

Karate Academy

冷静に

Newsletter August & September 2025

Oops! That's embarrassing. I really thought I had put the Newsletter out in August at the beginning of the month. Apparently not. Catching up with the situation much later means that this issue will now have to serve as an August **and** September Newsletter.

For most, September marks a new term. While Karate carried on over the summer holidays, it's still a good time to re-establish our training habits and re-commit to make improvements in ourselves and aim for gains before the end of the year.

There's still one third of the year left, including September, and so applying ourselves **now** means we can see results in real time.

Please make sure you take note of the timetable exceptions in September.

John Burke,
Chief Instructor

Kick-a-Thon

Rowcroft Hospice have let us know that the total monies raised in cash, and Just Giving donations for all your efforts comes to a whopping £2,416.84. That's a huge amount and we can be very proud of ourselves. Well done to all that took part in the Kick-a-Thon and thanks to everyone who sponsored us.

rowcroft
hospice



Summer School

It seems like a long time ago, now, but yes, we did have Summer School from Monday 4th August through to Friday 8th August 2025. There were a wide range of ages

and grades training across the week, using a menu that the members asked for from 10am-3pm every day. The photo shows those who were there on Monday morning. Other people joined us over the course of the week, with some doing individual days and some joining in for the rest of the course.

A week of intense training should pay dividends, and that's what will be ascertained in class over the coming weeks and months.

Timetable

In August we were not available for classes on Bank Holiday Monday. In September we have a couple of days where other events get in the way of main classes. Friday evening Juniors and Black Belt classes are not available on **5th** September.

The Black Belt class on Sunday **14th** September is replaced by a Kyu Grading and the Black Belt class on Sunday **21st** will not take place due to a seminar in Holland.

As always, don't miss out; use the other classes which are available.

Clubs Day

Wolborough Primary School in Newton Abbot has once again asked us to take part in their Clubs Day where the pupils are shown a variety of "after school activities" that they might like to consider taking part in. If you know of any other opportunities to showcase our club then please let Renshi John know directly.

Birthdays

The following students celebrate their Birthday in August and September

August

10	Henry Slipszenko
11	Neil Tappenden sensei
19	Margot Keene
25	Elsie Angell

September

1	Sam Schafer
7	Ted Kirsop-Taylor
9	Lucas Cooper
12	Kavin Balaji
25	Nick Hawkes
28	Alexander Kelly

Happy
Birthday
to You



Friends

September is the perfect time to bring a friend to Karate with you. Rather than one "Buddy Day" your friends will be joining in with new starters and the rest of us refreshing our knowledge all month.



Travels

As you will see in the timetable exceptions, Renshi John is once again off to teach in Holland. Classes on Saturday 20th September will take place as normal, with Sensei Janet and Sensei Deborah covering the teaching duties for Renshi's Open class.

Back To School

The start of a new school term can be a stressful situation, but it doesn't have to be.

It's actually an opportunity. Children haven't seen each other for weeks, and even if they have it hasn't been within the formal surroundings of a school. Each student, then, can now re-brand themselves as they would like to be known. Last term you might have been the class clown, and that might not fit with who you want to be—this is the perfect time to change how people perceive you. If you don't act silly then people won't think you are silly. If you want to conserve your energy and be a bit more introverted then now is the time to set up that identity. If you want to be more outgoing then now is the time to forge new friendships.

Our shy members might ask how they do that, as they really don't want to put themselves out there. All you have to remember is that people like talking about themselves. If you ask questions (in a nice way) and listen to the answers instead of waiting for your own opportunity to speak, then you can develop friendships. "Did you get up to anything nice over the holidays?" "I like your new haircut, where did you get it done?"

You still don't have to give away every detail about your own life. You still don't have to boast about the things you have or be jealous of the things you don't have.

Children need to remember that at school there are teachers and assistants who are adults and are there to act in loco parentis—that means they look after you. It's not for any child to deal with a violent situation. The adults are there to make sure no harm comes to you, so if there's a problem go and get an adult. With that said, we know that situations can erupt spontaneously, and while judging when hitting people is the right thing to do is a huge and serious subject, it's *never* right to let them hit you. **You have our permission to block.** Always.

If someone at school is throwing around taunts or insults we mustn't get upset. They are just words, and the person is wrong, but telling them so won't solve anything so we're better off avoiding them. Remember our magic phrase:

"In Your Opinion"

Whatever someone says about us, it's just their opinion. We're not admitting it and we're not arguing that it isn't true, we're just putting it in context. So what if their opinion is wrong? It's not for us to make other people believe that they should change. Just move on with your own priorities. Kids can be cruel but that doesn't make them right and we don't have to let their words hurt us.

You don't have to dress cool. You don't have to have the latest technology or have watched the latest fad show. These things will all pass, anyway. You do you. Don't be jealous of what others have and don't feel down if you don't have them. At the other end of the spectrum; if you have the latest phone and you watch the latest show or play the latest game that doesn't make you better than other people. It makes you lucky. Give thanks for the blessings you receive. Don't rub other people's noses in it if they don't have as much as you do. There will be new people at your

school, and if you have the opportunity to help someone who is new and appears lost or alone it takes no effort to ask them if you can sit with them or what their favourite hobby is.

Grading

There's another Kyu Grading coming up, and for those who haven't trained during the summer there will be another opportunity in October. Grading depends upon having made sufficient progress. A number of lessons is a good guide, but as everyone is different some people need more lessons than others. Certainly, higher grades should expect longer waits between grades as we have much polishing to do of old material as well as new!

New Members

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

Joey Joyce
(Newton Abbot)

Recommendation is the highest compliment we can receive.

Welcome one and all!

Diary Dates:

August 2025

4-8th Summer School
25th Bank Holiday Monday, no classes

September 2025

5th No classes
12th Wolborough School Clubs Day
14th Kyu Grading
21st No classes due to Holland seminar

Last Word

Going off to teach seminars is an honour and a privilege. Teaching our members at our dojo is also an honour and a privilege. Not every instructor gets to go and teach at different clubs and different styles, and not every instructor has written books and produced videos about any aspect of the martial arts. It's all a lot of hard work and yet very rewarding. It's why we teach Karate. Seeing the practitioners improve and develop, whether here at home or away in distant lands. Once again I'm off to teach in Holland, the land of the giants. Then in October I'm off to teach in Oldmeldrum in Scotland for a weekend, too. Any members are very welcome to come with me, but I'm aware that travel and accommodation are also very expensive. In the regular classes you get some fitness work, some technical work, some based around the grading syllabus, some based around gaining the skills that progression relies upon. Seminars are different. On a seminar I'm teaching the subject matter that my host has requested, and it's nearly always kata applications. I have taught a single kata for two days solid without repeating myself. It takes a depth of knowledge that few martial artists have, and that's why they bring me in. Plus, it's fun. In our regular classes I can only teach a little application each lesson if at all. In a seminar I throw out so much information that notes are a prerequisite and video is a very good idea for reviewing what will inevitably be forgotten. But then, they can always get me again, can't they... (?)

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

Oss



**Dedicated to Black Belt
Excellence**