

# Martial Arts World Journal

## Back To School

### Student of the Month

Our instructors have submitted their suggestions, and we have awarded August's Student of the Month! We wanted to know who had performed well, learned well, improved generally and set a good example to others.



This month we have selected **Tareq Al Reihan** who trains in Torquay. Tareq attend every event that he can, always turns up early to class, and does his homework while he is

waiting for class to start. Tareq is having to cope with not only learning Karate (and some Japanese), but also having to learn ENGLISH (as he's a student from Kuwait!).

Next month the instructors will pick a new "Student of the Month". It could be **you**, if you are the one making a positive impression; so apply yourself to your art.

It's that time of year again; a new school year, new teachers, new books, new subjects or the same old subjects with a fresh spin on them.

Do you dread it? Do you look forward to it? Not just if you are a child—parents have to deal with back to school time too. There are considerations of how you will cope with being apart, there is the extra workload, and there is the joy of being able to see friends again. Yes, both children and parents.

A new year at school offers the opportunity to re-invent yourself. Invariably over the summer break some people have changed in how they behave and how they interact with others. When you go back (to school/to work) you have the chance to make your environment how you want it. Much of the world revolves around how you react to it and situations that you create.

If you act like a clown people will treat you like a clown. If you act like a braggart then people will challenge your boasts. If you remain humble but walk proud then people will treat you with respect. If you act scared then people will frighten you.

How about if you are an adult? Are you ready to face new challenges? Are you in a learning frame of mind? As the long summer days turn to autumn early evenings the quality of light changes and many of us start to feel despondent about work; we start to dread the build up to Christmas and a whole new load of debt. It doesn't have to be that way. WE can decide now to take control. Make life lead us where we want to go.

In our training we are constantly reminded that although we cannot control the actions of others we *can* control how we respond to them. Face the day full of fear and you have a fearful day. Face the day with determination and you can accomplish much.

Master Funakoshi had a saying, it's in your Training Manual in the 20 Precepts; it was that Karate supports Justice. For many of us this seems like a way of telling us that Karate is only for self defence, but I think it

goes deeper than that. If Karate was only for self defence and upholding law and order then no-one bad would ever be able to learn a Karate punch or kick; yet we know that some do, even if not for very long. I think that the phrase has more to do with the mind. If you are working for a just cause then everything that you get from Karate will come to your aid. The determination, the discipline, the courage, the self-esteem and the confidence come to us when we know in our heart that what we are doing is right, when it is Just. The reverse is also true; if you are working for an selfish end or a petty or snide cause then the skills and driving force of Karate will desert you.

What has any of that got to do with personal progress and school years?

Now is the time to set new goals, face your challenges, and drop your self-imposed limitations. In order to learn anything new we know that we have to "Empty our cup". The same is true even of our selves and what we might be capable of. Forget what holds you back; have your goals set as righteous, perfect, unhampered situations—then work towards them.



In all things we must have a Beginner's Mind.

**John Burke sensei**

### QUOTE OF THE MONTH

**"Education is the most powerful weapon which you can use to change the world."**

*- Nelson Mandela*

## Success!

Congratulations to all those who received their exam results last month. I know there were a few sweaty palms before they arrived, but everyone seems to have had some good results. Does this mean that discipline and dedication pay off?

### New Students

Welcome the following students who joined us during the past month.

Welcome them to the group and help them the best you can.

550	Joshua Taylor	551	Ben Harvey
552	Samantha Milner	553	Charlotte Milner
554	Kieren Darlow	555	Ben Gardner
556	Richard Carrick (shodan)	557	Daniel Carrick
558	Martin Carrick	559	Gary Mussett
560	Liam Reynolds	561	Claire Hatton
562	Aaron Sherwood		

You have the **whole** of your training ahead of you, use it well, you can accomplish whatever you set your mind to!

### Remember:

*The best compliment that you can pay your school and your instructor is to recommend them to a friend.*

## Gala!

Yes, we have moved the Gala forward this year so that it does not coincide with the Christmas party!

The Gala is our chance to *show off* a little. It is a demonstration of what we have learned—we show how skilful we can be with our sparring and we show our discipline and dedication with those complicated kata.

It all takes the form of a competition between our members. The students from Paignton, Totnes, Torquay, and Newton Abbot converge at the Newton Abbot dojo with freshly cleaned and ironed uniforms ready to gain prestige (or notoriety) for their dojo.

We have categories for Juniors, Seniors, and Black Belts, in both Kata and Kumite. Last year we had white belts winning medals over coloured grades—anything can happen.

The main thing is that the gala is FUN. It is an enjoyable experience that lets you meet and train with many of our members all at once.

On a more serious note, taking part in competition isn't what the martial arts were created for, but it does allow you to test your resolve; to stand in front of people who want to spar or show a kata better than you do and to know that you will do **your best**—this is good Karate spirit! Those who are scared of taking part—it's even more important that you do take part; for if you can conquer your fear on this small stage then you set up a path towards conquering even greater fears that we all have.

Who knows, you might even win...

You must be ready for **Sunday 25th September 2005**. The games begin at **2pm, at Newton Abbot dojo**. All students should attend.

## Grading

This month has seen two gradings! To mark the end of Summer School, those who were eligible and had shown the correct attitude throughout their training were awarded early grading on Friday 19th August by John Burke sensei.

The regular grading occurred on Saturday 27th August at Newton Abbot dojo.

Assisting chief examiner Sensei John Burke was Sensei James Smith and Sensei Steve Bulley.

The total list of successful candidates is:

Nathan Lee	1 <sup>st</sup> Kyu
Jordan Grindrod	1 <sup>st</sup> Kyu
Phillip Potham	1 <sup>st</sup> Kyu
Michala Pike	1 <sup>st</sup> Kyu
Jack Barton	2 <sup>nd</sup> Kyu
Liam Trott	2 <sup>nd</sup> Kyu
Joseph Trott	2 <sup>nd</sup> Kyu
Stuart Harvey	3 <sup>rd</sup> Kyu
Melissa Sinclair	4 <sup>th</sup> Kyu
Christopher Barton	5 <sup>th</sup> Kyu
Sian Telford	5 <sup>th</sup> Kyu
Corey Pierce	5 <sup>th</sup> Kyu
Taya Cotterill	5 <sup>th</sup> Kyu
Tegan Edwards	5 <sup>th</sup> kyu
Alice James	5 <sup>th</sup> kyu
Jasper James	5 <sup>th</sup> kyu
Samuel Potham	6 <sup>th</sup> Kyu
Michael Walshe	6 <sup>th</sup> Kyu
Ruth Cooper-Haime	6 <sup>th</sup> Kyu
Kerry Eldred	7 <sup>th</sup> kyu
Miles Jefford	7 <sup>th</sup> kyu
Luca Albano	7 <sup>th</sup> Kyu
Paul Wilson	7 <sup>th</sup> Kyu
Nicholas Harris	7 <sup>th</sup> Kyu
Jack Degnan	8 <sup>th</sup> Kyu
Matthew Potter	8 <sup>th</sup> Kyu
Nicola Gaines	8 <sup>th</sup> kyu
Liam Hammond	8 <sup>th</sup> kyu
Jude Whittle	9 <sup>th</sup> kyu
Ethan Hooper	9 <sup>th</sup> kyu
Haydn Tarr	9 <sup>th</sup> kyu
Callum Tucker	9 <sup>th</sup> Kyu
Hannah Russell	9 <sup>th</sup> Kyu
Leon Rozelaar	9 <sup>th</sup> Kyu
Peter Milburn	9 <sup>th</sup> Kyu
Timmy Boyd	9 <sup>th</sup> Kyu
Samuel Adams	9 <sup>th</sup> Kyu

Any students who has not graded in the last three months should be attempting to grade at the end of September. You need to work hard to make this happen.

Training twice per week will clock up 26 lessons in three months. You should enjoy regular progress (and grades) if you do three months and 39—52 hours of training. Check with your instructor as to what you need to work on to achieve your goals.

**BOOK YOUR PRIVATE LESSON EARLY and use it to get an assessment on your progress.**

## Juniors Competition

Win a **Kickshield** of your very own. You have fun at the dojo kicking and punching the kickshields, those large pads that we love to use. We are going to give away a brand new kickshield to the lucky winner of this competition. Now, for such a lovely prize (they normally sell for £26 or more) you know that this is going to be a tough competition!

All you have to do to enter is

- i) draw a picture of yourself doing your favourite technique
- ii) tell us what makes training with Keikokai so good.

The winner will be chosen on Saturday 24th September, so make sure that all entries reach Kim at Martial Arts World Newton Abbot by Friday 23rd. The prize will be given out at the Gala on Sunday 25th.

Entrants must be under 14 years of age (or they're not juniors).

The best entries will be displayed on the notice board at our centres, and might even make it into our "New Students Guide".

*Good Luck!*

## Steve's Jokes

>groan<

After a dojo relocated, Steve went to check out the new site and found all of the windows boarded up. "Why is that?" he asked the instructor. He was told "It's only a stone's throw from the old one!"

How do you play cricket in a cave? With a bat!

What do you call an elephant in a phone box? - Stuck! (I suppose he was making a trunk call!)

What do you call a Frenchman in sandals? - Phillippe Floppe!

## Summer School Success

Each year we try to run a course over the summer holidays to keep students busy and allow for that intensive course experience. This year was no different: Monday 15th—Friday 19th August had students training from 11am-3pm. The grades present went from experienced 1st kyu students right down to one young man who hadn't trained before!

Over the course we studied our fundamental building block techniques, grading kata, emergency self-defence, kumite and kata competitions, and some fun and games with a Karate theme.

The week finished off with a grading that saw 10 gifted candidates grade early. The full list can be seen over the page.

Previously we have tried to give each of the instructors a "slot" to teach so that the students got to meet and train with many different people over the week. This year John Burke sensei took the whole course. We are seriously interested in your feedback as to whether this was a good move. Please let us know whether the "Head Instructor Intensive" or "Mix and Match" method is the one you prefer. This will let us know how we should arrange next year's course.



Taking a hiding!

# Eikoku Karate-do Keikokai Training Timetable

	<b>JUNIORS</b> 5-10 year olds	<b>TEENS</b> 11-15 year olds	<b>ADULTS</b> 16+ years
<b>MONDAY</b>	5-6pm Paignton 5-6pm Torquay	5.45-7pm Paignton 5.45-7pm Torquay	7-8.30pm Paignton 7-8.30pm Torquay
<b>TUESDAY</b>	12-1pm Newton Abbot (open) 5-6pm Paignton 5-6pm Newton Abbot 7-9pm Totnes (open)	12-1pm Newton Abbot (open) 5.45-7pm Paignton 5.45-7pm Newton Abbot 7-9pm Totnes (open)	12-1pm Newton Abbot (open) 7-8.30pm Newton Abbot 7-9pm Totnes (open)
<b>WEDNESDAY</b>	12-1pm Torquay (open) 5-6pm Paignton 5-6pm Torquay	12-1pm Torquay (open) 5.45-7pm Paignton 5.45-7pm Torquay	12-1pm Torquay (open) 7-8.30pm Paignton 7-8.30pm Torquay
<b>THURSDAY</b>	12-1pm Newton Abbot (open) 5-6pm Newton Abbot 5-6pm Torquay	12-1pm Newton Abbot (open) 5.45-7pm Newton Abbot 5.45-7pm Torquay	12-1pm Newton Abbot (open) 7-8.30pm Newton Abbot 7-8.30pm Torquay
<b>FRIDAY</b>	5-6pm Paignton 5-6pm Newton Abbot	5.45-7pm Paignton 5.45-7pm Newton Abbot	7-8.30pm Paignton 7-8.30pm Newton Abbot
<b>SATURDAY</b>	10.30-12pm Paignton (open) 10.30-12pm Torquay (open) 10.30-12pm Newton Abbot (open) 10-12pm Totnes (open)	10.30-12pm Paignton (open) 10.30-12pm Torquay (open) 10.30-12pm Newton Abbot (open) 10-12pm Totnes (open)	10.30-12pm Paignton (open) 10.30-12pm Torquay (open) 10.30-12pm Newton Abbot (open) 10-12pm Totnes (open)
<b>SUNDAY</b>	5-7pm Newton Abbot (open)	5-7pm Newton Abbot (open)	5-7pm Newton Abbot (open)

*Open Classes are for all ages and grades.  
Ideal for families wanting to train together.*

## Demos

The season for countless demonstrations is coming to an end. I personally would like to say a big **THANK YOU** to everyone who helped out at a demo, who attended, and to those who worked hard while doing the demos. Especially to those who travelled to take part in a demo. Shiphay Primary was fun, as was the Decoy one on the same day. The sabotaged demo on Paignton Green was a little upsetting, especially as you guys turned up for it. In the end it wasn't worthwhile to do the Stoke Gabriel march, but the Paignton Regatta demo was well done. It was great fun to see Mike Daniels Sensei with James Smith Sensei and Steve Bulley Sensei doing their set pieces, especially if they can remember them for next year. Again, it was a good show of support, especially from the Newton Abbot crowd who travelled over to take part. We'll let you in on a little secret—in future those who help out with demos will be awarded "bonus points" towards their grading. We know you'd do it out of the goodness of your heart, but we thought it would be nice to help those who help us! We'll let you know more as our "Training Plan" comes together.

## Syllabus DVDs ... And there's more!

It's always wise to train at home as well as in your regular training in the dojo. To avoid building bad habits when you train at home, it would be nice if you had a teacher there with you. Well, we can't be with you all the time in person, but the next best thing is to have our words there ready for replay as soon as you need them.



We know that some students have roared ahead in their progress simply because they were able to practice more at home. Parents can help to correct if they can see that "sensei puts that there..."

The White Belt Syllabus, **Orange Belt**, and **Red Belt** have been available for a little while now, and we have just finished work on **Yellow Belt** and **Green Belt**.

These dvds show the material required for grading—Basics, Kumite, Kata, and Oyo, often from multiple angles—along with tutorial by John Burke sensei.

The demonstrations are performed by Mike Daniels sensei and James Smith sensei.

These productions are available NOW at £10 to members. They make an ideal reward for hard training students!

Also available is the Kata Comparison Seminar DVD with John Burke sensei and Martyn Harris sensei demonstrating applications to Nijushiho and it's Okinawan counterpart Niseishi.



## Recommended Reading

There are few books that you really MUST read. Here are the ones that I suggest:  
Karate-do Kyohan by Funakoshi Gichin  
Karate-do: My Way of Life by Funakoshi Gichin  
The Karate-do Manual by Aidan Trimble and Vince Morris  
Watch my Back by Geoff Thompson  
The Bubushi by Patrick McCarthy  
Zen, Pen, and Sword by Randall Hassell  
Feel the Fear and Do It Anyway by Susan Jeffries  
Jonathon Livingstone, Seagull by Richard Bach  
What might *your* choices be?

## Russell Stutely

Russell Stutely is the co-founder of the OCI (our governing body). He lives in Cyprus where he teaches martial arts and owns a bar. Russell is returning to England to finalise his deal with Summersdale publishers (the people who do the Geoff Thompson books) in September—and we have arranged a seminar with him.



Russell will be teaching on **Saturday 10th September** at our Torquay dojo. This session promises some serious **self-defence** moves and

pressure point applications in Russell's unique no-nonsense style.

The cost is only **£25** in advance to our members.

We can never tell how long it will be until we next get to see Russell. He is the reason I teach what I teach. I was convinced of his skill and joined the OCI long before I even met Anthony Blades, just because of Russell's help and support. Do not miss this opportunity to get his signature in your grading book (it might help when you go for Black Belt).

All adults should attend, and teens with high grades might want to be there too.

## Diary Dates

### Grading Examination

The next grading examination should be full of those of you who haven't graded in the past three months or more. If you will be eligible then make sure you get enough training and advice to ensure your success!

**Saturday 24th September 2005**

10am – 11.30am **Lesson** 3pm - 4.30pm **Lesson**

11.30am—Finish **Grading** 4.30pm - Finish **Grading**

**Provisional 2005 Grading dates.** Saturday 29th October, Saturday 26th November,

**All students who are attempting a belt promotion are expected to attend the lesson prior to the examination.**

## SPECIAL DATES

**Saturday 10th September—Pressure Point Seminar** with **Russell Stutely**, 5th Dan. 10-1, Torquay dojo. Cost £25 in advance (£30 on the day). Call 01626 360999 to reserve your place.

**Sunday 11th September—Empi Masterclass** with John Burke. Teaching the advanced kata, and select pressure point applications.

**Venue: Martial Arts World, Newton Abbot, Devon.**

*Time 12noon - 4pm.*

Cost £20 OCI members, £30 non-members. Call 01626 360999 for further details and to reserve your place.

**Sunday 25th September—Gala.** Free to enter competitions. Kumite categories—Junior, Senior, Black Belt. Kata categories—Junior, Senior, Black Belt. **2pm-finish.** Newton Abbot.

**Sunday 9th October—Gankaku Masterclass** with John Burke. Teaching this difficult kata, and select pressure point applications.

**Venue: Martial Arts World, Newton Abbot, Devon.**

*Time 12noon - 4pm.*

Cost £20 OCI members, £30 non-members. Call 01626 360999 for further details and to reserve your place.

**Saturday 15th—Sunday 16th October—Pat McCarthy** Han-shi at Chesham. £45 for two days training.

**Sunday 6th November—OCI Traditional Arts Seminar.** Analysing traditional martial arts, pressure points, and bunkai.

**Anthony Blades Renshi, Neil Ellison Sensei,, Stuart Howe Sensei,** and **John Burke Sensei.** Dan grading to follow.

**Saturday 27th November—Tekki Masterclass** by John Burke sensei. Special guest instructor to add to the occasion. Applications and principles universal to all martial arts.

**Sunday 18th December—Christmas Party** at Newton Abbot Dojo. Fun and games and silliness, food and drink, and our Annual Awards!

# September 2005

MON	TUES	WEDS	THURS	FRI	SAT	SUN
August 29th	August 30th	August 31st	1	2	3	4
		<i>Happy Birthday Mike Daniels sensei Michala Pike</i>			<i>Happy Birthday James Warren</i>	
5	6	7	8	9	10	11
	<i>Happy Birthday Kean Storey</i>	<i>Happy Birthday Luke Elliott</i>			Russell Stutely seminar Torquay 10-1	Brown & Black Belt Special Training at Newton Abbot
12	13	14	15	16	17	18
<i>Happy Birthday Karl Wreford</i>		<i>Happy Birthday Jack Barton</i>				<i>Happy Birthday Kerry Eldred</i>
19	20	21	22	23	24	25
	<i>Happy Birthday Keiran Hooper</i>	<i>Happy Birthday Rachel Watson</i>	<i>Happy Birthday Paige Hammond</i>		<b>Kyu Grading Examination</b> following lesson <b>10am—Finish</b> <b>3pm—Finish</b> Newton Abbot	<b>Gala Competition</b> at Newton Abbot <b>2pm—finish</b> <i>Happy Birthday Paul Wilson</i>
26	27	28	29	30	October 1st	October 2nd
	<i>Happy Birthday Hannah Russell</i>	<i>Happy Birthday Hannah Nicholls</i>		<i>Happy Birthday Anton Plisnier</i>		<i>Happy Birthday Jessica Beare</i>

*Please use this calendar page to chart your monthly training schedule*

## September Timetable Exceptions

Saturday 10th  
Saturday 24th  
Sunday 25th

Russell Stutely Seminar—No normal lessons.  
Grading at Newton Abbot—no normal lessons, no laido at Torquay.  
Gala at Newton Abbot—no normal lessons.

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