

Karate Academy

夏期学校

Newsletter August 2024

Every year we get to the school's Summer Holidays and attendance becomes more sporadic. The people who *can* attend throughout the summer inevitably make more progress than those who temporarily disappear. Holidays are great, and necessary; we just need to make sure that when we *are* around we get our regular training in. Twice per week. Or more. Without schools taking up time there are many opportunities to train. Whether the session is repetition of syllabus work or you've turned up to find us experimenting with Ten-no-Kata it will serve you as well as you'll allow it to. By that we mean "you get out what you put in", and with classes every day no one can say they were bored over the summer holidays. We've always got something to do and the training never ends. During the heatwave it's a good idea to have water and a towel with you, too!

John Burke,
Chief Instructor

August Timetable Exceptions

The 10am Open classes are not available during Summer School week, and the Tuesday straight after the Bank Holiday. **Tuesday 6th, Thursday 8th, and Tuesday 27th** there are no 10am classes in Newton Abbot. There are no classes on Bank Holiday **Monday 26th** August.

Summer School

Why would you want to do Summer School? To progress. It's a week long immersive training course to help accelerate your learning. To avoid boredom; it'll help to pass the Summer Holidays.

Monday **5th August** to Friday **9th August** 2024, 10am-3pm daily.

It's not too late to book your places. The price is a only £90 for the five solid days of training. Or, as we should call it; an investment in your development.

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 a demanding week, and not suitable for Little Warriors— 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 due to frequent repetition and in-depth instruction that just isn't possible when you are only there for an hour. We're 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 4 days will want to take advantage of the block 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.

Things We Shouldn't Need To Say

You'll let us know, won't you? If you're going away? We'll be happy for you but it's always useful to know who's available for training and who's not. It stops us from thinking you're just absent. It stops us from worrying about you. Just a word when we see you or an email or a Facebook message. We don't need to live in your pockets or know everything about you but it's polite to say when you won't be around.

Same if you change address. You'd let us know, wouldn't you?

To those who always do these things; Thank You.

Members Resources

Our website: www.KarateAcademy.co.uk where there are events and timetable updates available.

The *members* site www.members.KarateAcademy.co.uk where you can access all the syllabus materials for free.

Syllabus DVDs are available from your instructor, as are John Burke renshi's range of books and DVDs on the subject of **kata applications**. You could get them on Amazon, but members receive a discount from their instructor.

If anyone requires equipment (pads etc) please see your instructor as we would hate for you to have the wrong thing

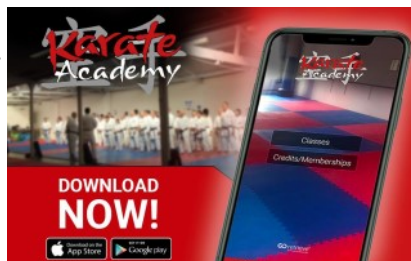
Members Only Facebook Group: We want to share information for and about *members* on the **Keiko Karate** Facebook Group. Some events are not for outsiders. We'd like to encourage all new members to join the group to keep up to date with what's going on. We only have members on there, so nothing should 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.

The App: It's always nice to know who's coming, so if you would like to book your places just set up an account. It's free.

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 store for free. Just search for **Karate Academy**.



Birthdays

The following students celebrate their Birthday this month (August)

- 10 Henry Slipszenko
- 11 Neil Tappenden sensei

Happy
Birthday
to You



New Members

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

Ethan Green
(Newton Abbot)

Leighton Giles
(Torquay Little Warriors)

Recommendation is the highest compliment we can receive.

Welcome one and all!

South West Martial Arts & Wellbeing Show

The events that we travel to are sometimes a very great distance away. Travelling to Doncaster or Cambridgeshire might not be possible for many of our members. It is a great relief to see that there is a big event happening somewhat closer to home: The South West Martial Arts and Wellbeing Show is taking place in Bristol at the Thornbury Leisure Centre on Saturday **21st September 2024**. There is a great line up of instructors including our very own John Burke renschi alongside perennial favourites Master Sken and Grandmaster Samuel Kwok of Muay Thai and Wing Chun respectively. You can see more details and the timetable at www.SouthWestMartialArtsShow.co.uk and we would be very happy to have you there to make our seminar busy as well as enjoying all the other sessions.

Grading

On Saturday 20th July 2024 there was a Little Warriors Stripe Test conducted at the Newton Abbot dojo by John Burke renschi and Janet Drew sensei. The following grades were awarded:

Red Stripe
Isla King, Tilly Thomas

Orange Stripe
Lockie King

On Sunday 28th July 2024 at the Newton Abbot dojo the following grades were awarded under exam conditions by John Burke renschi, Janet Drew sensei and Deborah Needham sensei:

4th kyu
Erin Chambers, Louie Chambers

6th Kyu
Stanley Maunder

9th kyu
Elliott Thompson Mount, Lara Thompson, Tom Thompson Mount

Congratulations to those who passed. The next opportunities will be during September, and members are being observed in lessons *now* to see if they have achieved the standards to make testing appropriate. To be invited to grade the instructor must have seen the required progress, and the only place that they can do that is when you are training in the dojo.

Diary Dates:

August 2024

- 5th Summer School begins
- 6th No 10am Open class
- 8th No 10am Open class
- 9th Summer School ends
- 26th Bank Holiday. No classes
- 27th No 10am Open class



Last Word

Enjoy the Summer Holidays. Take that break. Enjoy the weather. If you are going somewhere and you want to send us photo of you doing the "crane stance" in remarkable setting that would be great—we love seeing those. And do your training.

Training shouldn't be a drag on your time, but it should be a regular part of your life. Training twice per week is best. If you can't do twice then do once. If you can't do your usual day do a different day. There are many opportunities on the timetable. If you don't train regularly then when you do train it is harder for you. The constant reinforcement of movement habits is required to make something part of you. John Chapman called it "neuro plasticity". I call it "do it right so many times that you can't get it wrong". It's one of the issues with grades—people think that if they have done something right that they have learned it. That's not the case. Prior to doing it right they did it wrong a number of times. Those need to be replaced in the neural pathways by a track of doing it right that is more embedded and more ingrained than the previous pathway. It's why phrases like "You will do most often what you most often do" and "how you do one thing is how you do everything" are important to us. It's why we keep working on our "old" syllabus when we have a new kata/kumite/basics to work on—because if we don't then the pathway degrades and we can't do those things any more to the standard that we should. I'll keep working on it.

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

Oss



**Dedicated to Black Belt
Excellence**