

Karate Academy

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Newsletter February 2025

Why?

Why train twice per week? Well, the first answer should be because you **want to**. We can tell you that it's good for you. We can tell you that the exercise will help you be strong. We can tell you about toning muscles and weight loss. We can tell you that it's good for socialisation and that the mental health benefits of being in class are going to cascade into the rest of your life. We can point out that the self defence skills taught are increasingly important. We can talk about the historical and philosophical nature of the art and how it's an interesting non-sedentary hobby. The list goes on and on, but in the end you won't be there unless you want to be there. You need to have a "why" of your own which is big enough to overcome the moments of weakness when it would simply be easier to not come to class. It's easier to stay at home. Easier to watch tv. Easier to play video games or lose yourself in doom-scrolling on social media. It's easier not to train in Karate. But if your why is big enough and means so much to you that it is stronger than the lazy impulse then the *excusitis* will be put away and we can get on with being better. We all have bad days when the excuses that are available to us seem so much bigger than going to that boring karate class where we're just going to be doing the same thing... again. Overcoming that feeling with the realisation that when we go to class we feel better. When we make that effort we actually feel proud of ourselves for going even when we didn't really want to. And we usually have a good time even if Sensei John is upset by how few people get his *Life of Brian* references... For you to be a karate-ka you must do karate. Not on special occasions but *habitually*. Be a regular face in the dojo not a special guest. And every time we get to do those basic techniques better is a wonderful opportunity. To be better.

The second month of the year means that we are already making progress towards our goals. The lunar new year has occurred, and the oriental tradition means that is now the Year Of The Snake! While snakes might have a bad rap in the west, this year is said to be one of rebirth and regality.

All superstition aside; in the end, the year is what you make of it. It's still early enough to set some big targets. Aim *high* because if you miss you still get somewhere. Then, in the short term, look at the next small step that takes you toward your goal. We must know the macro and then focus on the micro.

As we look ahead to the events that are coming up, we must not take our eye off of the fact that our own, regular, habit-forming, training is what will make these things achievable. Seminars and events are the *special* that the *mundane* supports. We recommend training twice per week. Like washing, you do it whether you need it or not...

John Burke,
Chief Instructor

Ladies Self Defence

Once again we are receiving requests for a Ladies Self Defence course. Please let your female friends and relatives know that this course is taking place on Saturday 22nd February 2025 1-4pm.

It is not a martial arts class, but teaches solid reliable techniques—that do not depend upon size or strength—that all women should know. We show what steps to take and how to make them work. There is no saying when the next one will be, so please use this one. In an effort to make it affordable for everyone we are charging just £12.50 per person (rather than the usual £25 seminar fee). Mums, sisters, aunts, wives, girlfriends, friends—let them all know how valuable it will be to them.

Training Diaries

Use your new 2025 Training Diary! They are given out for free by your instructor. It has pages for all the months of the year, pertinent etiquette reminders and pages for you to make notes for your development and to review in the future. If you present a Training Diary at your lessons then your instructor will stamp it with their *hanko* to show your attendance. We keep our own register of attendance for our benefit; your training diary is for *you*! In years to come you'll look back on events that will seem nostalgic, but this is where dojo legends are born...

Diary Dates:

February 2025

1st	Little Warriors Stripe Test
2nd	Kyu Grading
13th	no 10am class
14th	Valentine's Day
20th	no 10am class
22nd	Ladies Self Defence

Birthdays

The following students celebrate their Birthday this month (February)

8th	Ruth Dungey
12th	Leilanni-Rosa Mejias-Evered
17th	Anthony Blades kyoshi
18th	Teddy James Chambers
23rd	Dmytro Kurylo

Happy
Birthday
to You



New Members

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

Mateusz Kiezun,
Florence Prideaux
(*Newton Abbot*)

Recommendation is the highest compliment we can receive.

Welcome one and all!

Members Resources

Members Only Facebook Group:
We want to share information for and about *members* on the **Keiko Karate** Facebook Group.

The App: if you would like to book your places just set up an account. It's free.

For iPhone users please use this link— <https://apps.apple.com/gb/app/karate-academy/id1542741931>

For Android users please use this link— <https://play.google.com/store/apps/details?id=com.goretrieve.karateacademy>

It should also be available in your favourite app store for free. Just search for **Karate Academy**.

Our website:

www.KarateAcademy.co.uk where there are events and timetable updates available.

The *members* site

www.members.KarateAcademy.co.uk where you can access all the syllabus materials for free.

Syllabus DVDs are available from your instructor, as are John Burke renshi's range of books and DVDs on the subject of **kata applications**. You could get them on Amazon, but members receive a discount from their instructor.

If anyone requires equipment (pads etc) please see your instructor as we would hate for you to have the wrong thing.

New Belts

On Saturday 1st February the Little Warriors were tested for their **Stripe Belts** by Sensei Janet and Renshi John and the following grades were awarded:

Green Stripe

Isla King

Yellow Stripe

Eddie Rogers



On Sunday 2nd February there was a small **Kyu Grading**. Renshi John, Sensei Janet, and Sensei Deborah tested the candidates and the following grades were awarded:

7th kyu

Harrison Williams

9th kyu

Elsie Angell, Kitto Farmer,
Jacob Mperi, Lemmy Rogers,
and Tilly Thomas

Congratulations to all, and now we begin working towards the next test. Candidates are informed of Kyu Gradings by a letter inviting them to test. This is handed out in person when we have seen the skill and determination shown in class.



Last Word

As martial artists we are not supposed to blow our own trumpet. We are supposed to be humble. We are peaceful even though we are capable of using violent skills. I should not be telling people how great I am. This can make it very difficult for people to understand the difference between us and other clubs or activities. There are people who train with me every week who are unaware of some of my accomplishments. So I'll try to keep it factual, and the only reason for sharing this information is to help members understand how hard-won and valuable their training is. There's only one Karate instructor in the South West who has published 6 books on Karate. I've been running the club for over 25 years, and there are over 600 free videos on my Youtube channel. In the adult classes you get to see the video being filmed, the extra information that I share with my paid subscribers, and then even *more* that I happily explain to our members. As many times before, I am teaching in Scotland and Holland this year—I get asked to do this because of the depth of my knowledge and experience. I am choosing not to go to the "Shows" this year. I have taught Karate in Okinawa and Japan (albeit briefly and as a guest). I first got involved in the martial arts over 40 years ago and I keep going because I want to.

I'm not rich. I don't do this to set up franchises and make myself wealthy. If any of my achievements mean anything, then they are reflected in the kind, polite, skilled, and knowledgeable people that I have trained. The biggest accomplishment, then, could be *you*...

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

Oss



***Dedicated to Black Belt
Excellence***