

# Karate Bulletin

Volume 4 Issue 8 August 2010

## August

### Summer Fun!

A reminder to stay safe in the Summer Holidays, especially if you are in foreign climes and "letting your hair down".

Simple things like the way you carry your handbag/wallet can decide whether you look like a potential victim.

At home, our classes continue throughout the holiday period except for Bank Holiday Monday. Use the timetable as much as you can!

It was great to have the support of so many of you for our private screening of The Karate Kid on Saturday 31st July. If you demand it we can run more events like these again.

### Timetable Exceptions

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

Tuesday 3rd	No lunchtime class
Thursday 5th	No lunchtime class
Sunday 8th	No Brown & Black Belt class
Monday 30th	No normal lessons. Bank Holiday

### Cancer Care Demo

We are supporting Macmillan Cancer Care who are organising a fayre to raise money with a demo in Bovey Tracey at 3pm on Sunday 22nd August. As you know, the more who attend these things the easier they are on the individuals.

### Grading

Coloured belt (kyu) grading will be on Sunday 5th September. That means that you have to be ready now and spend this month polishing rather than learning your exam material. If you feel like you're not quite ready, now is the time to get in some private lessons, attend more regular classes and get the practice in to be ready. There will not be another kyu grading until December.

### Birthdays

The following students have birthdays in August:

2nd	Kumar Chopra sensei, John Drew
4th	Tim Moorey
5th	Peter Alderson
11th	Allan Antony
14th	Carlito Miracco
16th	Richard Carrick sensei, Sophie Meaden
17th	Paula Hickin-Botham
24th	Freja Scott-West
31st	Jessie Bailey

*Happy Birthday to you all.*

### Totnes Classes

The timetable has changed once again! The Wednesday evening classes are now one class 6-7.30pm thus ensuring that the students who attend the early class get more time and we don't have such a sparse second group. This is with immediate effect.

### 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 will be available to hand out from Sat 21st August, just ask Sensei for some.

### Instructor Training

The first wave of graduates from the Karate Academy Instructor Training Programme are **Richard Carrick** sensei, **Lee Warren** sensei, **Liam Trott** sensei, **Clare Potter** sensei, **Jim Wight** sensei, **David Pickhaver** sensei, and **Ross Chesterton** sensei. Congratulations on your hard work over the last year to gain Level One instructor status.

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.

### New Members

During the month of July the following students joined our Karate group. **Archie Williams, Andre Hughes, Harrison Hammond, Poppy Hammond, Joshua Goodman, Shana Osborne, Daniel Jeffreys, Paul Jesney and Kevin Ward.** Welcome along one and all!

### 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 Stutely, 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.



## Gasshuku

The Gasshuku is special outdoors training. This year, the Gasshuku is in Brecon in Wales at a converted barn from Friday 6th August (straight after Summer School). There are still spaces available if you want to camp outside, the rooms are now all gone. August 7th and 8th we'll be training and eating together, and then the long drive home after the fun on the Sunday.

The £100 fee includes camping/dormitory, breakfast, lunch, and evening meal for Saturday, and Sunday's breakfast and lunch. Interested? Ask Kim or Sensei John for a booking form, or download from the Members Only website.

## Magazine

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

# 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

## Ashburton

Ashmoor Leisure Centre, ASHBURTON

THURSDAY  
5.30pm-6.30pm  
6.30pm-8pm

THURSDAY

## 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	5.30pm-6.30pm 6.30pm-8pm
WEDNESDAY	5.30pm-6.30pm 6.30pm-8pm

## Chudleigh

CHUDLEIGH Town Hall

MONDAY  
5.30pm-7pm

MONDAY

## Raffle Winner!

**Jim Wight sensei** went out of his way to arrange with **Diggerland** for us to get 4 tickets to raffle in aid of getting new mats for Torquay dojo. On Sunday 25th July at 5.30pm we did the draw in front of the class at the Newton Abbot dojo with all the tickets in together. The winner was #500—Shaun Cooper. Congratulations Shaun. Big thanks to everyone who bought tickets—the whole dojo will benefit from your generosity.

## Coming-up

Sat 31st July	Karate Kid movie Torquay
Mon 3rd-Fri 6th August	Summer School
Sat/Sun 7/8th August	Gasshuku, Brecon, Wales
Sun 22nd August	Macmillan Cancer Care demo at Bovey Tracey
Sun 5th September	Kyu Grading
Sat/Sun 18/19th September	Russell Stutely renshi <i>Note New Dates</i>
Sat 25th September	Bunkai seminar Scotland
Sat/Sun 16/17th October	BAMA weekend and Black Belt Grading
Sat/Sun 21st/22nd May 2011	The Martial Arts Show, Birmingham NEC

## Last Word

Throwing punches and kicks around is dangerous. Training in Karate is inherently dangerous. There is risk of physical harm. That's why it is so very, very important that all students and teachers show the proper etiquette and respect. On the mat. And endeavour to maintain it off the mat, too. With the right manners and attitude we can work together in a serious way and yet still enjoy our training. As soon as the respect has gone what you end up with is people who cannot trust each other taking liberties with their training partners' health.

There's a reason that we're not all boxing, and it's to do with the step-by-step learning that Karate students go through to get their skills rather than just fighting. The thing that unites boxers, Karate-ka, and many other martial artists should be that we all work really hard for our results, pushing ourselves on every visit to our training halls.

The bowing and strange customs in the Karate dojo are not just for appearances—they are real and necessary for the people who really need Karate to be able to train in comparative safety. They ensure that we have manners with the training partners we meet, and that we respect them from start to finish. It's about the example we set for the rest of Society. Proud to be the Keikokai. See you in the dojo.

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