

Karate Bulletin



A Note From Kim

New Term, Fresh Start.

Just a reminder that Private Sessions in September are filling up FAST due to the kyu grading on the 13th and the black belt grading on the 27th/28th. If you want a private session this month you will need to call me NOW to secure your slot.

Charity Event—ideas to me asap please for event before Easter next year.

Remember September

So here we are in a new academic year. Just like January, it is a time of beginnings, when most of us move on with new stages in our lives. If you have let any of your year's goals slip by, now is the time to refresh your commitment to them. Dive in and get them done. Accomplishment only comes through *pushing yourself*. We will always be there to help you with your goals, in advice and in physical terms with training, but in the end it is *you* who get the results. *You* make sure you turn up, *you* make sure you work on what you need to work on, and *you* reap the rewards. The instructors belts don't change because of your success, and your belt doesn't change because of how great an instructor is. The fact is, the advice and training remains the same for everyone—**true** equal opportunities—but not everyone will follow the advice and use the help on offer. Some will. Will you?

The Big One

So we have a kyu grading in the middle of the month, and a Dan grading at the end of it. Of course, the grades are earned *in class*, every lesson that you attend, but the test is still a trial by fire to earn the new belt. Saturday 13th September has all normal lessons replaced by the exams for coloured belts. Whether you are grading or not you should be there. A) to support your fellow students who are taking the test. B) for experience so that you understand the requirements for your next test and to stay in the habit (especially high grades). Saturday 27th September has normal lessons plus the Brown Belts and Black Belts being examined by **Renshi Blades** and **Sensei Burke** on their technical standards. On Sunday they are checked again by **Sensei Ellison** on their observation and comprehension skills. The Sunday is also our annual Traditional Arts Seminar—an opportunity to experience top level tuition in application/self defence, the links between Bagua and Karate, and technical Karate and body mechanics. This course is our *big deal* of the year—a long day's training and a big adventure. It gives feedback to Black Belt hopefuls and lets you meet the grading examiners. All grades and ages are welcome, and everyone should make a special effort to be there. It's not every day that you get so many top-class instructors in one place. Please book in advance with the sheet supplied at the back of this newsletter. That's **Saturday 27th and Sunday 28th September**.

The Cook Report

We were privileged to bring you a great seminar by Harry Cook last month. The Karate historian not only taught for two hours longer than scheduled, but arrived early and regaled us with tales from his past for the whole of the afternoon, too. **Seiyunchin** kata was taught on the Sunday, complete with applications—none of which were too far off of the way we would have done them. Harry said that he likes our dojo, and let us know about a course next year on the Isle of Aran which is virtually FREE for those who are interested. We hope that you managed to get your licence books signed by the famous martial artist, it serves as a great reference as time goes by as to the path you have travelled.



KARATE

MONDAY	5pm-6.30pm	Karate Academy, Newton Abbot
TUESDAY	11.30am-12.30pm	Karate Academy, Newton Abbot
	5pm-6pm	Karate Academy, Newton Abbot
	6pm-7pm	Karate Academy, Newton Abbot
	7pm-8.30pm	Karate Academy, Newton Abbot
WEDNESDAY	5pm-6pm	Torquay, Riviera Centre
	6pm-8pm	Totnes Pavilion Leisure Centre
THURSDAY	11.30am-12.30pm	Karate Academy, Newton Abbot
	5pm-6pm	Karate Academy, Newton Abbot
	6pm-7pm	Karate Academy, Newton Abbot
	7pm-8.30pm	Karate Academy, Newton Abbot
FRIDAY	5pm-6pm	Torquay, Riviera Centre
SATURDAY	10am-12noon	Karate Academy, Newton Abbot
SUNDAY	10am-12noon	Totnes Pavilion Leisure Centre
	5pm-7pm	Karate Academy, Newton Abbot

COMING SOON—CLASSES IN EXETER
All classes are open unless stated

IAIDO
Friday 7pm Karate Academy, Newton Abbot

TAI CHI/CHI GUNG
On hiatus

KICKBOXING
Monday and Friday 6pm Karate Academy, Newton Abbot

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Kickboxing

Focus Kickboxing padwork and heavy exercise drills take place at 6pm on Mondays and Fridays at the Bradley Lane dojo. Classes are on now. They are a great adjunct to regular Karate training. Cost per session £5, ask about family/regular training discounts.



The Return of the Sword



laido—the Way of Drawing the Sword is on Fridays at 7pm! New members are always welcome—you can even borrow a practice sword for the first couple of lessons while you make sure it's something that you want to do.

There's no sparring in laido, just kata practice, so it can seem deeply meditative!

Birthdays

The following students have birthdays in September:

1st	Fred Johnson
3rd	James Warren
5th	Dean Johnson
9th	John Rogers
10th	William Newton-Finn
11th	Josh Timmins
13th	Michelle Hall
16th	Carl Pratley
20th	Kieran Hooper
22nd	Katie Needham & Dale Tarr
25th	Paul Wilson
26th	Alyssa Frayling & Courtney Millward
27th	Rachel Rock
30th	Murray Hoggett

Happy Birthday to you all.

2008 Seminar/Grading Dates

September 13th	Kyu Grading
September 27th & 28th	Seminar & Black Belt Grading
October 11th	Chris Crudelli from BBC's Mind, Body & Kick Ass Moves fame. 3-6pm £45.
October 26th	Terry Wingrove sensei, Newton Abbot
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.

September Timetable Exceptions

Sat 13th	No Normal Sessions—Grading sessions only. White-red Belts 10am-1pm Yellow Belts + 2pm-5pm
Sun 28th	No Normal Sessions. Seminar only.

Back to School

As school time approaches and a new term begins, we find it prudent to remind students and parents that Sensei John wants to see this year's school reports.

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.

Summer School

Summer School was lightly subscribed this year, which enabled us to get stuck in and teach a few things that we might ordinarily not have been able to do. We handled history and tradition, along with grading material, flow drills and weapons work whilst cramming in one month's tuition in one week. Congratulations to those who took part on their great effort

New Members

Traditionally there are fewer new members over the summer months, so we are absolutely delighted to welcome **Darren Cross, Lee Cross, Joel Cross, John Slater, Jasmine Slater, Sasha Price, Jade Price, Patrick Pook, Sandra Koch, Lindsay Upton, Carole Saint, Louis Saint, Otis Saint, Stuart Phipps, and William Newton-Finn** who joined the Karate club in August.

BAMA

There will be an announcement at the seminar on the 28th that affects all members. Nothing to worry about, but it's an interesting turn of events.

Last Word

John Rogers & Killamanjaro: many of you will know John Rogers who trains at the Newton Abbot dojo. At the end of August he undertook a massive mission to climb the huge African mountain for charity. The beneficiary of all the sponsorship money is John's local youth centre, where they are in need of equipment. We hope you will join us in supporting John's great adventure and great spirit—sponsor him, every little helps.

There's so much doom'n'gloom on the telly and in the papers at the moment, yet we've just had a phenomenally successful Olympics. There is so much more to be had from life by looking to the positives. The roads still have cars on them, cars are not up on blocks on driveways. The lack of mortgages means that more people are renting, and there are a good few to choose from so they have to stay affordable. Obesity and ADHD are very real modern afflictions, and yet Karate is here to help combat them.

Whatever is going on in the world, there is always training.

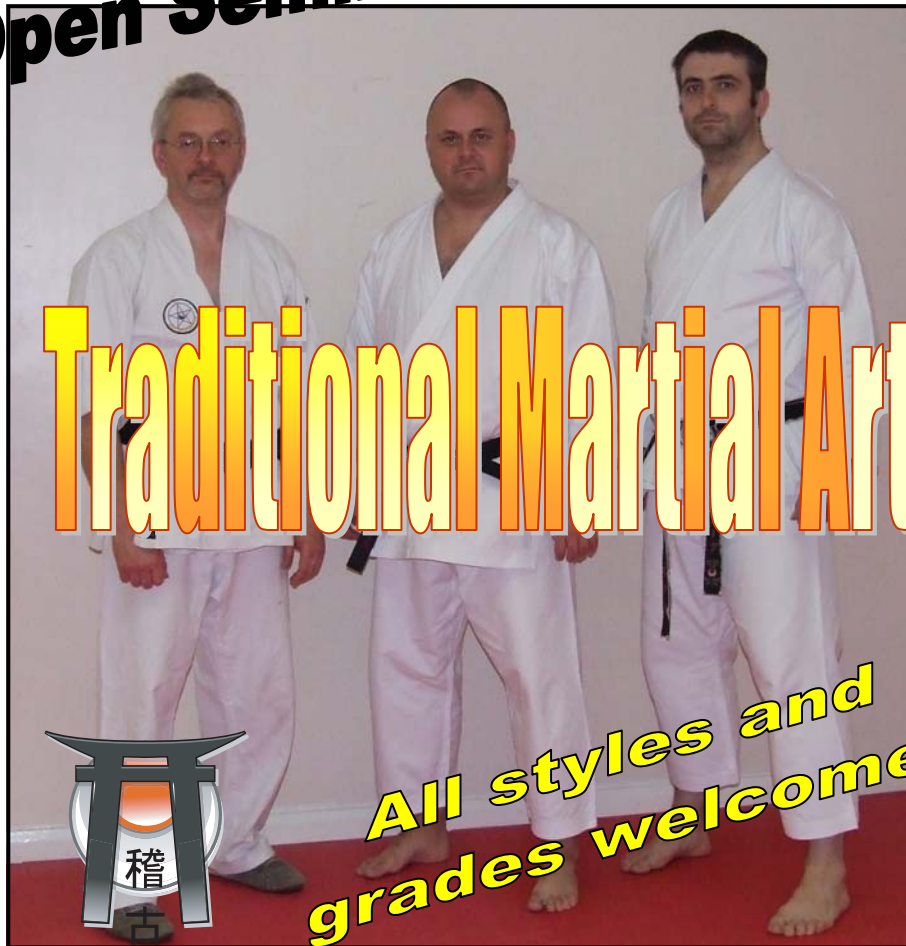
Proud to be the Keikokai.

See you in the dojo.

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Open Seminar



All styles and grades welcome



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Your opportunity to train with Anthony Blades Renshi, Neil Ellison sensei, and John Burke sensei. Together they present traditional martial arts for application, for self defence, for correct body movement, and for a healthy discipline.

Sunday 28th September 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 Traditional Martial Arts seminar taught by the guest instructors. 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)