

## Heerree we Go!



## Happy New Year!

Yes, we're all back in training now that 2011 is in full swing. Thanks for all your Christmas cards, wishes, and pressies, and thanks for making the Special Lesson a really enjoyable time.

Now let's see what we can do for you in January 2011;

### Action Steps

Gi clean, ironed and ready for training.

Travel to dojo arranged

Regular training time committed to.

Always early

Training Diary updated

What grade do you want to have in December 2011?

What technique do you want to be better at?

What fear will you have conquered by Christmas?

Let's book our 1-2-1 lesson

Ensure that you train 8 times THIS month

Ask for assistance with your weak areas

Identify what YOU need to do to reach your next stage?

Do you have books or DVDs that can help you?

10 press ups per day minimum

10 sit-ups per day minimum

For any of these factors in your development that you need help with—ask your instructor.

Or email [info@KarateAcademy.co.uk](mailto:info@KarateAcademy.co.uk) or call 01626 360999

## Award Winners

As well as our Perfect Attendance presentations, we were happy to recognise

Most Dedicated Student 2010 **Janet Drew**

Most Helpful Sempai 2010 **Richard Brend**

Most Improved Student 2010 **Ethan Bradshaw-Price**

Student of the Year 2010 **Katie Needham**

Well done all of you.

## Timetable Exceptions

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

Saturday 1st Bank Holiday no normal lessons

Monday 3rd Bank Holiday no normal lessons

## Coming-up

**Sunday 16th January Self Defence Seminar**

**Sunday 20th February** Kyu grading

**Sat/Sun 19th/20th March** Dan Grading

**Sunday 20th March** Kyu Grading

**Sunday 27th March** Wingrove Hanshi in Penzance

**Sat/Sun 7th/8th May** The Martial Arts Show, Birmingham NEC

**Sunday 26th June** Wingrove Hanshi in Newton Abbot

## Self Defence Seminar

Our Women's Self Defence courses have been very popular for a couple of years now. Men have been asking when they will be allowed the same kind of course. So we oblige!

Sunday 16th January sees our Self defence class for men and women at the Newton Abbot dojo from 1pm-4pm. The session does not require any uniform or previous experience, and so it's suitable for your friends and relatives who aren't necessarily interested in the full art of Karate. Bring them along!

We'll be looking at practical techniques to get you out of real kinds of threatening situations without any of the fancy complicated stuff. Book your places on 01626 360999. £10 per person or Free to members if you bring along 3 or more friends/family.

## Birthdays

The following students celebrate their Birthday this month:

3rd Ross Chesterton sensei

4th Elaine Ho

5th Jordan Millward

8th Alex Antony, Aaron Bateman, Annabel Nicholls

11th Jenny Latham

12th Agnes John

14th Olivier Petit

15th Lucie Clark sensei

17th Michael Maddocks, Sabrina Murphy

19th Sean Cooper, Rachel Reed

20th Luke Alderson

23rd Jane Hughes sensei, Jennifer West

27th Amanda Moss, Callum Stewart, Lisa Tonks

29th Robert Patmore

30th Matthew Keirman, Rebekah Wahnnon-Pym

**Happy Birthday to You**

## New Members

The following people joined the Karate Academy in the month of December

Jason King and Christopher King, and a return of the globe-trotting Jen Latham!

Welcome one and all!

## Last Word

With the whole of 2011 in front of us it can be tempting to set goals that are TOO big. You pluck numbers out of the air and try to aim for them, being, literally, doomed to fail. From some perspectives this is setting yourself up for feeling bad when you don't achieve these huge goals. I like to think that in setting your goals super high you are more likely to achieve something else along the way. So, let's use press-ups as an example. If you aim to do 200 press-ups a day by the end of the year and you fail that you might find that you still are capable of 100 press ups a day by that point. If you don't work towards 200 then maybe 100 never comes...

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

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