

# Karate Academy

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Newsletter February 2023

Sunday 26th February.

10am-11.30am White belt to green belt £10 per person

12noon-3pm purple belt and above. £20 per person.

Please book your place in advance so that we can know whether we can open the course to people from other clubs.

We'll take you through what the stances are for, what the right range is, and multiple applications for each move. You don't want to miss out on discovering what the moves in our kata can do.

What a great start to the year! We're back in action, people are moving and learning and new members are joining. We've already had a grading, and the next one is not far away. It's February, and one twelfth of the year has already passed by. Some of us get annoyed when we haven't achieved all that we wanted to in the first month, but there are still eleven months of this year left, and if we make a start we might just find ourselves motoring ahead when others naturally fall behind. The parable of the "Tortoise and the Hare" is not so enduring without good reason. We might not like to equate ourselves with the tortoise, so let me give you a quote that I often think about, told to me directly by Tino Ceberano 10th Dan Hanshi: "Fast to learn, fast to forget. Slow to learn, slow to forget"

John Burke,  
Chief Instructor

## Merch

There are limited supplies of our Karate Academy branded fleeces and hoodies left, and new members may not even know they exist, so we thought we'd mention them. Did you know that we also have our own brand of focus mitts and kickshields available? These are special pieces of equipment with etha foam inside instead of just soft foam. It makes our pads durable, but also very specialised pieces of equipment rather than the sort that people mess around with. And they've got our badge on them...

## Seminar

Once again, **John Burke renshi** is booked to travel to **Holland** at the end of September and **Cambridgeshire** in June. Those of us who get to train with him regularly get snippets of what he teaches on these seminars; a drip feed of information because we get to see him every week. While contemplating our events and guests for the year we realised that our own members were not getting the information that Burke renshi shares on these seminars, and very few have travelled to train with him in these other cities and countries. So we're going to put on a seminar here in Newton Abbot. The subject will be **Heian Kata Applications**, and before the seniors go thinking that they "know" these kata we would remind you that the moves are included in **Jion** and **Kanku Dai** etc as well. The author of 4 applications books and over 50 DVDs, Burke renshi has over 350 videos on Youtube which are for free and produces 50 instalments of Bunkai Gold every year for his paid subscribers. The reason that people in many different countries follow him is that he shows how practical the moves from kata are for self defence, and shares principles that cross the boundaries of "styles". The world's leading pressure point expert, **Master Russell Stutely** said "If you want bunkai that works, you better train with John Burke."

## Initiative

Just to publicly thank the people who came to train at the grading and assist the people who were testing: Thank You! It really helps them with the atmosphere, and keeping standards high. The **Black Belts** who join in with the other grades is such a heart-warming initiative, because they do it without being asked, that it makes us even more proud of them and their accomplishments. Well done.

## Payments

Can members please check that they are on the best membership type for them? Training twice per week it is more cost effective to pay **monthly (£45** per person for unlimited training) than to pay-as-you-go. Of course, the best route is **Annually**, but this does require outlay and commitment. **£450** for unlimited training. There are also **10-Lesson-Passes** available at **£60**. Of course, we're happy to see you anyway at **£7 per lesson**, but we want you to get the best value for your membership. Choose what works best for you; we'd urge members to pay monthly or annually.

## Terminology

Continuing our reminder of terminology that our members might want to know:

**Karate-do**—the *Way of the Empty Hand*. This is the martial art we practice.

**Shotokan**—The *Hall of Pine Waves*. Funakoshi sensei's dojo. This is the style of Karate we practice.

**Keikokai**—*Practice the Old Ways Club*. That's our club.

**Sensei**—*One Who has Gone Before*. The name we call our teacher.

## New Members

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

**Tori Gorton, Emma Williams**  
(*Newton Abbot*)

**Isla Kelly**  
(*Torquay Little Warriors*)

Recommendation is the highest compliment we can receive.

Welcome one and all!

## Diary Dates:

February 2022

14th - Valentine's Day.

26th - Heian Bunkai Seminar

## Birthdays

The following students celebrate their Birthday this month (February)

- 6 Alex Constantin
- 8 Ruth Dungey
- 9 Jakub Kubien,  
John Chapman
- 12 Leilani-Rosa Mejias-Evered
- 13 Glenn Prouse,  
Dawid Winiarski
- 18 Teddy-James Chambers
- 21 Charlie Northwood
- 23 Hugo Roberts
- 25 Rufus Tucker
- 28 Samuel Webster

Happy  
Birthday  
to You



**Yellow Stripe**  
Harrison Williams

**6th kyu**  
Sophia Duddy, William Hone

**Red Stripe**  
Farryn English, Kitto Farmer

**7th kyu**  
Jack Churchill, Oliver Joyce, Sora  
Thomson-Tanaka

**Orange Stripe**  
Alexander Kelly, Oliver Little

**8th kyu**  
Jordan Barber, Henry Slipszenko

## Grading Results

There was a Little Warriors Stripe Test on Saturday 28th January. The following members were assessed by Janet Drew sensei and John Burke renshi and were found worthy of the following grades:

**Green Stripe**  
Oscar Sharpe

On Sunday 29th January there was a Kyu Grading Examination (coloured belt test) at the Newton Abbot dojo. After considerable hard work, the members assessed by Deborah Needham sensei, Janet Drew sensei, and John Burke renshi were awarded the following grades:

**9th kyu**  
Edward Little, Hugo Roberts,  
Jamie Blondell, Riley English, Liam  
Forbes, Isabelle Kelly,  
Ted Kirsop-Taylor, Heath Lake, Willow  
Taberer, Olivia Winiarska



As always, the hard work to earn grades is conducted in class, and members are recommended for testing only once they show the right standards in their regular classes in front of their instructors. The next test will be held in March and we are now assessing who will be recommended to be tested.

**3rd kyu**  
Jakub Kubien

**4th kyu**  
Sunny Weedon

## Last Word

Thankfully we don't pay much attention to what other people say, especially if they haven't trained with us or they're just "social media friends". If someone out there happens to catch a comment about this grading or that grading it's such an easy thing to comment about "belt factories" and "diploma mills". If they haven't had the opportunity to talk face-to-face or discover what our values really are then it's easy to look at our successes as superficial. They don't understand that we spend a lot of time making sure that our members understand that it's not about the belt. It's about progress, about getting better, about training. A senior GojuRyu student who was my partner on a seminar said it succinctly: "It's what we do". The striving and searching and introspection is what we do. We exercise and we get better at things we've done a hundred times and we wrestle with the new challenges we're presented with. More weight on our shoulders just means we've grown enough to be able to deal with that weight. We've been built up strong enough to be able to stand the additional pressures. Having no grade is the easiest place to be. Getting a grade is a thrill and a reward and it's also another layer of pressure and responsibility. There's no time limit and everyone learns differently, but we're on the same path. We don't get bored because we know we can still practice to be better, even something that we have done many times. When we continue to strive there will be belts and recognition, but the increase in our own ability is our real reward. The belt is just an outward sign of it.

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

**Oss**



**Dedicated to Black Belt  
Excellence**