

Karate Bulletin

Volume 4 Issue 9 September 2010

September

Back to School!

With the new term starting for schools it often feels like a new term for us, too. In truth we don't have a "stop" situation like the schools do, but instead graduation from one level of learning to another is an on-going experience. Kyu grades will graduate when they get their new belt, but still September is a time of renewed passion at the Karate Academy. Some people look at a new term with despair—how will they ever get it together this term. For us it is another chance to make progress and get it right! We start off this term with a Buddy Day—an opportunity for new friends to come and join us. Then we have some great guest instructors alongside the usual great regular instructors. All of this leads up to a grading and "The Special Lesson" and our awards at Christmas. Jump right in.

Genius

Who's coming to town on Saturday 18th September? The man who revolutionised our training. Who does Sensei John turn to for advice and training? Well several people actually, but the Keikokai's pressure point and applicative knowledge comes mostly from **Russell Stutely renshi**. Known to many clubs as Master Stutley, it was Russell who put the pieces together for our founder when he was first learning the wonderful things contained within Karate. Next month, you will have the opportunity to attend a two day course with the man who is, literally, a martial arts genius. Booking forms for this very important seminar are available now.



Timetable Exceptions

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

Friday 3rd	No PADnight in Newton Abbot
Sunday 5th	Grading. No normal lessons
Saturday 18th	Seminar—no normal lessons
Sunday 19th	Seminar—No normal lessons
Sunday 26th	No Brown & Black Belt class

New Term Buddy Session

On Saturday 11th September we are making the morning sessions in both Newton Abbot and Torquay "Buddy Sessions". This means you are invited to bring a friend along to class and have them stand next to you, and train alongside you regardless of grade. People are naturally nervous when starting a new activity so trying us out with a friend and with others starting at the same time, they will feel more relaxed. Buddy Passes are available now, just ask for some of collect them from the desks in Newton or Torquay.

Cancer Care Demo

Big thanks to all those who supported the demo for Macmillan Cancer Care in Bovey Tracey on Sunday 21st August. It was really good to see a strong contingent from Torquay dojo making the effort to get out and support the event. / Distressing that so few from Newton Abbot bothered when their dojo is nearest.

Thanks to The Drew Family, Colleen, Paula, Summer, (and Adam Castle came to support us too) Jim, Clare, Richard, Ross, Dave, and especially Steve White who came all the way over from Seaton to take part in a 20 minute demo...

Yes, some people were on holiday and some people had events in their lives that meant they COULD NOT be there. And some people sat on their bottoms during the demo.

Doing things that put you out is what separates you from the masses and makes you exceptional people.

Just so that you know, the organisers offered us a donation for taking part, which I asked be donated to Macmillan Cancer Care as the event was for their benefit.

Grading

Coloured belt (kyu) grading will be on Sunday 5th September. 10am start. There will also be a pre-grading for those who want to take a Dan grade.

Birthdays

The following students have birthdays in September:

2nd Kieran Cree
3rd Michelle Green, James Warren
9th Mark Stanaway
22nd Nyah Moss, Katie Needham (**sweet 16**), Dale Tarr sensei (**sweet 16**)
27th Robin Davey
29th Henry Morgan

Happy Birthday to you all.

Timetable Changes

The timetable has changed once again! Asburton now benefits from classes 6-7.30pm on Tuesday as well as Thursday. This is from NOW. Teignmouth has become 6-7.30pm on Mondays and Wednesdays. This is from 6th September.

New Members

During the month of August the following students joined our Karate group. **Annabel Nicholls, Alexander Cutts, Amanda Moss, Declan Moss, Jonathan Ward, William Ward, Courtney Stewart, Sophie Perry and Mark Row-swell.** Welcome along one and all!

Gasshuku

The opportunity may occur for us to host a Gasshuku nearer to home next year. If you are interested then please register your thoughts about times and venues on the Members Only forum. We'd look to include more classes and more variety, say including Escrima training and beach training.

Magazine

Martial Arts Illustrated has an article by John Burke sensei about kata bunkai this month. Morote Uke

DVD

Kata and Application volume 14—**BASSAI SHO** is now available. £19.95, but only **£15** to members. If you are not making use of the books and DVDs available at members prices then you must already know it all, mustn't you?

KARATE

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, Warbro Road, 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

Ashburton

Ashmoor Leisure Centre, ASHBURTON

6pm-7.30pm
6pm-7.30pm

TUESDAY
THURSDAY

Chudleigh

CHUDLEIGH Town Hall

5.30pm-7pm

MONDAY

Women's Self Defence!

Clare Potter sensei will be teaching Women's self Defence on Sunday 13th September 2010. This one is a little different in that we are adding a session for those who have done this training before to add more weapons to their arsenal. 10-12 for everyone at £10; 12.30-2.30pm only for students who have already learned Basic Women's Self Defence—at £10. Anyone doing both sessions can get in for £15 the pair.

Coming-up

Sun 5th September

Sat/Sun 18/19th September

Sat 25th September

Sat/Sun 16/17th October

Sunday 28th November

Sat/Sun 21st/22nd May 2011

Kyu Grading/pre-Dan test

Russell Stutely renshi

Bunkai seminar Scotland

BAMA weekend and Black

Belt Grading

Terry O'Neill sensei seminar

The Martial Arts Show,

Birmingham NEC

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.

BAMA lama ding dong

Black Belt grading. Guest instructors. Neil Ellison sensei teaching Hsing I, Stuart Howe sensei teaching combatives (even after breaking his back), Martyn Harris sensei with applications, and Anthony Blades renshi teaching motion. Don't miss out. October 16th for Dan graders, 17th for everyone.

Last Word

With guest instructors like ours...

Those who avoid training with our guest seminar instructors are really missing out. We bring the best instructors from all over the world to come and teach you. When they arrive you are training with really good quality martial artists, gaining further insight into what you do. Some of it will be relevant to grading. All of it will be relevant to improvement. Some of those instructors have a say in your Black Belt (or your next black belt), all of them can help you if you take on board the message that they bring you.

Helping to cover the costs of bringing these instructors in is only part of it. We could simply not bring them in any more, leaving the dedicated to travel to wherever those teachers are instructing on other courses. Quite often some of us will travel to other seminars—but on those occasions the people who can't travel due to time/work/family commitments miss out!

So. Here we go again. **Russell Stutely** renshi gets down here "perhaps" once a year. The **BAMA instructors** haven't been together like this for more than 3 years. It has been 13 years since I last trained with **Terry O'Neill** sensei. What you get from these instructors is very much a matter of what you are prepared to get out of them/what effort you put in. Are you going to miss out?

Proud to be the Keikokai.

See you in the dojo.

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