

Karate Bulletin

Volume 4 Issue 10 October 2010

October

A Million Things to Do!

On the news they're beginning to talk about the number of shopping days before Christmas—but we still have loads to do! We've still got special guests to see, seminars to go to, plans for the dojo, and YES even the regular training and regular classes. So how are we going to get all of this done? With the same determination that our Karate teaches us to do everything. We apply ourselves to one step at a time until we get there.

BAMA lama ding dong

Guest instructors of such high calibre visit us often, but rarely do we get FOUR on the same day. Alongside our very own bunkai expert John Burke sensei, this month sees our most important seminar of the year, with guests **Neil Ellison sensei** teaching Hsing I, **Stuart Howe sensei** teaching combatives (even after recovering from a broken back), **Martyn Harris sensei** with Kempo applications, and **Anthony Blades renshi** teaching biomechanics.

That's 5 teachers from 4th dan to 6th dan all teaching on **Sunday 17th October**. Practical techniques and universal principles for all ages and levels of experience. Don't miss out. There will also be a bonus session with Anthony Blades renshi on Saturday October 16th for Dan graders and those brown belts and black belts who have paid in advance for the Sunday seminar.

It's been 3 years since Stuart Howe sensei was last in Devon. It's been 7 years since all 5 teachers have shared the mat on the same day. It will be an historic weekend. **All Karate Academy students should be there.** Do whatever you have to do to attend. We don't do this kind of thing every week and you don't know when it will happen again. Meet the Black Belt Grading examiners for the association, learn some new skills from different types of teacher, have a great day with FIVE top instructors. Something for everyone. Please see the attached flyer to book your place on the course. Anyone paying on the day must pay cash, payment in advance is preferred as it helps us to get accommodation sorted out for our guests.



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?

Grading

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

Torquay Venue Change

As many of you are aware, the planning permission to change 1 Warbro Road into flats was granted some time ago. Rather than leave it until the point where we were thrown out, Karate classes will now move to a new location.

As of Saturday 9th October 2010, our Torquay timetable will run as usual but from **First Floor 5-7 Market Street, Torquay**. The site run by Active Community Access was one that our classes ran in 7 years ago. The current management are happy to see us come and make use of their site, and we very much enjoy the ambience of the place. Any queries please call 01626 360999 for details of how to get there.



Teacher's Teacher

Saturday 18th September saw **Russell Stutely renshi** visiting sunny Devon for a special weekend. Actually, it all started on Friday night with a pad-night where we didn't touch a pad... Then on Saturday the children were introduced to escape techniques. Floor work continued in the afternoon with some very painful holds and pins. Sunday saw the children taught how to make an unavoidable roundhouse kick, and then later we had more throws and holds and a little waveform teaching. A fine weekend.

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Timetable Exceptions

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

Sunday 17th BAMA seminar. No normal lessons

Tuesday 19th-Thursday 28th inclusive: No lunchtime training

Coming-up

Sun 28th November Terry O'Neill sensei seminar

Sat/Sun 21st/22nd May 2011 The Martial Arts Show, Birmingham NEC

Ashburton

Ashmoor Leisure Centre, ASHBURTON

TUESDAY 6pm-7.30pm
THURSDAY 6pm-7.30pm

Chudleigh

CHUDLEIGH Town Hall

MONDAY 5.30pm-7pm

Newton Abbot

Karate Academy, Bradley Lane,
NEWTON ABBOT

MONDAY 5.30pm-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, 5-7 Market Street TORQUAY

MONDAY 5.30pm-6.45pm
7pm-8.30pm

TUESDAY 5.30pm-6.45pm
7pm-8.30pm

THURSDAY 5.30pm-6.45pm
7pm-8.30pm

SATURDAY 10.30am-12noon

Totnes

TOTNES Pavilion Leisure Centre

WEDNESDAY 6.00pm-7.30pm

SUNDAY 10.30am-12noon

Teignmouth

Teignmouth Rugby Club, TEIGNMOUTH

MONDAY 6.00pm-7.30pm
WEDNESDAY 6.00pm-7.30pm

Women's Self Defence!

Clare Potter sensei Taught Women's self Defence on Sunday 13th September 2010. The additional session for those who have done this training before seemed to be very well received as we increased the intensity!

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**. Negotiations continue with MyTime, so please enquire as we may have it settled as this Newsletter goes to print.

Birthdays

The following students have birthdays in October:

3rd Declan Moss, Shana Osborne
10th Jim Wight sensei
11th Ethan Bradshaw-Price
13th Joshua Goodman
15th Annabel Callan sensei
17th Ruby Simmons sensei
18th Joshua Chambers, Zack Morgan sensei, William Ward
21st David Pickhaver sensei
22nd Alice James sensei
27th Lorraine Alderson

Happy Birthday to you all.

New Members

During the month of September the following students joined our Karate group. **Andrew Haworth, George Merritt, Frederick Leach, Simon Vooght, Ben Waymouth, Charlotte Waymouth, Joe Waymouth, Salem Wannacott, Kai Urwin, Melissa McCarthy, Samuel McCarthy, Samantha McCarthy-Patmore, Robert Patmore, Kit Hughes-Johnson, and Tommy Craven.** Welcome along one and all!

Instructor Training

The Instructor Training Programme will be commencing soon starting with a trial introductory session before we start on the regular training modules, so anyone who wants to be part of the next wave of Karate Academy Instructors should call Kim or speak to Sensei John about being added to the list.

To apply the minimum requirements are age 14+, 5th kyu+ and able to commit to one weekend's intensive training per month.

Last Word

If you don't make this grading—keep on ready for the next one. If you don't get to class this week—make sure you get more training next week. If you don't "get" your new kata or a combination—turn up early and get some help; or claim that 1-2-1 lesson to get the assistance you need.

What that comes down to is taking responsibility for the things in your life that you can do something about. Yes, we all have dramas in our lives that affect us from time to time. Yes, we face challenges. Karate training gives us the strength to overcome those challenges.

Proud to be the Keikokai.

See you in the dojo. **Oss**





BAMA Traditional

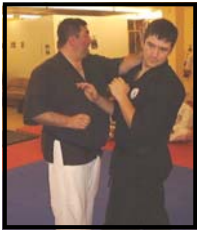


Martial Arts Annual Training Seminar Sunday 17th October 2010

10am - 4pm Only £25

Karate Academy, Bradley Lane, Newton Abbot, TQ12 1LZ

Guest Instructors: Renshi Anthony Blades 6th Dan
Sensei Stuart Howe 5th Dan
Sensei Neil Ellison 5th Dan
Sensei John Burke 5th Dan
Sensei Martyn Harris 4th Dan



Yes, I would love to attend the BAMA seminar on Sunday 17th October 2010.
I confirm that I have adequate martial arts training insurance and include the fee of £25 (Cheques should be made payable to BAMA). To pay by credit/debit card call 01626 360999. My details are as follows:

Name:

Current Grade: Club:

Contact Numbers:

Email Address: @

This slip should be returned to Kim at The Karate Academy, A2/A3 Bradley Mill, Bradley Lane, Newton Abbot, TQ12 1LZ.