



イースター、おめでとう

## Newsletter April 2025

we'll have done a great thing. The money that we raise will go to the charity, showing what we can do when we work together. Some people will raise hundreds of pounds, some just a couple. It doesn't matter as long as we do our best for the charity, whether it's your chosen one or not. If it was your chosen charity you would expect the help of your fellow students, and the same goes for them. Sponsorship forms will be available shortly.



### April Timetable

It's Easter, and when the schools take a holiday we do not. We will take the Bank Holidays off. As you will see in the Diary Dates box below, we have a small number of adjustments to the timetable this month.

There are no classes on Easter Sunday **20th**, or Easter Monday **21st** as these are Bank Holidays.

### Thinking Ahead

Each year we are asked to attend and perform at School Fetes and fayres. If we can, we do, but often the request comes too late to get a team together for demonstrations etc. Some people are worried about demonstrating in public but it's a lot easier when there is a crowd of us. What we'd ask is that if you attend a school or group and you would like us to do a school fayre or summer fete please get the organiser to let us know in plenty of time. Volunteer the Karate Academy for any of these events, but let us know in good time so that we can get it organised. We don't like letting people down.

Happy Easter! April marks the first third of the year and stepping into the second quarter. It was the 1st April 1957 that marked the creation of the first Karate Federation in Britain—68 years ago. On 26th April 1957 Funakoshi sensei passed away—also 68 years ago. The cherry blossom viewing season begins in April, as does the major Bank Holiday week (Golden Week) in Japan. Spring is upon us. In this time of renewal and rebirth we look towards our martial art and our plans for the rest of the year.

It's an exciting time and although there will be conflicts of time with exams and other commitments, spending some time in the dojo every week to help your physical and mental health has to be a *must* rather than a *maybe*. You feel better when you've trained. You get to release stress and tension. You also allow your brain to figure things out that it couldn't so while you were concentrating on an issue; training gives your subconscious time to work on things. Dojo time is essential.

John Burke,  
Chief Instructor

### Ladies Self Defence

The Ladies Self Defence course on Saturday 15th March 2025 was well attended and the group of women seemed to enjoy and learn from the session.

As always, Janet Drew sensei, Deborah Needham sensei and John Burke rensai took the women through the essential techniques and principles that all women should know to potentially save a life.

When will the next one be? Well, that's up to you. If the demand is there we'll do another one.

### Kick-a-Thon

The votes are in, and you have nominated Rowcroft as the charity that we will support for our 2025 Kick-a-Thon.

The event will take place on Sunday 25th May 2025. That gives us time to gain sponsorship before the event and precious recovery time following the day (it's a Bank Holiday Weekend).

At the Kick-a-Thon, the members will each perform 2,025 front kicks to raise money for the charity via sponsorship from friends, family, and neighbours. We'll be tired but

### Birthdays

The following students celebrate their Birthday this month (April)

9	Deborah Needham sensei
10	Eddie Rogers
15	Jamie Blondell (18th!)
18	Charlie Sharpe
19	Tobiasz Mocek
27	Patrice Johnson

Happy  
Birthday  
to You



### Diary Dates:

#### April 2025

1st	April Fool's Day
18th	Good Friday. Normal classes
20th	Easter Sunday. No classes
21st	Easter Monday. No classes
22nd	Earth Day
23rd	St George's Day

### New Members

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

**Jacob King, Diyon Prince,  
Edwin Joseph, Adon Joseph Prince  
Niamh McClaughlin  
(Newton Abbot)**

Recommendation is the highest compliment we can receive.

Welcome one and all!

## Grading Results

On Saturday 29th March 2025 we had a very busy day with testing and grading. It all kicked off with the Little Warriors at 9am. The Stripe Test conducted by Janet Drew sensei and John Burke renshi saw the following

people achieve the grades listed:

### Orange Stripe

Lucas Cooper, Sylvia Noel,  
George Rose, Oakleigh Rose,  
Isla-Grace Westlake

Later, at 10am, the Kyu Grade Examination began, overseen by Deborah Needham sensei, Janet Drew sensei, and John Burke renshi. After a hard-fought test the following grades were awarded:

### 1st kyu

Slav Holubinka

### 2nd kyu

Oliver Joyce

### 3rd kyu

Louie Chambers

### 4th kyu

Yovella Green

### 5th kyu

Oscar Sharpe

### 6th kyu

Ted Kirsop-Taylor  
Dmytro Kurylo

### 7th kyu

Charlie Sharpe  
Emma Williams

### 8th kyu

Archie Williams

### 9th kyu

Leon Gunawardhana,

Congratulations to all those who passed their new grades. Thanks to the instructors for their help in the test, and also to the people who came along to support the candidates and just train in the session. Now we begin to look for the candidates for the next test.



## Last Word

We are thankful to the people who support us. It could be that they pay for our training, or they bring us to class, feed us and do our laundry. It could be someone who is a family member by birth or blood; or it could be someone who becomes family to us. In Karate clubs sometimes too much is made of the term "family". "Our Karate family" they say, but then they turn it into something too big. Your family is your family. Your karate club is your karate club. I would, though, make note of who is looking out for you. Who's turning up to support you when they don't have to. Who's putting themselves out to be by your side. Those people are golden. We treasure them. They might wear a gi and be stood in line with you, but it also counts for the people cheering you on from the sidelines. There are people who congratulate you on a grade or accomplishment in person or even by email and messenger, because they care enough to show an interest in your development. Then by the same token there are people that we must support. There is reciprocation. Have a good look around you. Training is individual—you do the work and you get the benefit—but none of us go alone. There are people ahead of us and others following, and we walk the path together after a fashion. We've all heard the phrase about stopping to smell the roses ( appreciating what's around us); well sometimes we need to stop and say thanks, too.

**Thanks.**

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

**Oss**



***Dedicated to Black Belt  
Excellence***