



Karate Bulletin

All calls to the Karate Academy are now FREE if you use this number
08000 155 152

No more excuses for not booking that much needed private Session, or requesting Buddy Passes.

Please note call are only free from Landlines, mobile phone companies will still charge at the usual mobile rate.



Definitely DECEMBER

So here we go again with the festive frivolity that marks this time of year. And a good thing it is too. It makes you forget about just how cold and dreary it is and helps to keep your spirits up. Please remember that it's about the giving rather than the receiving, and then you can take heart from joining in with all this madness. For us, November was packed, and December is going to be even more busy. Remember to use as much of the timetable as you possible can, and pursue excellence.



Children in Need

Didn't you do well? It was a right laugh. There were Chickens and a fishy kata, young jedi, werewolves, a really broken up young lady and a Policemen with a head bigger than mine. There were dancey kata, Dr Who kata, Pirate kata, and fighty people. And there was over **£430** raised for Children in Need! Congratulations and thank you to all of you who took part and those who supported the event, including parents and relatives.

Christmas!

So. There's so much to do and to tell you. Right, first thing is to organise presents. Remember that we can supply you with Kick-bags, pads, uniforms, protective equipment, books, dvds, bags, water bottles, and weaponry! We'll make sure you get a good deal on the price and that the item is right for your requirements. Call Kim on **08000 152 155** to discuss what you want and where we can hide it.

Next is the **grading**, and the Christmas party. You've still got time to get ready for the grading, and everyone should take part, whether they are expecting to get a new belt or not. The grading will once again be at Dyrons, but this time up in the Activity Hall. It will be a 10am start, but listen out for announcements in class and on your

actual invite as this newsletter is prepared a full month before the event. Things change, and don't we know it. The following week we have the **Christmas Party**. I'd expect everyone to come along to that, too, but for completely different reasons. At the grading we all show our spirit and the bond that we have as a club by supporting each other. At the Christmas party that bond takes on a different hue, as we realise that it's good to socialise with each other, too. Everyone had a lot of fun at the *Children in Need* do, it would be good to have you all experience that fun again.

For those who haven't done one before; our Christmas Party is a lesson, so please wear a gi, not a velvet dress as someone did a few years ago. There is a little rough and tumble in this lesson, as we play "take-down bulldog", "piggy-back sparring" and "knock down sensei" along with races and other challenges. Everyone brings something to eat or drink, and then we share together to mark our joy of the season.

Then how about the break in lessons? Unlike schools, we don't stop in the holidays ... except this one. Half-term, Easter, Summer, we carry on. We stop for bank holidays, and we have three very close together right here. At Christmas we suspend the usual timetable for the week between Christmas Eve and the New Year. To make the most of your membership you should ensure that you get enough training in before and after the break.



Self Defence in Kata

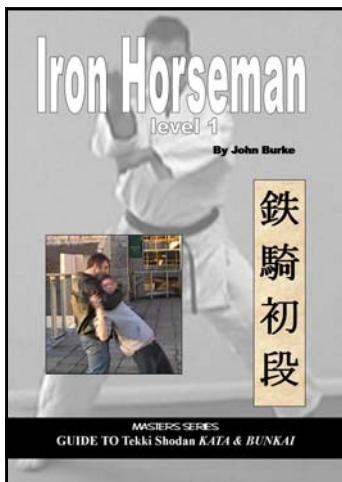
On Sunday **2nd** December John Burke sensei will be teaching a seminar on kata bunkai. Nothing odd there then. Well, this one requires normal clothes—not your best as we don't want to ruin them—but normal clothes. Not a gi. You see, we're going to look at the Heian kata and how they refer to modern street self defence. The seminar runs from **1-3.30pm** and cost is £15. Those who helped with our leaflet distribution can attend for free.

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Iron Horseman

After a lot of research and some painful experiences for Richard Carrick sensei, the **Tekki Shodan** applications book is ready for release. Keep your eye on the shelves over at the Newton Abbot dojo, over the next couple of weeks. This book retails at £14.95 through the bookshops, but is available to members at **£12.50**



It joins **Peaceful Mind**—about the Heian Shodan, Nidan, Sandan, Yondan, and Godan family of kata—and **Fortress Storming**—about the Bassai Dai kata—in the series of books that put other application books to shame.

Japanese Lessons

The course is coming to an end again, with a small party to show off our new skills. The last session before Christmas will be Saturday 15th December, with classes beginning again on Saturday 5th January 2008. This will be a great jumping on point for those of you who missed out before. The cost is £6 per session. Daijobu des ka?

Kickboxing

Focus Kickboxing is slowly gaining in strength. There will be room for more members in January, with classes on Monday and Friday, 7-8pm. Kick-boxers have no gi, but they do get to use head-guards and mitts for sparring and get to do a lot of pad-work.

Karate Instructor Course

Anyone interested in becoming an instructor should let Kim know of their interest. The next stage of enrolments will be in January 2008, places are limited due to the intense instruction given. Minimum entry qualifications are 6th kyu and above (green belt), 14 years old, completed entry questionnaire, and the enthusiasm to see your training all the way to 3rd Dan.

IAIDO

Iaido—the way of drawing the sword—sessions are now available on Saturdays at Newton Abbot Leisure Centre. from 12-1pm, straight after the morning karate class. There will be **no class** on Saturday 29th December 2007.

New Members

A big welcome to **Laura Kingsbury, Jacob Sayer** and **Aron Pophof-Anderson** who joined the Karate club in November. Welcome also to **Courtney** and **Helen Millward** who joined the Kickboxing classes.

Thanks

Thanks and well done to **Katie, Madie, Blaise, Dave** and **Steph** for braving the cold to deliver leaflets for us.



Birthdays

The following students have birthdays in December:

| | |
|-----------------|------|
| Joseph Trott | 1st |
| Steve Thomas | 3rd |
| Joshua Stewart | 6th |
| Yingchen Zhu | 9th |
| Jobie Rolfe | 13th |
| Liam Trott | 14th |
| Laura Kingsbury | 27th |
| Tim Boyd | 30th |
| Maddie O'Brien | 30th |
| Jessica Alger | 31st |

Happy Birthday to you all.



December Timetable Exceptions

Sunday 9th Totnes as usual, only one class, 4-6pm, at Newton Abbot (No Brown and Black belt session)

Sunday 16th No regular sessions due to the grading at Newton Abbot

Sunday 23rd No regular sessions due to the Christmas Party, erm, I mean, the "Special Lesson" at Newton Abbot.

Christmas & New Year Holiday No regular training from 24/12/07—1/1/08 inclusive.

Normal Timetable resumes on 2nd January 2008

2008 Provisional Dates

| | |
|----------------------------|-------------------------------------|
| February 17th | Terry Wingrove Seminar |
| March 16th | Kyu Grading |
| March 30th | Renshi Seminar & Black Belt Grading |
| April 26th-27th | Seni 08 |
| June 15th | Kyu Grading |
| August 4th-8th & 18th-22nd | Summer Schools |
| September 14th | Kyu Grading |
| September 28th | Seminar & Black Belt Grading |
| December 14th | Kyu Grading |

New Venture

From Monday 3rd December we will be opening the doors during the days for the exclusive use of baby and toddler play. Busy-Kidz is the new indoor play area for the under 5's. Days passes are £3 first child then £1.50 per brother or sister. Monthly passes are normally £25, but to relatives of karate/kickboxing students its only £15 per month for the first 3 months.

Last Word

Use the month of December to jump start next year. Everyone begins the year at less than peak fitness; you can use the run up to

Christmas to make sure that you have *room* for a little over-indulgence. Let's make sure that we are already flexible, already fit, and that we can even learn our new syllabus after the grading before we take that week off. That way it won't be such a shock in the new year.

See you in the dojo. **Merry Christmas.**



Black Belt Academy

TIME TABLE

FROM 8/10/07

Day **Time(s)** **Venue**
KARATE
MONDAY
5pm-6.30pm Newton Abbot Leisure Centre
6pm-7.30pm Torquay, Westlands
6pm-8pm Torquay, Westlands (Brown & Black Belts)

TUESDAY
12pm-1pm 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
12pm-1pm 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 Newton Abbot Leisure Centre

SUNDAY
10am-12noon Totnes Pavilion Leisure Centre
4pm-5.30pm Karate Academy Newton Abbot (10th-4th Kyu)
5.30pm-7pm Karate Academy Newton Abbot (3rd Kyu+)

All classes are open unless stated

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