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Newsletter February 2020

2020

A slue of special events have lined up for us. And there's more that we are talking about in class. Adults of all grades are welcome at these events, but when it comes to Juniors we have to decide on a case by case basis due to the subject matter and levels of maturity and concentration required for these long training sessions.

It's all exploded. There were so many things that we have been trying to organise for our members in recent months, and some of them have not come to pass. Then, in early January, a number of things slotted into place, and now we have an absolutely loaded schedule of special events.

It takes some organising to bring you guest instructors of this calibre. We are fortunate to have known them for a long time. That they are willing to travel vast distances to come and teach us is testament to the quality of our group. Now we'd better get into our regular training so that we live up to that standard...

John Burke,
Chief Instructor

Hoodies

The new Karate Academy hoodies are available from the dojo and your instructors. They have the Keikokai badge across the back and the Karate Academy logo on the front with the tag-line "Dedicated to Black Belt Excellence" below. Junior sizes are £20 and adult sizes are £25. Once they are gone, they are gone.



Social Media

As soon as we print the Newsletter something else comes up. Or we want to let you know about a success in class. Or an event. The Newsletter is still useful as many people keep it on the fridge to remind them of events, but phones and electronic devices stay with us nearly all the time, and so social media has become the way that people communicate.

Please join the **Members Only Keiko Karate** group on Facebook where we share information and notices. <https://www.facebook.com/groups/172704136120339/> or search **Keiko Karate**. There is a "security question" to answer as we don't want just anyone on this group. Just tell us where you train and with which instructor (parents: use the details relevant to your child).

The public information is on the **Karate Academy** and **The Karate Academy** pages. <https://www.facebook.com/theKarateAcademy/> & <https://www.facebook.com/KarateSensei/>

You can help the club by sharing information that you see on the public pages, you never know who will be inspired to join us by your post. The Keiko group, however, features photos of our members, including children, and must not be shared publicly.

9th February—the **Self Defence for All Seminar**. Not just Ladies Only this time. Tell your friends and relatives, because this is not a martial arts class. Anyone can come. It's about the practical things that people can do in violent situations. 1-4pm in Newton Abbot, just £10 per person.

22nd February - **Neil Ellison renshi** teaching in Newton Abbot 10-3. Renshi Neil has been visiting our club since 2002. He brings a knowledge of close-combat techniques based on WadoRyu Karate and the internal Chinese martial arts of Bagua Zhang and Xing Yi. Our members find his help invaluable. £25 per person.

23rd February - special guest at the Brown and Black Belt class.

25th April - **Russell Stutely kyoshi** teaching in Newton Abbot 10-3. It's been 10 years since his last visit. Kyoshi Russell is responsible for much of our effectiveness in combat. His seminars are always full of golden nuggets of training information. Please keep this payment deal secret. On his website this seminar is listed at \$70. Only with us can you get your place for £25:

2nd & 3rd May - **UK Martial Arts Show**, Doncaster

10th May—**Bassai Dai Bunkai Seminar** in Essex.

23rd & 24th May - Shetland Budokwai 40th Anniversary Seminar with guest instructor John Burke renshi.

27th & 28th June - Dan Grading and seminar with **Anthony Blades kyoshi**. Kyoshi Anthony has been teaching our members and grading the Black Belts since 1999. His knowledge of biomechanical principles is unsurpassed and he always adds art to our martial art. There will also be a Dan Grading alongside the seminar. Further details to follow. Book your seminar place for just £25

4th & 5th July - **Patrick McCarthy hanshi** teaching Tegumi Renzokugeiko in Newton Abbot. 10-3 each day. £75 for the weekend to the first 40 participants, £95 after that.

September - **Bunkai Bootcamp** weekend in Newton Abbot

As always, special events are extras to your regular training, and are pointless if you are not getting the basics engrained.

New Members

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

Sonny Baker, Finley Baker, Elliott Hunt, Isabelle Havard-Edge, Rhys Havard-Edge, Alistair McGill
(Newton Abbot)

Bailey Jennians
(Newton Abbot Little Warriors)

Brooke-Leigh Morrison
(Torquay Little Warriors)

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

Grading Results

On Saturday 1st February 2020, 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

Lucas Kirkbride

Yellow Stripe

Oliver Russell

Orange Stripe

Jacob Hill, Henry Slipszenko

Instructors nominate Little Warriors to graduate to the next stripe when the students have learned what they have to do from the Little Warriors curriculum.

On Sunday 2nd February 2020 we held a kyu grading at Newton Abbot dojo. The following people were recognised to have attained the required standard for new grades:

5th kyu

Mark French, Steve Sharp

6th kyu

Jorja Williams, Oscar Williams

7th kyu

Peter Flannery, Jon Owen, Timothy Riggs,
Kristina Tinker

8th kyu

Dylan Hone, Tom Sanders

In order to take a grading examination, the student must be nominated by an instructor. This happens when the student has proved competent in their regular lessons. A "Grading Notice" will be given to the student or sent home to identify that they have been nominated. On the day of the test they still need to demonstrate just why they should pass. The result depends on the student and their effort.

Please Note

There will be no Open class on Saturday 12th February due to the seminar. Little Warriors and Juniors are unaffected.

There is no Ashburton class on 10th March due to a school function.

Self Defence

Previously, we have kept these workshops to be just for women. Ladies Self Defence we called it. Renshi John would use female students to front the class so that there was a relatable face for the participants. On this occasion though, we will present a Self Defence workshop for women AND men. No martial arts experience is necessary. It's not a Karate class, but about the practical steps that a person can take to defend themselves in a violent situation. John Burke will be the instructor, teaching how to deal with punches, grabs, and what to do when attacked on the ground, and he will be sharing a piece of information that he has never taught on these seminars before. **Sunday 9th February 2020 1-4pm.** Tell your friends and invite people along, wear clothes they can exercise in (though it's not an exercise class). Just £10 per person.

Star of the Day

Our Little Warriors who have excelled in behaviour or effort are recognised with "Star of the Day". Please help us to recognise the following Stars:

4/1 Jack French and Thomas Mann

11/1 Jax Digby

18/1 Lucas Kirkbride



Birthdays

The following students celebrate their Birthday this month (February)

7th Dylan Hone

8th Ruth Dungey

9th Jakub Kubien

12th Leilani-Rosa Mejias-Evered, Ceran Sultan Sen

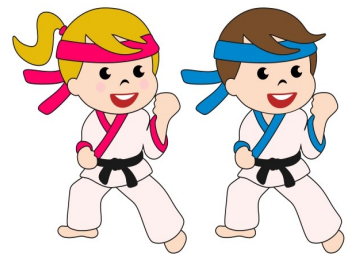
17th Azenette Lagda

21st Mark Harrison

22nd Garry Hewings,

Anna Hinds

Happy Birthday
to You



Last Word

It seems to be an often repeated bit of advice, and yet when it is not taken by the majority of members we start to feel like it needs saying a lot more. You need to train twice per week. Or more. Twice per week keeps information in your head. Twice per week allows your body recovery time between lessons. Twice per week means that your muscle-memory will be enhanced. Twice per week means that you will cover the things that you have to learn. Some people absolutely cannot do twice per week, and that is understood. In which case they must accept that progress will be slower. There are 7 days in a week for Brown Belts and above that training is available. 6 days for coloured belts. 17 lessons across the week. Some of them are an hour. Some are an hour and a half. One is two hours. Even if you are in the middle of stress situations like exams, you need two hours a week off. You need two hours for yourself. You need two hours when you can put aside the rest of the world and just do Karate. And you know that you feel better for it afterwards. You feel relaxed because you have worked out. You feel empowered by the lessons. You feel like you have learned something. You may have even found solutions to problems because your subconscious has been working on them while you were training. So get to the dojo when you can. Twice per week is best.

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

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**Dedicated to Black Belt
Excellence**

Special Event

Saturday 22nd February 2020. 10am-3pm

Neil Ellison 6th Dan Renshi

Will be joining us to teach his special blend of WadoRyu Combatives and Bagua Zhang/Xing Yi. Neil is travelling all the way from Teesside just to teach us.

Just £25 per person.

Book your place now.



Special Event

Saturday 25th April 2020. 10am-3pm

Russell Stutely 7th Dan Kyoshi

Will be joining us to teach his special blend of practical self protection, fighter training, and pressure points. Flying in from Cambodia on his way to the USA for seminars. Please note this is for Adults Only. Please note that people booking directly on Kyoshi Russell's website are paying \$70. Our members pay just £25 per person.

Book your place now.



Special Event

Saturday & Sunday 27th & 28th June 2020. 10am-3pm

Anthony Blades 7th Dan Kyoshi

The sessions, only open to BAMA members, with Kyoshi Blades will feature biomechanical principles of movement and functional Shotokan karate.

Saturday 10-11.30am Coloured Belts £15 per person.

12noon-1.30pm Technical Dan Grading.

2-4pm Brown Belts and above £20.

Sunday 10am-2pm Adults all grades. £15.

(Coloured Belts training both days £20. Brown Belts and above training both days £25). Book your place now.



Special Event

Saturday & Sunday 4th & 5th July 2020. 10am-3pm

Patrick McCarthy 9th Dan Hanshi

Will be joining us to teach his special blend of Tegumi Renzokugeiko. The translator of the Bubishi, founder of the International RyuKyu Karate Jutsu Research Society, martial artist and historian will teach us as the last leg of his massive European Tour. £95 per person (Early Bird discount to the first 40 participants of just £75.)

Book your place now.

