

夏休み

Newsletter August 2026

and to use the more precise and cerebral aspects of our training when it's too hot.

An extra gi for summer?

There are now pre-loved karate uniforms and hoodies available in the reception area of the Newton Abbot dojo. They have been donated to us and used as spares for when people occasionally forget their uniform. Thanks to members generosity we now have too many, and so we're letting members take them away as an extra gi for them to own for a donation to the club's equipment fund. As you know, a clean uniform is essential each lesson. Don't wear the same uniform 2 days running.



Welcome to August at the Karate Academy. Schools and other clubs might stop for August but we don't. Your classes are still available virtually every day. A little bit of routine and a maintenance of your skill level is essential, never mind the improvements that might be had and the fun "alternative" lesson plans that creep in during school holidays. Enjoy your holidays, by all means, but don't forget about Karate.

John Burke,
Chief Instructor

Summer School

Summer School is here. The course takes place at the Karate Academy in Newton Abbot from the 10th to the 14th August. It is a week's training Monday to Friday 10am-3pm in addition to our regular evening classes. This is an immersive Karate training experience which produces compound development through intensive training. Four and a half hours of training every day is going to show results for any committed members. We might also have time for some fun and games.

Calling it Summer School might give the impression that it's all children. It's not. We've had all sorts of ages and grades in previous years. Adults and children, white belts to fourth degree black belts. It's a heavy workout for any age or grade, but it's like getting a couple of week's training every day. Some of you usually only manage an hour per week, and this is 4.5 hours per day! It's only natural that the results are better than more spread out training.

The course is £100 per person. Training on individual days of Summer School is £25 per day, but naturally you won't get the full benefit if you don't do the full course.

Hot Weather

Things may be cooling down a bit, but there is still warm weather ahead. That means we still have to take care. Bringing water for hydration during and before training is a good idea. Maybe a towel, too. Whatever the weather, we carry on, and we are used to balancing our classes to keep people warm when it's cold out

Diary Dates:

August 2026

2nd No Advanced Class
10th—14th Summer School 10am-3pm. Normal classes in the evenings
11th No morning class
13th No morning class
31st Bank Holiday Monday

New Members

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

Ada Offord
(Newton Abbot)

Recommendation is the highest compliment we can receive.

Welcome one and all!

Last Word

One of my favourite "koto waza" (諺) is On Ko Chi Shin. 温故知新 To Study The Old is to Understand the New. From our perspective in Karate this is about looking at the old ways of doing things. Not simply a reenactment, though. We've learned a lot about physiology and biology and sports science so there are some exercises which were discovered to be more detrimental than beneficial and so they were changed for the modern world. It's not about blindly following the past but using the messages of the past to inform the future. It's about not having to reinvent the wheel. It's about understanding why changes took place and why those changes might or might not be necessary for today's civilization. The clue is in the term "study". We don't just turn up and do Karate—well, okay, some people do, but your instructors and seniors have an in-depth knowledge about what we do. That depth is for their own benefit but it also cascades down to what is taught in the dojo. By keeping our eye on the past we learn not to throw the baby out with the bathwater. Proud to be the Keikokai. See you in the dojo.

Oss

Birthdays

The following members celebrate their Birthday this month (August):

10 Henry Slipszenko
11 Neil Tappenden sensei
25 Elsie Angell

Happy
Birthday
to You

