

# Karate Academy

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Newsletter August 2021

The school Summer Holidays present us with opportunities. We get to relax, enjoy the sunshine, and there's more time for Karate!

For those who are new to our club: we don't stop for school holidays. We know lots of clubs do, but we don't, which means that we can get more done and move ahead, and often with fewer people in class because some will be away.

If you are lucky enough to go away on holiday: Enjoy! Don't lose out, though; make sure you get your training in before you go and when you return. And maybe send us a photo of you doing Karate in an exotic location, for the members' Facebook group...

John Burke,  
Chief Instructor

## Summer School

Our intensive training week is back this year! We are running **Summer School** again. It's a week-long course, from 10am-3pm, Monday to Friday, where we manage to get in a month's training in a week. This can be hugely beneficial— a kind of "immersion training" that brings familiarity with technique due to the regularity and repetition of the training. There are breaks, but that's 5 hours in the dojo every day. For some of you, that might be the equivalent of a month's training in a day! On the last day we might even be able to have some fun and games if we manage to get all the work done.

We realise it's called Summer "School", and that means that people associate it with children, but adults attend the week too. So if you're not working come along. Get stuck in and take a leap forward.

Members would need to bring a packed lunch and a joke for lunchtime, and the fee is £95 for the week. Individual days can be booked at £20 each.

Summer School runs from **2nd August until 6th August**. During Summer School week there will not be any morning classes, but evening sessions will run as normal. That means you can get your regular sessions in, too.

## Restrictions lift

The government finally lifted the social distancing rules on the 19th July. In truth, this doesn't affect very much of what we do, but the Black Belts will be happy to have some free sparring practice. Under the "Return to Play" plan for martial arts, we are already allowed partner work and pad work, and naturally we are still being cautious with extra cleaning of equipment etc.

For us, the timetable is back on; with **Little Warriors** (classes for 4-7 year olds), **Juniors** (for 7-12 year olds), **Open** classes (for all ages and grades), and **Adult** classes (adults only) back on the timetable. Our **Brown and Black Belt** classes are on! We will, of course, update you should the situation change.

## Book Your Place

Our classes are getting busier, so may we remind our members that booking a place in class is becoming more of a necessity. We

have an app for that.

For iPhone users please use this link— <https://apps.apple.com/gb/app/karate-academy/id1542741931>

For Android users please use this link— <https://play.google.com/store/apps/details?id=com.goretrieve.karateacademy>

It should also be available in your favourite app shop for free. Just search for **Karate Academy**.

Speaking of apps, the **Bujin.tv** app is now available on Apple and Android app stores. To get it for free for a month, please use the promo code **JOHNBURKE**.

## Grading

Regarding the Dan (Black Belt) Grading, we are arranging a seminar with Kyoshi **Anthony Blades** for his input into our progress. A second visit before the end of the year will be the actual exam.

As for the coloured belts: members who are ready to test will receive a grading invitation from their instructor. The only way to get one of those is to be in class, working on the things you have to work on and demonstrating progress (also not forgetting your old stuff). Some members are ready, and others are not.

With this in mind we have scheduled the next kyu grading:

### Sunday 8th August 2021

Anyone who is *not* invited to take part in this one should make it their mission to take part in the next. Not because grading is the be-all and end-all, but because you want to make progress and getting a new grade will show that you have made progress.

If you want to know what you need to work on, please don't hesitate to seek clarification from your instructors, but rest assured, they have already told you in class.

The **Little Warriors Stripe Test** will take place on Saturday **7th August** within their regular class, beginning at 9am promptly.

On **Sunday 8th August** we will begin our test with a short lesson at **10am**. All other lessons that weekend will continue as normal. We anticipate finishing around 1.30pm. Anyone not grading is also welcome to attend to have a lesson and see how we run the test even though they are not actually testing.

## Diary Dates:

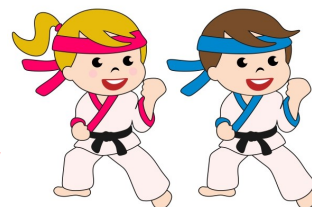
August 2nd-6th—Summer School  
August 3rd—no 10am class  
August 5th—no 10am class  
August 7th—Little Warriors Stripe Test  
August 8th—Kyu Grading  
August 30th—Bank Holiday. No classes.

## Birthdays

The following students celebrate their Birthday this month (August)

2	Tommy Thompson, John Drew
2	William Jones
6	Blake Coleman
9	Libby Price
10	Henry Slipszenko
11	Neil Tappenden

Happy Birthday  
to You



## New Members

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

**Sora Thomson Tanaka, John Chapman, Leo Howe**  
(*Newton Abbot*)

**Ioni Luff**  
(*Torquay Little Warriors*)

Welcome back to everyone who took time off with the other restrictions. Recommendation is the highest compliment we can receive. Welcome one and all!

## Grading Results

On Saturday 10th July 2021, the following Little Warriors (4-7 year olds in our pre-martial-arts class) were recognised at the next stage of their development:

### Yellow Stripe

Henry Slipszenko, Ceran Sultan Jen, Jax Digby

**Red Stripe**  
William Hone

**Orange Stripe**  
Charlie Vince, Joseph Saunders

Instructors nominate Little Warriors to graduate to the next stripe when the students have learned what they have to do from the Little Warriors curriculum.

On Sunday 11th July 2021 we held a kyu grading at Newton Abbot dojo. The following people were recognised to have attained the required standard for new grades:

**3rd kyu**  
Joseph Magor

**4th kyu**  
Jonathan Owen  
Kristina Tinker

**5th kyu**  
Ayrton Sharp

**6th kyu**  
Nathan Dungey

**7th kyu**  
Sunny Weedon  
Madeleine Williams

**8th kyu**  
Matthew Key

**9th kyu**  
Sophia Duddy  
Darcy Clyne  
Joseph Da Cunha  
Charlie Slade

In order to take a grading examination, the student must be nominated by an instructor. This happens when the student has proved competent in their regular lessons. On the day of the test they still need to demonstrate just why they should pass. The result depends on the student and their effort.

## Gi Delivery!

Some of the popular sizes of Karate uniform were out of stock until this week. We've got a new delivery with another version of our embroidered badge and so now is a good time to get a new *gi* while they are *in stock!*



## Last Word

I'll say it again, because there are still some strange attitudes to grading. Every grade is made up of 3 periods. 1) you are **new** in your grade and you need to learn the requirements for that grade. 2) you **know** what you are doing and need correction. 3) you are **polishing** your performance and getting ready for the next grade. If you don't know what you are doing or you are still being corrected then you are not about to grade. Each period is different for each person. For some each period is a month. For some it's 3 months (9 months in a grade). The length of the period doesn't matter but only when you enter period 3 do we look at when we can grade you. And period 3 will be at least a month. So if you are still being corrected in July please don't expect to grade before August has passed. All of those corrections and commands in class—*they* are what you have to work on before you pass to the third part of your grade. The people who don't learn, don't take advice, and don't remember what they have to remember don't move ahead until something changes, and we're here to help them every lesson, but *they* have to do the work; it's *their* grade. No use asking if you're grading the week before the test. You should know a month before. There are exceptions to every rule, and there's also the reality of your development; it seems strange to want a new grade before you have got a grip on the current one. And isn't humility an issue for those wanting to move ahead too quickly?

Grades can be a wonderful reward. They are recognition for how far you have developed. They are not about whether you have paid enough money or got enough "stamps" in your training diary. If it was all about the money we'd be putting people in for grades every month. We'd have a much bigger club but the grades would not mean anything. We'd rather teach honestly and grade honestly, and we think that really, that's what our members want too...

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

**Oss**



**Dedicated to Black Belt  
Excellence**