in **Teignmouth**. Wednesdays 5.30-6.30pm and 6.30-8pm; and at the Ashmoor Centre in **Ashburton**. Thursday 5.30-6.30pm and 6.30-8pm. All Welcome.

Times Change

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

Totnes dojo. Wednesday classes will now be 5.30-6.30 AND 6.30-8pm, adding extra training opportunities.

New Members

During the month of September the following students joined our Karate group. **Hannah Tribble, Jack Zheng, Aaron Bateman, Jennifer Allen, John Dunlop, William Dunlop, and Adam Castle.** Welcome one and all.

Birthdays

The following students have birthdays in October:

- 1st Megan Baker-Smith, Shaun Driscoll, Megan Ramsey
- 7th Dylan Shrubb
- 8th Tara French
- 10th James Wight sensei
- 11th Ethan Bradshaw-Price
- 14th Austin Bryant
- 15th Annabel Callan sensei
- 17th Ruby Simmons sensei
- 18th Joshua Chambers, Zachary Morgan sensei
- 20th John Slater, Wesley Whittle
- 21st David Pickhaver sensei
- 22nd Alice James
- 23rd Radislaw Jaszczur, Shakira Lavallee
- 25th Alex Suarez, Stephanie Ellis sensei
- 26th George Parnell

Happy Birthday to you all.

October Timetable Exceptions

- Sunday 4th Seminar, no normal lessons.
- Sunday 18th Seminar, no normal lessons.

Coming-up

Saturday 3rd October

Sunday 4th October

Saturday 10th October

Sunday 18th October

Sunday 1st November

Saturday 14th November

Saturday 17th November

Sunday 18th November

Sunday 13th December

Sunday 20th December

Sat/Sun 29/30th May 2010

Dan Grading

BAMA Seminar & Dan Grading

The Accelerator

Terry Wingrove

Newton Abbot

South West Open Competition, Exeter

Womens Self Defence

PP Seminar Essex

PP Seminar Plymouth

Kyu Grading

Special Xmas Lesson

SENI martial arts trade show.

Last Word

Sometimes it can seem like we have event after event, and so many demands on our time. Most of our students won't be attending all 3 of our major events this month. Most will pick one or another that grabs their attention the most. Will it be the cluster of guest instructors on the 4th, with their different perspectives on the Art? Will it be the grading material and fun on the 10th? Will it be the pain and experience on the 18th? Well, each of us is different. The closer we get to Christmas the less people will want to spend out on special events, and all three of these have much to offer the club members. Do we put them off until "times are better"? No, the only way forward is to take Action. We've been talking about it in class for the past month, and we know that you will get the most out of your training that you possibly can.

So is it a heavy month? Yes. Come and meet the man who hands out Black Belts and the Scientist who blends WadoRyu with Bagua. Then have a day of drilling down into your grading and some fun to boot, knowing that you are funding the new mats for the new dojo. Then the adults can enjoy some truly painful techniques with a living Karate legend. We offer it all—for your benefit.

Proud to be the Keikokai.

See you in the dojo.

Oss

Women's Self Defence

The next Women's Self Defence class that **Clare Potter** sensei has booked is on Saturday 14th November 3-6pm. To confirm your interest, please call us on 01626 360999 or speak to Sensei Clare Potter

Wedding Congratulations

Join us in congratulating Sensei Martyn Harris and his new wife Emma who got married in Cardiff on 19th September.

Also well done to James and Anita Gilbert on their marriage and cool reception.

KARATE

Newton Abbot

Karate Academy, Bradley Lane,
NEWTON ABBOT

MONDAY	5pm-6.30pm
TUESDAY	11.30am-12.30pm 5pm-6pm 6pm-7pm 7pm-8.30pm
THURSDAY	11.30am-12.30pm 5pm-6pm 6pm-7pm 7pm-8.30pm
FRIDAY	5.30pm-6.30pm
SATURDAY	10am-12noon
SUNDAY	4pm-5.30pm Brown & Black Belts 5.30pm-6.30pm All Grades

Torquay

Karate Academy, Warbro Road, TORQUAY

MONDAY	5.30pm-6.45pm 7pm-8.30pm
THURSDAY	5.30pm-6.45pm 7pm-8.30pm
SATURDAY	10.30am-12noon

Teignmouth

Broadmeadow Leisure Centre, TEIGNMOUTH

WEDNESDAY	5.30pm-6.30pm 6.30pm-8pm
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Ashburton

Ashmoor Leisure Centre, ASHBURTON

THURSDAY	5.30pm-6.30pm 6.30pm-8pm
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Totnes

TOTNES Pavilion Leisure Centre

WEDNESDAY	5.30pm-6.30pm 6.30pm-8pm
SUNDAY	10am-12noon



*Dedicated to Black Belt
Excellence*

KICKBOXING

Karate Academy, Bradley
Lane, NEWTON ABBOT

MONDAY	6.30pm-7.30pm
FRIDAY	6.30pm-7.30pm

IAIDO

Karate Academy, Bradley
Lane, NEWTON ABBOT

SATURDAY	12.15pm-1.30pm
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GCSE JAPANESE

Karate Academy, Bradley
Lane, NEWTON ABBOT

SATURDAY	12.30pm-2.30pm
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