

# Karate Academy

Newsletter August 2019

猿も木から落ちる!

## Changes

Please note that there are timetable changes for the month of August. This is to make best use of the instructors' time and provide you with the best classes we can. In essence our **Tuesday** and **Thursday** 5-6pm sessions and 6-7pm sessions in Newton Abbot are going to be merged for the month. Making a new 5.30-6.30pm class.

**Monday** morning will return to Tuesday morning *after Summer School*. There are **no weekday 10am** classes during Summer School (that is: 6th and 8th August).

**Wednesday's** Ladies Only class will be an Open class.

**Kingsteignton** class is moving over to Newton Abbot, meaning that there is something on in King Street every day of the working week. Ashburton and Torquay will continue unaffected.

Brown and Black Belt Sundays will **not** be on **11th** or **25th** August.

The timetable is on the website [www.KarateAcademy.co.uk](http://www.KarateAcademy.co.uk)

## Kyoshi Special Seminar

We could have anyone come and teach for us. We could hire *any* special guest instructor. We bring a variety of teachers in to bring you enhanced training experiences. Your instructor, Renshi John Burke, is in contact and on first name terms with some of the biggest names in martial arts. So it should indicate to you that **Kyoshi Anthony Blades** is a very special instructor, because we are bringing him back again. One of the few people to hold the title "Kyoshi", Mr Blades is a 7th Degree Black Belt with a deep understanding of body mechanics and one of the first *torite jutsu* black belts in this country.

Please make arrangements to train with Kyoshi Blades on **Saturday 12th October 2019**. It will be a special training session challenging us both physically and mentally. There's a session from 10am-11am for White belts to brown belts (just £7.50 per person), followed by 11.30am-1pm for the Technical Dan Grading and a 1.30pm-3.30pm session for Brown Belts and above (just £20 per person).

The Dan Grading (Black Belt exam) will, of course, be taking place over the whole day. Those of you not taking a Dan Grading on this occasion should definitely come and train with the examiner before meeting him in exam conditions.

Saturday  
12th October  
Keiko Karate  
Special Guest

save  
the date!

The Summer Holidays are an interesting time for us at the Academy. People are away, people have different demands on their time. Students use different classes to normal (which makes it hard to predict which classes will be busy). As always, we'd just urge you to make a little time for Karate each week. And if you are going away, please use the weeks either side to get some extra training.

Please take note of the temporary timetable changes for the month of August. A new term starts in September and a new timetable!

John Burke, Chief Instructor

Summer  
School

## Summer School

Back by popular demand

**5th-9th August 2019**  
**10am-3pm each day**

our very popular Karate Summer School. A month's worth of training, plus games, history and more packed into one week!

Still only £60 for the week or £17.50 per day. We often think that we get the best results from this kind of immersive training. You get to spend every day in a gi, you get to hone your habits with a week's training every day, and you get some fun with some of the activities that there just isn't enough time for in our normal classes.

And it's not just for children. It's a mixed group of people who just want to do Karate for a week. And this is the ideal opportunity. Most people who come along bring a packed lunch for the break, and there's always the "lunchtime joke".

Please book your place.



## New Members

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

**Thomas Sanders, Emanuela Garritano, George Watts-Hawkins**  
(Newton Abbot)

**Chase Cooper, Henry Watts-Hawkins**  
(Newton Abbot Little Warriors)

**Louis Moloney**  
(Torquay)

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

## Kick-A-Thon 2019

We are very proud of all the people who came along and completed the Kick-a-Thon on Sunday 14th July. It was extremely hard work and yet everyone gave it their best effort. If particular note were the youngsters and the lower grades who overcame their concerns about the event and did it anyway. It's not too late to add to the sponsorship funds.

At the moment it looks like we have pledges of over £1,400. Monies raised will be split between two very worthwhile charities, **Devon Air Ambulance Trust** who provide a valuable service to local residents and **Down's Syndrome Association** who help families and supply services for children and adults with Down Syndrome, who many of you know is a charity very close to our hearts.

## Travels

Renshi John is due to be travelling again in the near future. There's a seminar weekend in **Holland** in September. There's a seminar weekend in **Finland** in October (after Mr Blades's visit). And there's a seminar weekend in **Scotland** in November. Any of our students are welcome to come to these events.

## Grading Results

On Saturday 27th July 2019, the following Little Warriors (4-7 year olds in our pre-martial-arts class) were recognised at the next stage of their development:

### Green Stripe

Dexter Allen, Daniel Taylor

### Yellow Stripe

Tommy Thompson, Theo Scott Gatty

### Red Stripe

Jack French, Jacob Hopkins

On Sunday 28th July we held a kyu grading at Newton Abbot dojo. The following people were recognised to have attained the required standard for new grades:

### 4th kyu

Emily Dungey

### 6th kyu

Isabella Mendez-Chombunchuay, Mark French, Marley Warren, Oscar Harrison

### 7th kyu

Eliza Kubien, Jakub Kubien, Hannah Ward, Annabel Barson,

### 8th kyu

Ayrton Sharp, Nathan Dungey, Joseph Magor, Olivia Martin, Theo Shepherd, Samuel Harrison, Rhys Underhill, James Franks

### 9th kyu

Zachary Hurden, Finley Hurden, Jonathan Owen, Sam Schafer, Oscar Magor, Brody Simpson, Lily French, Dylan Hone, Freya Wallwork, Azenette Lagda, Harrison Ball, Logan Allison, Erin Marle, Ellie Marle

Congratulations, all! Now onwards and upwards. Training regularly brings dividends.

## Last Word

The "koto waza" on the front page is the Japanese maxim "even monkeys fall from trees". This saying means that even those who are good at something can make mistakes. It's like saying "we're all only human". Or to put it another way; "we can be forgiven for our errors". Because we all make them. That's why the dojo is a place of relief. We come to train, and we might have a good day and everything goes right. Or we might get some stuff wrong. We will definitely get corrected, and as long as we take correction as a positive thing that will help us to grow and make things right then we shouldn't feel bad about it. What we have to be careful of is bringing it to the next class, or believing that someone "doesn't like us" because we got corrected. Actually, it is a sign that they care about your development. In the dojo, the Sensei is only going to correct or comment people who are worthwhile. In order to get attention we try hard. In order to get attention for our development the only way is to try hard. Effort is noticed and encouraged. Slacking off, messing about isn't making a mistake, it's making a choice about your own development. Choose the other way. Get noticed through best effort.

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

**Oss**

## The Bunkai Seminar

Renshi **John Burke** is the author of 4 Kata Application books and more than 50 DVDs. He teaches seminars in places as diverse as Scotland, Shetland, Cumbria, Essex, Holland, and Okinawa.

And he's teaching his kata application seminar here in Newton Abbot on **Saturday 17th August**, 1-4pm. So if you want to know what the moves in your kata do, and you want to get the information that Renshi John is so much in demand for, then you will want to be there.

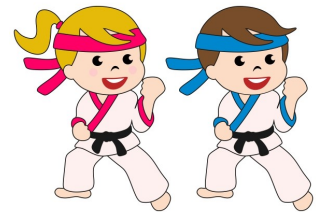
To book your place, please call 01626 360999, it's just £20 per person.

## Birthdays

The following students celebrate their Birthday this month (August)

- 2nd John Drew, Pearl MacAfee, Wolfe MacAfee, Tommy Thompson, Noah Curnow
- 6th Iris Cleland-Howe, Harvey Johnson
- 8th Ruby Hewings
- 11th Thomas McCoy, Neil Tappenden
- 14th Emanuela Garritano
- 15th Thomas Flannery
- 16th Richard Carrick tasshi, Oliver Williams
- 22nd Henry Duddy
- 24th Freya Wallwork, Archie Panks
- 27th Thomas Mann
- 28th Conrad Bird
- 30th Andrew Cooper
- 31st Liam Francis

**Happy Birthday  
to You**



**Dedicated to Black Belt  
Excellence**