

Karate Academy

春には庭は花の饗宴です

Newsletter April 2023

Happy Easter! April is Springtime, and yet we've seen snow in April in previous years. This month marks the First Third of the year passing. Schools have an End of Term before recommencing with the Summer Term. Karate is for all seasons, we don't have "Terms" and we don't stop for school holidays. There are some Bank Holidays coming up, but other classes are available for you to use and we know you don't want your instructors to burn out, so enjoy these brief interruptions to training.

Inevitably, the celebration of Spring, religious festivals, and renewal is celebrated with chocolate, and Karate provides a viable way to burn off excess calories or exercise to earn the treats, so don't forget to get lessons in during all the fun. Train twice per week (or more) if you possibly can.

John Burke,
Chief Instructor

Kyoshi Time

Unfortunately, even though many of us were looking forward to seeing him again it will be a little while longer before we get to train with **Anthony Blades** kyoshi. While we were hoping for a visit in May it will not be possible at this time. We look forward to Kyoshi visiting us again later in the year. Ah, well. At least we'll have more time to get ready.

Timetable Variations

There are a few small alterations to the regular timetable in April. Please take note, and where your "regular class" is affected please use a different class so that you don't miss out.

Friday 7th—Good Friday. No classes.

Sunday 9th—Easter Sunday. No Black Belt class.

Monday 10th—Easter Monday. No classes.

Looking ahead to **May** we can see that there are 3 Bank Holidays and one occasion of national importance.

Monday 1st—Bank Holiday Monday. No classes.

Saturday 6th—The Coronation of King Charles. It would seem fitting that we are not training during that historic event. So we'll run our normal Saturday classes on **Sunday 7th** instead. 9am Little Warriors, 9.30am Juniors. 10.30am Open Class.

Monday 8th—Coronation Bank Holiday Monday. No classes.

Monday 29th—Bank Holiday Monday. No classes. We'll clarify this in class and in the next Newsletter.

T-SHIRT Competition

Summer is on its way, and we would like to offer an official **Karate Academy T-shirt** for sale to our members. We could just go with the club badge, but we thought it would be fun to see what you folks would like on a t-shirt. Design us a t-shirt for the Karate Academy summer fashion range. The print area should be no more than A4 size and we need the entries before the end of the month to get them printed in time for the warmer weather.

It's got to be something that you would be proud to wear, and shows Karate to be the cool activity that we know it is. We'll be displaying our pride in the Karate Academy and Keikokai. The winner will get the kudos of seeing their design in print—and we'll get them one of the t-shirts in their size, too.

Winners

Congratulations to **Joe Magor** and **Oscar Magor** who took themselves off to Warwick University to take part in the 38th Annual UK Karate Championships under the English Karate Federation on Saturday 1st April 2023. The major competition with people from all over Britain had many categories.

In one of the categories for martial artists with disabilities Oscar took **gold** in the kata.

In his age group category, Joe took **silver** in kata and **bronze** in kumite.

Taking part in competition is a "rite of passage" and something that we advise all members to do. Win or lose, it's an experience and lets you see what standards are like in the rest of the world.

Well done, gents, we couldn't be prouder of you.

Lending Library

Thanks to Matthew Key, who has donated some books he no longer requires, there are now several books available for members to borrow and return at the Newton Abbot dojo. They cover a wide array of subjects and members may like to read them and make notes or just enjoy some martial arts history. We applaud Matthew's kindness and generosity.

Demo Season

In the summer term at school, but also in other areas of the community we are often asked to provide a demonstration alongside other clubs and activities. We hate to disappoint, but there is only so much time, so please, if you or your school want the Karate Academy to do a demo, let us know when you want us and where and we'll see what we can do.

Diary Dates:

April 2023

1st	April Fool's Day
7th	Good Friday
9th	Easter Sunday
10th	Easter Monday
30th	Kyu Grading

May 2023

1st	Early May Bank Holiday
6th	Coronation of King Charles
8th	Coronation Bank Holiday Monday
14th	Keikokai 24th Anniversary
29th	Spring Bank Holiday

Birthdays

The following students celebrate their Birthday this month (April)

- 4th Dominique Green,
Kezia Green
- 5th Zachary Matheson,
Sawsan Almatar
- 9th Deborah Needham sensei
- 10th Oliver Little, Eddie Rogers
- 15th Jamie Blondell
- 18th Darsh Patel, Heath Lake,
Charlie Sharpe
- 19th Tobiasz Mocek
- 20th Joshua Adams
- 22nd Suzan Almatar
- 27th Patrice Johnson

Happy
Birthday
to You



Terminology

Continuing our reminder of terminology that our members might want to know:

Sempai—Senior. Anyone who started before you. This is not a rank, Some clubs think it is.

Kohai—Junior. Anyone who started after you. Someone you have to look after and nurture their development.

Dohai—Peer. Someone possessing exactly the same rank as you. Your fellow student.

Yudansha—one who possesses a Degree. A Black Belt.

Mudansha—one who does not possess a Degree. Coloured belts.

Rei—bow. A sign of respect, like an old fashioned handshake.

Summer School

It's still cold and damp, but yes, we're turning our attention to Summer School. Summer School this year will be **7th-11th August**.

For those who are new or might have overlooked previous summer schools: the name is slightly misleading, because school makes people think it's for kids but all ages and grades take part in Summer school, from white belts to high grade black belts.

It's an immersive week of training—**Monday to Friday 10am-3pm**. That week will not have the weekday Open classes in the morning, but the evening classes will still be available as usual.

Participants will require a packed lunch and a joke for lunch time.

We'll be doing our basics, kumite, kata, and oyo as usual, but progress is accelerated in this immersive environment, and so as well as getting a month's training in a week, members will also get to enjoy other facets of learning like History and Kobudo that we don't often have time for. There might even be enough time for a game or two.

Despite the "cost of living crisis" we haven't put our prices up, recognising that this facility is essential for some working families during the school holidays. It's just £20 per day, or £80 for the week. Anyone booking and paying before the *end of June* can get the **Early Bird Discount** and the course is just **£60**. Book your place with your instructor or by emailing us, pay by BACs, credit card, or cash. Last year we had a bumper group of 16 people who got stuck in for the week and even tolerated the "Joke of the Day"...

24th Anniversary Imminent

The 14th May 2023 marks the 24th Anniversary of our club. John Burke renshi was teaching at the Newton Abbot Shotokan Karate Club and, upon the retirement of the previous instructor, renamed it KEIKOKAI. We'll be running a lesson on that day which is normally reserved for Brown Belts and above, but on this occasion we'll let everyone come and train. It'll be training rather than a party, but we think you'll agree that it will be a worthwhile session as Renshi and the instructors and seniors share some of the best information that they themselves have ever been taught. And there will be cake.

Join us for the celebrations...

New Members

The Karate Academy is pleased to welcome the following new members who joined during March:

**Daniel Jonas, Md. Iman Khan,
Sawsan Almatar,
Suzan Almatar, Hussein Almatar**
(*Newton Abbot*)

Fred Prince
(*Newton Abbot Little Warriors*)

Dmyro Kurylo
(*Torquay*)

Recommendation is the highest compliment we can receive.

Welcome one and all!

Last Word

Having run the club for 24 years, and having been involved in the martial arts for 40 years, you can bet I've see the trends come and go. There will be times when these musings about the past feel like preaching or just the ramblings of an old-timer, but they are usually for a reason. There are people who get the reasons quickly and there are some who need them pointing out, and I hope that both groups can appreciate the needs of the other.

With regard to the trends, our beloved martial arts have gone through various stages, and the stages suit various needs. When Karate was practiced in the back gardens of 19th Century Okinawa there was no distraction from the internet of television, it was just something that people did for their health and protection. In modern times we have seen the rise and fall of aerobics, kick-boxing, mixed-martial-arts, and many other trends. My point is that they were always included in Karate anyway. For the sake of health, legendary Karate-ka would practice their punches and kicks as exercise. In the 1970s and early 80s Kickboxing was the rebranding of what used to be called "Contact Karate". If taking the best elements of one style of martial art and adding it to the best elements of another style of martial art makes a "mixed martial art" then Karate already did that long before the term was ever used. Karate contains techniques from Ju Jutsu, Kung Fu, Siamese Boxing, and they all influenced the indigenous art of Te to create what we today call Karate.

We have phases where the belts are important to us. We have phases where it's about competition. We have phases where the history and background is the most fascinating thing. And we have phases where all we really want to be able to do is move without aches and pains. They're all just facets of the same jewel. We can look at it from one angle or another but it's still the same jewel. From my current perspective I can see the whole jewel but I have also spent time looking through the individual facets, close up. I'm really happy to see other people picking their facets to study, appreciating what each area has to offer.

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

Oss



**Dedicated to Black Belt
Excellence**