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Newsletter August 2023

September Beckons

It can rightfully be said that we had a manic June, with guests and instructors, and plenty going on. Looking ahead to September we can see that there is another set of opportunities not to be missed.

Number One would be to get back into the regular routine of training. We know that things get weird over the summer, so get an early return to routine, because you are going to need all your abilities.

Now, if you missed out on the visits from **John Correlje** of *Tang Soo Do* and **Katsu Tiru** sensei you will want to make sure you don't miss out on the special guests in September:

We are hosting **James Pankiewicz** sensei on **Thursday 14th September**. He runs a dojo in *Naha, Okinawa*, and has a very exciting lesson planned for us. There are people travelling from all over to come and train with Sensei James. He is a direct student of *Arakaki sensei* in Okinawa, and he knows everyone else out there at the birthplace of Karate.

Then, on **Saturday 23rd September** you will have the opportunity to train with **Anthony Blades Kyoshi**. There will also be a Dan Grading (black belt exam) taking place.

Kyoshi Blades brings his critical eye and advanced knowledge to help our members get the best out of their karate. His seminar is not open to outsiders, it's just for us. Currently, plans are that the main session will take place on the beach. You all need to be there.

Summer Holidays! Schools are off, but we only stop for Bank Holidays, so the timetable continues to run throughout August. It's the eighth month of the year and there is still time to reach your goals. In fact, if members are off school during the Summer it's possible to train MORE often with daytime classes available which they might not ordinarily be able to get to.

Essentially, we should enjoy each season for its wonders. If you're going somewhere exotic on your holidays you might even send us a photo of you in the famous "crane kick" pose from *The Karate Kid*.

Enjoy the holidays, but make some regular time for Karate. You could get a turbo-boost in progress by training while other people are sun-bathing... But then, this is England, so maybe training is best after-all.

John Burke,
Chief Instructor

Summer School

Summer School is finally here. It takes place in the week of **7th-11th August**.

This is a week long course for all ages and grades 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.

Why would you want to be there? Why wouldn't you? 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. It's something to do during the school holidays and it's a turbo boost for your karate training if that's how you choose to use it.

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. 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"...

Ladies Self Defence

We did it again. Well done to the ladies who attended the course, and thank you for your comments at the end concerning the empowering methods we taught. We got through an awful lot, more than we have done in perhaps 10 years. Thanks to everyone who supported the event.

Diary Dates:

August 2023

7th-11th Summer School
8th No 10am class
10th No 10am class

28th Bank Holiday Monday—no classes.

September 2023

14th James Pankiewicz sensei
15th Dan Grading Articles deadline
23rd Anthony Blades kyoshi

October 2023

25th World Karate Day
28th 100 Kata Challenge

New Members

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

Eli Bailey, Hattie Sweetland
(*Newton Abbot Little Warriors*)

Maxwell Carr, Rory Last
(*Torquay Little Warriors*)

And a very warm welcome back to
Deabra Stuart
(*Newton Abbot yudansha*)

Recommendation is the highest compliment we can receive.

Welcome one and all!

Birthdays

The following students celebrate their Birthday this month (August)

- 1 Willow Taberer
- 2 Tommy Thompson
- 7th Nina Kugathan
- 10th Henry Slipszenko
- 11th Neil Tappenden sensei

Happy
Birthday
to You



Grading

On Saturday 29th July the Little Warriors underwent their Stripe Test at the Newton Abbot dojo. Overseen by Renshi John and Sensei Janet, the following promotions were awarded:

Green Stripe
Tobias Chambers

Yellow Stripe
Alexander Kelly

Red Stripe
Ollie Little

Orange Stripe
Isla Kelly



Sunday 30th July the following people were examined and found worthy of the grades listed in a test at the Newton Abbot dojo overseen by John Burke renschi, Janet Drew sensei, and Deborah Needham sensei:

6th kyu

Erin Chambers, Louie Chambers, Teddy Chambers, Sora Thomson Tanaka

7th kyu

Jamie Blondell

8th kyu

Charlie Northwood, Darsh Patel

place soon, 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.

More Travels

We tell you about the seminars taking place in other parts of the world because we wouldn't want you to think that you weren't welcome or weren't invited. If anyone wants to join in with the seminars that Renshi John travels to you are more than welcome.

30th September and

1st October he'll be teaching in Schoonoven, **Holland**.

We're trying to confirm a seminar in Wales in **October** for a Kyokushinkai group.

25th and **26th November** Renshi John is teaching a weekend of Bunkai and Pressure Points in **Wrawby** in the far north.

Next year there are already plans for **Shetland** and others.

Of course it's sad when he's away from us, but we can take heart that our instructor is in demand and his skills are recognised and required where they are known.

Many thanks to those who supported the grading by coming in to train and set the example—your dedication is noted.

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 taking

Last Word

August, a month named after a Roman ruler. September is, of course, named after the number seven, but it's the ninth month of our current calendar. The year flies by. In school terms there is just the Autumn Term left of 2023, and we're trying to get as much packed into it as we can. We have learned the hard way that we need to take our joys when we can find them, as there is no guarantee that a person who we want to train with will be around in the future. Grab your opportunities while you can.

With that said, we are currently making plans for 2024. That will be the 25th anniversary of the club, and as such we want to make it really special. 25 years is nothing to be sneered at, and alongside making sure our skills are up to scratch we will be choosing the very best guests to bring in to teach us. If any of you have someone in mind that you would like us to invite for a seminar please let us know. We heard the unfortunate news this month that Dave Hazard sensei has retired from teaching seminars. That's a great shame as we always wanted to have him at our dojo but did not take the chance. Now it's too late. So what we're saying is: let us know who you want to train with and we'll do what we can. We have a lot to celebrate and we want to share our success and make 2024 a year to remember.

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

Oss



**Dedicated to Black Belt
Excellence**