

Karate Academy

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Newsletter August 2022

Summer Holidays! As always, there will be times when you are away, either through holidays or family commitments, and of course it is polite to let us know when you won't be around. We hope you have a great time, and remember to make up any missed lessons when you get back. Training twice per week keeps information in your head, and you may need to do a couple of extra classes if you missed some due to holidays.

Our timetable over the summer just carries on, with a few minor exceptions (y'know, for Summer School and our Special Guest!)..

With our own Summer School we have some great training planned, and of course you get to train with Katsu Tiru sensei on Saturday 6th August. You'll have a great time.

Enjoy
John Burke,
Chief Instructor

Ladies Self Defence

The Ladies Self Defence course has been re-scheduled to Sunday 4th September. This is essential self defence information. No gi, no Japanese language, not martial arts; just practical no-nonsense stuff that women need to know in order to protect themselves.

The techniques shared on this course do not rely on strength, size, and they are not complicated. Every woman should know these things, and we'll also bust a few myths. It's £12.50 per person. 1-4pm on Sunday 4th September. Please enrol your female friends and relatives. Whether it's their first time or they need a refresher/reminder, let's make sure we've done all we can to make sure the ladies in our lives are as safe as they can be.

Summer School

During the school Summer Holidays we continue to run our regular classes. In fact we run extra classes. This isn't just for the children—all are welcome to our **Summer School**. This year it is running Monday to Friday, 10am-3pm (there is a lunch break) from **August 1st-5th**. The cost per day is £20 and attendees will need to bring a packed lunch. Those attending the whole week can do so for £80.

We will cram a month's training of basics, kata, kumite, and oyo into a week, and get in some extra kobudo, history, and cultural context, and even some silly stuff too (including the dreaded "Joke of the day". This is an opportunity to immerse yourself in Karate culture and compound your progression. Book early to reserve your place.

A Very Special Guest

As you will have heard in class, Sensei Deborah, Sensei Janet, and Renshi John very much enjoyed training with **Katsu Tiru sensei** at the UK Martial Arts Show in

Doncaster. Rather than keep his training to themselves they have arranged for Sensei Katsu to visit the Newton Abbot dojo.

We've talked about Sensei's lineage and pedigree in class, but the important thing is

to realise that we wouldn't be bringing in an instructor if we didn't think it would help our members. Sensei Katsu's particular brand of dynamic training is fun, challenging, and educational. We have a short session for the Juniors at 12-1pm on **Saturday 6th August**, and then a longer session for the teens and adults 1.30-3.30pm. The Juniors session is just **£8** and the Open session is **£20**.

Remember to bring your licence books and we'll ask Sensei to sign your courses/seminars page to prove you trained with him.



Days Off

We continue running classes throughout school holidays, with the exceptions being Bank Holidays.

There will not be any daytime classes during Summer School as we have to serve the members who are on their immersive course. That means Tuesday 2nd August—no 10am class
Thursday 4th August—no 10am class
Saturday 6th August—Little Warriors will proceed as usual at 9am. **Juniors at 12noon**, not 9.30, in order to train with Katsu Tiru sensei. **Open class at 1.30pm**, not 10.30am, in order to train with Katsu Tiru sensei.
Sunday 14th August—no Black Belt training unless you are joining us at the waterfall.
Monday 29th August—no classes, Bank Holiday Monday.



Black Belt grading with Kyoshi Blades

It's been a long while since we have had the pleasure of learning from Kyoshi in person. Anthony Blades 7th Dan Kyoshi will be presiding, with John Burke Renshi, over a Dan Grading (black belt test) at the Newton Abbot dojo on Friday 11th November 2022. Candidates should have trained in a minimum of 60 lessons between May and November, and seek advice from the seniors as to their progress and corrections.

On Saturday 12th November there will be training sessions for coloured belt and then Brown belts and above with Kyoshi. We're really looking forward to hosting his unique lessons at the dojo again.

New Members

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

**Romilly Crowe, Isobel Crowe,
Thia Lake, Heath Lake,
(Newton Abbot)**

Recommendation is the highest compliment we can receive.
Welcome one and all!

Birthdays

The following students celebrate their Birthday in **August**:

- 2 Tommy Thompson,
John Drew
- 3 William Candy
- 7 Nina Kugathasan
- 10 Henry Slipszenko
- 11 Neil Tappenden sensei

Happy
Birthday
to You



only have members on there, so nothing should be shared outside of the group. With this in mind, we have taken some people who have not trained with us in a long while off of the group. If any of them re-commence their training with us then we'll happily add them back on.

Grading

On Saturday 9th July the following Little Warriors were tested by John Burke renshi and Janet Drew sensei at Newton Abbot dojo and found to be worthy of the grades listed:

Yellow Stripe
Tobiasz Mocek

Orange Stripe
Kitto Farmer

On Sunday 10th July the following students were tested by John Burke renshi at Newton Abbot dojo and found to be worthy of the grades listed:

3rd kyu
Theo Shepherd

4th kyu
Jakub Kubien

5th kyu
Matthew Key, Sam Schafer, Sunny Weedon, Madeleine Williams

7th kyu
William Hone

8th kyu
Luke Walker

9th kyu
Lloyd Bennett, Paige Jones

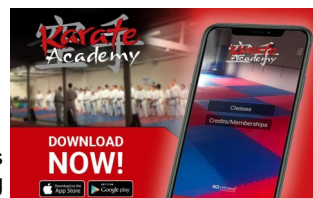
Congratulations to you all on your achievement, and may you have continued success and improvement with your training

In order to be invited to the next kyu grading exams, members must know

and be able to perform their grading syllabus to a high standard. They must have taken on board the corrections that they have been given in class. Invitations to grade are given out when the instructor has assessed that these steps are in place, and the only place that can happen is "in class". Therefore we recommend training twice per week in order to make progress. The next kyu grading is in September, and even if you are not grading you are very welcome to attend the training. We frequently tell members that grades have 3 phases:

- 1) learning the syllabus
 - 2) Being corrected
 - 3) Polishing practiced performance
- These phases can be a month each, or they can last longer. Essentially, if you are still being corrected then you still need an equal amount of time where you just practice your polished performance. Being ready in three weeks' time means that phase three begins then. You must be in phase three now to be considered for participation in the test.

Book Your Place



Our classes are getting busier, so we may 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**

Prices

From 1st September we will have all members on the current rates. If you pay on Standing Order please check your amount. We're not putting prices up, just bringing all members into the same bracket. "Legacy" pricing will no longer be available on the Stripe system. That means

Little Warriors

Per session £5
Block of 10 £40
Per Month £35

Karate classes

Per session £7
Block of 10 £60
Per Month £45

This means that those training twice per week are still better off on monthly membership than pay-as-you-go.

As a deal, anyone who wishes to purchase an **annual membership** or extend a *current* annual membership can do so at their present rate before the end of August.

Members Only Facebook Group

We want to share information for and about *members* on the **Keiko Karate** Facebook Group. Some of the events that we have coming up are not for outsiders. We'd like to encourage all new members to join the group to keep up to date with what's going on. We

Last Word

Karate-do is a Japanese phrase. The nearest translation would be "the Way of the Empty Hand". As a "Way" rather than a set of skills it requires that you "get it". To understand the process that the instructors have in place, that they have been through, and thus are proof that you can go through it too. It has to be a challenge. It has to be a test. A lot of the time people fall at the first hurdle, and though we are there to help, it has to be the individual who picks themselves up when they have fallen and continues even though it feels like the odds are stacked against them. Kyo-shi Blades is fond of the phrase "Forge the sword". Super heated metal is beaten with a hammer until it possesses the qualities that make it a weapon that people are proud of and it is fit for use. The fires that forge us are often self inflicted. No-one makes us get off the sofa and come to Karate, and yet we are there. We go through the furnace and we come out the other side, born anew, with new shape and new qualities that were always inside us even if it was only the instructor who could see them. Following what the teacher has planned for you, even though it is challenging, requires a lot of faith—in the teacher and the process. And yet the evidence is there before you. Far from super-human, these people, your instructors, have been through it; and so can you.

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

Oss



**Dedicated to Black Belt
Excellence**