

Karate Academy

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Newsletter April 2024

Happy Easter! While we know that some of you will be away over the Easter Holidays, most of you are still here in Devon, and it's a great place to be. The weather is becoming more Spring-like and we're starting to feel the winter gloom lifting.

As you know, we don't train on Bank Holidays, but we continue throughout the school holidays, so we hope you'll find some time for Karate! Training twice per week is best, allowing for down-time/recovery time and still allowing for progress and not forgetting things.

Having been slightly debilitated in March, I've also witnessed first hand how quickly ability deteriorates without constant affirmation in the dojo. I'll get it back, but it's going to take time.

John Burke,
Chief Instructor

April Timetable Exceptions

It's our habit to close for Bank Holidays, and we've just had Good Friday and Easter Sunday, and of course Easter Monday is also a Bank Holiday, but then we're on our regular timetable once again with the exception of Sunday 28th April when the kyu grading will take the place of the Black Belt training. Everyone is welcome at the grading training session, whether you have received a grading notice or not. It'll act as extra training. The exam itself will be conducted for those who have been invited to test.

May 2024

Not far away now, May 14th 2024 marks the **25th Anniversary** of our club, the **Keikokai**. In 1999 John Burke sensei took over the running of the club and has steered its course for the last 25 years. This is a huge achievement and well worth celebrating, and we're fortunate that **Anthony Blades** kyoshi has agreed to come to Devon to celebrate with us. On Saturday 18th May we will hold a special seminar with Anthony Blades kyoshi, John Burke renshi, and the seniors and instructors of Keikokai. You must not miss out. We'll still hold our Little Warriors class as normal on that Saturday, and if our youngest members are very lucky they might just have an important visitor to that class.

Then, instead of the usual Juniors class and Open class we hold two sessions by

grade instead. The white belts to purple belts will get a session with Mr Blades and the Keikokai seniors and instructors from 10am –11.30am. This session will cost a mere £10.

From 11.30am –1pm the purple-white belts and above will have a session with Kyoshi and the Keikokai seniors and instructors, and this session will cost £10. Kyoshi may wish to speak to some of the seniors separately as well.

These sessions will be training and delving deep into our Karate to see the culmination of the previous 25 years of Keikokai and to set the foundation for the future.

TKSI Badge

As you will be aware, we are members of and licenced by the **Traditional Karate Study Institute** under the guidance of **Anthony Blades** kyoshi and **John Burke** renshi.



The Institute's badge has now become available. This can be sewn onto the gi on the right shoulder. It's available from your instructor at £5. We expect to see members, especially the seniors, proudly displaying their badges.

Summer School

We've already been asked about Summer School 2024, and, in order that those wanting to attend can confirm their other holiday arrangements we'll set the dates down for you: **Monday 5th August to Friday 9th August 2024, 10am-3pm daily.**

We'd invite everyone to book early for the immersive intensive training week, and offer our members the Early Bird Booking Price of only £70 for the week. This price is available for those booking before the end of May, when the price will go up to the £90 it should be.

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. There are usually children training next to adults like a very long Open class every day. It's an immersive week of training— Monday to Friday 10am-3pm. Participants will require a packed lunch and a joke for lunch time.

During Summer School Week our evening classes are on as usual, but the daytime Open classes cannot take place because we will be in the middle of our Summer School Programme.

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. For those unable to commit to the full week, individual days during Summer School are available at just £25 per day, so anyone doing 3 or more days will want to take advantage of the early bird booking. Book your place with your instructor or by emailing us, pay by BACs, credit card, or cash.

It's an experience, and we've seen it prove very helpful to people who want to progress.



Birthdays

The following students celebrate their Birthday this month (April)

- 9 Deborah Needham sensei
- 10 Eddie Rogers
- 15 Jamie Blondell
- 18 Heath Lake, Darsh Patel, Charlie Sharpe
- 19 Tobiasz Mocek
- 24 Dan Bennetts

Happy
Birthday
to You



New Book

There have been numerous iterations of John Burke renshi's book "OYO" that have been written, but they've never been published. In a commitment to show that he's not been idle and to leave behind reference material for future generations, Renshi John has agreed to release the book in its current form at the UK Martial Arts Show and just in time for the Keikokai 25th Anniversary. It's been 10 years in the making and breaks down the formula and requirements for practical Karate applications. You can pre-order copies directly from your sensei.

Private Lessons

There were private lessons with **Neil Tappenden** sensei on Saturday 9th of March. Sensei took senior grades though a variety of areas of training and concepts, and many said that they had learned a lot. We'd like to thank Sensei Neil for taking the time to help the members out of the goodness of his heart.

Looking Forward

2024 is the year that Keikokai turns 25 years old. We have some exciting

projects and events, with guests and announcements to make.

The big one is the anniversary seminar. We have confirmation that **Anthony Blades 8th dan kyoshi** will be teaching alongside **John Burke 6th dan renshi** and the seniors of the dojo. You should make sure you get to the training on 18th May 2024.

There will also be seminars in Scotland (1st and 2nd June), and in Ely, Cambridgeshire (13th & 14th July) and Shetland (7th & 8th September). Renshi John will also be teaching at the UK Martial Arts Show in Doncaster in May and at the South West Martial Arts And Well-being Show in September. Summer School will be in August, as usual.

More Martial Arts Shows

As reported in the last Newsletter, John Burke renshi has once again been invited to teach at the UK Martial Arts Show at the Doncaster Dome over the 4th and 5th May 2024.

What's just been announced is that the South West Martial Arts and Well-being Show will be held in Bristol again this year on 21st September. It was first launched in 2019, and although sparsely attended it was a lovely venue and well organised. Then, of course, there were the lockdowns, and so the 2024 SWMAWS is only the second one. Again, John Burke renshi will be teaching there alongside many other wonderful instructors from diverse martial arts, and tickets are available directly from him. What goes on at these shows? There will be the opportunity, all in one place, to train with instructors from many different styles and see what we can learn from them. You get to experience the quality of other martial arts instructors and their tips from their

arts. There are demonstrations on stage and interviews, and there are a smattering of stands selling equipment and merchandise. Photo opportunities abound.

While the Doncaster event has the American martial artists and movie stars Cynthia Rothrock, Don "The Dragon" Wilson, and Bill "Superfoot" Wallace from the USA, the UK stalwarts such as Katsu Tiru sensei, Muay Thai's Master Sken and Wing Chun's Grandmaster Samuel Kwok are potentially at both shows. Members are very welcome to join us at these Shows.



Diary Dates:

April 2024

- 1st Easter Monday. No classes
- 28th Kyu Grading

May 2024

- 4th & 5th UK Martial Arts Show, The Dome, Doncaster
- 6th Bank Holiday, no classes
- 14th Keikokai 25th Anniversary
- 18th Keikokai Celebration seminar
- 27th Bank Holiday, no classes

New Members

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

Max Doran, Ellie Jakes, Ayden Jakes
(Newton Abbot)

Solomon Ball
(Torquay)

Recommendation is the highest compliment we can receive.

Welcome one and all!

Last Word

If we harp on about the same issues time and again, it's because we need to harp on about the same issues time and again. We reason for making a correction in the dojo. It serves no other purpose than to help the student. Sensei doesn't become a more important person the more times they correct you; in fact, it could be said that the better the student the better the sensei. There's no club without students, but the teachers just want the students to have the best information and be the best martial artists and people that they can be. One of the things we harp on about, then, is how to receive a correction. Do we take it as a personal slight? If we take it as a slight are we saying that we know better than the teacher? Does it serve us to receive a criticism in that way? You'll understand that having run the club for 25 years and taught prior to that under Phil Trebilcock sensei and prior to that under Jim Harvey sensei I have seen all sorts of people and all sorts of issues. I try to remain open to methods of teaching, but no matter what the fashions of the moment are, it still comes back to one thing: if you want to get better you need to take the advice of the teacher. The advice isn't being given to deride or mock anyone. It isn't a criticism of the person but of the actions/behaviour. The advice is being given in order to help. If it needs further explanation or clarification then just ask, otherwise that "Oss" that we got in the class was taken to mean that you would understand and try to do what was asked. There's no need to take it any other way. Now, there is work to do, as we move ahead and become the dojo that we were always meant to be, and I hope you'll join me for the ride

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

Oss



**Dedicated to Black Belt
Excellence**