

Karate Academy

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Newsletter July 2022

June was a helter-skelter ride of events for us as we tried to organise events for the benefit of our members. Some of the plans are revealed in this very Newsletter. As always, getting your regular training in, despite the vagaries of the British weather, is essential to your development and habit forming. Going on Holiday? Enjoy the holiday, but also make sure you get your classes in before and after to make sure you don't miss out. If the weather is hot we'll make sure there are adequate water breaks. Bringing water (and possibly a towel) to class has always been a good idea. Hydration is essential for hygiene and survival. Now that exams are at an end there are more people around the area on the beaches and out having fun. For their safety and yours, whether it's on the roads or just out shopping, stay awake and stay safe,

Enjoy
John Burke,
Chief Instructor

Ladies Self Defence

Once again we are making our Ladies Self Defence course available. This is essential self defence information. No gi, no Japanese, not martial arts; just practical no-nonsense stuff that women need to know in order to protect themselves.

The techniques shared on this course do not rely on strength, size, and they are not complicated. Every woman should know these things, and we'll also bust a few myths. It's £12.50 per person. 1-4pm on Sunday 17th July. Please enrol your female friends and relatives. Whether it's their first time or they need a refresher/reminder, let's make sure we've done all we can to make sure the ladies in our lives are as safe as they can be.

Summer School

During the school Summer Holidays we continue to run our regular classes. In fact we run extra classes. This isn't just for the children—all are welcome to our **Summer School**. This year it is running Monday to Friday, 10am-3pm (there is a lunch break) from **August 1st-5th**. The cost per day is £20 and attendees will need to bring a packed lunch. Those attending the whole week can do so for £80. We will cram a month's training of basics, kata, kumite, and oyo into a week, and get in some extra kobudo, history, and cultural context, and even some silly stuff too (including the dreaded "Joke of the day". This is an opportunity to immerse yourself in Karate culture and compound your progression. Book early to reserve your place.

A Very Special Guest

As you will have heard in class, Sensei Deborah, Sensei Janet, and Renshi John very much enjoyed training with **Katsu Tiru sensei** at the UK Martial Arts Show in



Doncaster. Rather than hog his training to themselves they have arranged for Sensei Katsu to visit the Newton Abbot dojo.

We've talked about Sensei's lineage and pedigree in class, but the important thing is to realise that we wouldn't be bringing in an instructor if we didn't think it would help our members. Sensei Katsu's particular brand of dynamic training is fun, challenging, and educational. We have a short session for the Juniors at 12-1pm on **Saturday 6th August**, and then a longer session for the teens and adults 1.30-3.30pm. The Juniors session is just **£8** and the Open session is **£20**.

Remember to bring your licence books and we'll ask Sensei to sign your courses/seminars page to prove you trained with him.

Days Off

We continue running classes throughout school holidays, with the exceptions being Bank Holidays.

There will not be any daytime classes during Summer School as we have to serve the members who are on their immersive course. That means Tuesday 2nd August—no 10am class
Thursday 4th August—no 10am class
Saturday 6th August—Little Warriors will proceed as usual at 9am. **Juniors** at **12noon**, not 9.30, in order to train with Katsu Tiru sensei. **Open** class at **1.30pm**, not 10.30am, in order to train with Katsu Tiru sensei.
Monday 29th August—no classes, Bank Holiday Monday.

Kyoshi Blades

Keep listening in class as an announcement about the visit from Anthony Blades 7th Dan Kyoshi is imminent. This will be your opportunity to train with the head of our association. As always, even with all the social media, the best place to get the details is from your instructors, in class.



Birthdays

The following students celebrate their Birthday in **July**:

2nd Chloe Prosser
11th Colson Robinson
17th Jax Digby, Georgia Winsor
24th Ioni Luff
27th Edward Little
31st Erin Chambers, Eleanor Key

Happy
Birthday
to You



Little Warriors were tested by John Burke renshi and Janet Drew sensei at Newton Abbot dojo and found to be worthy of the grades listed:

Green Stripe
Hugo Roberts

Yellow Stripe
Edward Little

Red Stripe
Tobiasz Mocek

Apologies, this information should have appeared in last month's Newsletter.

Prices

Members who joined us a long while ago may still be paying the old rate. We've kept the old prices for our longest standing members to thank them for their loyalty over the lockdown periods. From 1st September we will have all members on the current rates. If you pay on Standing Order please adjust your amount. We're not putting prices up, just bringing all members into the same bracket. "Legacy" pricing will no longer be available on the Stripe system. That means

Little Warriors

Per session £5
Block of 10 £40
Per Month £35

Karate classes

Per session £7
Block of 10 £60
Per Month £45

This means that those training twice per week are still better off on monthly membership than pay-as-you-go.

As a deal, anyone who wishes to purchase an **annual membership** or extend a **current** annual membership can do so at their present rate before the end of August.

Grading

On Saturday 21st May the following

In order to be invited to the next kyu grading exams, members must know and be able to perform their grading syllabus to a high standard. They must have taken on board the corrections that they have been given in class. Invitations to grade are given out when the instructor has assessed that these steps are in place, and the only place that can happen is "in class". Therefore we recommend training twice per week in order to make progress. The next kyu grading is on **Sunday 10th July**, and even if you are not grading you are very welcome to attend the training.

We frequently tell members that grades have 3 phases:

- 1) learning the syllabus
- 2) Being corrected
- 3) Polishing practiced performance

These phases can be a month each, or they can last longer. Essentially, if you are still being corrected then you still need an equal amount of time where you just practice your polished performance. Being ready in three weeks' time means that phase three begins then. You must be in phase three now to be considered for participation in the test.

Book Your Place

Our classes are getting busier, so may we remind our members that booking a place in class is becoming more of a necessity. We have an app for that.

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 shop for free.

Just search for **Karate Academy**. Speaking of apps, the **Bujin.tv**



app is now available on Apple and Android app stores. To get it for free for a month, please use the promo code **JOHNBURKE**

Members Only Facebook Group

We want to share information for and about *members* on the **Keiko Karate** Facebook Group. Some of the events that we have coming up are not for outsiders. We'd like to encourage all new members to join the group to keep up to date with what's going on. We only have members on there, so nothing should be shared outside of the group. With this in mind, we have taken some people who have not trained with us in a long while off of the group. If any of them recommence their training with us then we'll happily add them back on.

New Members

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

Alistair Pollentine
(Newton Abbot Little Warriors)

Oscar Andrews, Andrew Hill,
(Newton Abbot)

Robin Whitehouse, Lee Whitehouse
(Torquay)

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

Last Word

Sorry if you get bored hearing it. There is a need for repeated information. Someone wasn't ready to hear something the last time it was said. It might have been you that wasn't ready. It might have been that 3rd degree black belt person who wasn't ready. Maybe this time they'll receive the information and make it part of their progress. Which information? Anything that the instructors say, essentially. Push that knee. You don't like hearing it, but if you were doing it then it wouldn't need to be said. Train twice per week. You're busy and you attend regularly, but check your training diary, because we give you those so that you can keep track. It will tell you whether you are managing twice per week. We know you mean to be there, but do you actually manage? Some people cannot. Fair enough, but they must understand that progress comes more slowly in that case. Didn't get to your kata today? No, because we already covered it this week; you got to do kumite when you didn't manage to get to it last week. Karate doesn't work well for folks who drop in and out, it needs persistence and commitment, and the drive to be better. For all of us. We have our seasons of growth and our seasons of recuperation; times when we surge ahead and times where we sit on our plateau, and the key to getting through all these stages and phases is to be in the dojo,

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

Oss



**Dedicated to Black Belt
Excellence**