



September!

What Does It Take?

The instructors are regularly asked, sometimes by students and sometimes by parents, "what does it take to get put in for the next grading?"

The answer is going to depend on the circumstances of the individual, but there are some things that shouldn't really need saying (and yet they do).

- 1) Attend classes—yes, there are people who are training irregularly who can't understand why they aren't making progress.
- 2) Use lesson time wisely. Actually listen and do the things that Sensei is telling you.
- 3) Use your Private Lesson entitlement. The 1-2-1 classes are there so that you can get help with the things that you feel you need more of.
- 4) Ask what you need to do better. Then take action on the answers.
- 5) Actually have a desire and an expectation that you are going to get better at your art.

An instructor needs to see you to assess whether they are willing to put their name on your grading nomination. If they don't feel confident or fear that they are going to look silly for suggesting that you should grade then they won't put you in. Doing what they tell you and striving to be the best you can be; driving yourself each lesson instead of just being there physically; those are what get you nominated. Now if that sounds like hard work then we're doing it right. Grades are earned, not given. 26 lessons or more (especially if you only train irregularly) - that's what gets you there.

If you need extra training, talk to your instructor or email/call us info@KarateAcademy.co.uk or 01626 360999. Remember we are here to help and will always listen. John and Kim

Ladies Self Protection

It was very nice to have people who have never done the Ladies Self Protection course along to the class in Paignton at the beginning of July. We hope you'll all support the next one over at Newton Abbot on

Saturday 24th September 1-4pm £10pp.

Please call 01626 360999 to reserve your place.

This class is not full of hopeless theory like some of the books and classes out there, just practical no-nonsense technique and universal principles that do not depend on strength or size. Make it a priority to be there.

Dedicated to Black Belt Excellence

Congratulations

Well done to all our students who gained fresh GCSE and A level results over the summer. Discipline and dedication pay off, as does having some down time and de-stress time on the pads...

Green Ears

Many thanks to the students who came along to support the demonstration at the Green Ears event in aid of Animals In Distress. It seemed to go fairly well, with only the occasional outbreak of barking from the dogs joining in with our Kiai!

Totnes Youth

At very short notice, Ross Chesterton sensei went along to the Demo at the National Play Day Youth event in Totnes Pavilions field. A well received display saw new students at the very next lesson.

MORE Demonstrations

As we head back into school term-time, you might like to make your teachers and school offices aware that the Karate Academy is available for assemblies, "alternative" PE classes, and PPA cover as well as the possibility existing for after-school clubs. Please give out our number 01626 360999 and have interested teachers call us to share their requirements.

Academy Gala

This is a huge event. It will have demonstrations on various subjects with all the instructors, competitions for kumite and kata, and some fun ones, too, like made-up kata and piggy back kumite... There are medals and prizes to be won, raffles and draws to take part in.

Sunday 18th September beginning at 1pm and going on until 5pm, all funds raised are going towards the re-invigorated Newton Abbot dojo.

Entry is £10 minimum donation per person, and your non-member friends can come along for £5 as a special offer.

We will be holding a raffle/auction at the end of the day, so if you have anything that you can donate to the prize pot please let us have your donation by Monday 12th September. Raffle tickets will go on sale on Tuesday 13th.

A list of auction items will be made available on Tuesday 13th and any member who is unable to make it on Sunday can bid by letting Kim know what your maximum bid is by 1pm on Saturday 17th.

We look forward to seeing as many of you as possible on Sunday 18th at 1pm. It will be a fun event and it is functions like this that enable us to purchase new equipment or make dojo improvements without putting up training fees.



Bunkai Bootcamp

The Bunkai Bootcamp had people travel from the Netherlands, Wales, and even Exeter to come and take part in the course, taught by John Burke sensei on the strategies and tactics found in kata as applied to self defence. These courses have made him into a seminar instructor in demand across the UK.



Physically and mentally demanding, the course covered many different facets of making the kata practical for application; pressure points, kazushi, the ONLY three targets, and how to answer every bunkai question you'll ever get asked.

The Roughcut DVD set of (most) of the tuition is available for £97 in limited quantities. When it's been edited it will be a £195 5DVD set.

Summer School

Well, that didn't pan out too well, did it? Instead of a single week which some people would not be able to make, this year saw us run special day classes on specialist subjects.

The courses were not well attended, so we're asking you straight: How would you like us to run Summer School 2012? Is it daytime classes for a week solid, or is it more part-time classes regularly over the holidays? Is it a camp away from home for 3 or 4 days? Or shall we just run the normal classes with no extras?

Please let us know by email info@KarateAcademy.co.uk or by calling 01626 360999 so that we can serve you better.

Well Done

It was nice to see **Grace Pitts** and **Ryan Bovey** travelling over to Newton Abbot for the Brown and Black Belt class. By putting themselves out in order to train with advanced students they make further progress towards their own Dan grades!

New Members

The following people joined the Karate Academy in the month of July:

Paignton: Paul Goodinson, Steven Gardise, Cameron Greenwood

Torquay: Alfie Pimm

Welcome one and all!

Birthdays

The following students celebrate their Birthday this month:

Belated Happy Birthday to Jessie Bailey who unfortunately got missed off of the last Newsletter (31st August 2011)

1st Finn Hearn

3rd Michelle Green, James Warren sensei

12th Adam Price

22nd Katie Needham sensei, Nyah Moss, Paul Goodinson

27th Robin Davey

29th Henry Morgan

Happy Birthday to You

Coming-up

Sunday 18th Sept

Gala/Fundraiser at Newton Abbot Dojo. Minimum donation £10pp

Saturday 24th Sept

Women's self Defence at Newton Abbot 1-4pm £10pp
Kyu grading at Newton Abbot

Sunday 25th Sept

Saturday 8th & Sunday 9th October

BAMA training course and Dan grading at Newton Abbot

Timetable Exceptions

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

4th No Totnes class due to re-flooring

18th No evening sessions in Newton due to Gala

25th Kyu grading. No regular Newton Abbot classes

Last Word

September is here. In many ways it marks a new year. In the Academic world there is now more to do. In the work world there is more to do. Now that might not seem like good news, as generally we human beings seek to lighten our load rather than add to it, but all it really takes is a shift in the gears. All of that labour will be there to do whether we begin it now or later. It may even be harder work if we leave it longer.

If there has to be a starting point, a literal re-dedication, then let it be now, not later. Some of us go through the process regularly, re-aligning our goals and the outcomes that we are prepared to work for. As life throws it's barrage of new challenges at us we feel our priorities being pressurised, with something new taking away our choices.

But there's the thing. You're only here once. They are YOUR choices. So make the most of your life and make the most of your time and your training. Banking effort now makes withdrawal of results possible later. No banking = no withdrawals.

Put your effort in. Put it in anew. Because you want to. Your choice.

Proud to be the Keikokai. See you in the dojo. **Oss**

