

Karate Academy

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Newsletter July 2023

author of several books. We spent two hours working on the Tang Soo Do kicking variations. Aches, naturally, followed, but what a great lesson!

Sorry for the delay in getting the Newsletter out, as you'll see, there's been a lot going on...

We do our best to make sure that there is balance for your classes. If the day is very hot then we'll keep the manner of the class mobile but not require excessive sweating. Or we'll do it in bursts rather than sustained exercise. We'll increase the number of water-breaks that schedule into our classes. It means that even on the hottest days we'll be training. Just as you don't want to be stood around dealing with a technical point when it's cold, we create the balance of the *intensity* and the *rest* within the lesson. That means that you can have your regular schedule and your habit of training in every weather and season. Karate is for life, not just certain times of year. Your attendance and persistence should be the rule rather than an exception. It should be odd if you're not there, not odd if you are...

John Burke,
Chief Instructor

Katsu Tiru sensei

As the 1st July approached we realised that there was a problem with Katsu sensei's visit, and he had to postpone. Luckily we were able to rearrange his visit to us to coincide with his visit to Liskeard. So we were excited and pleased that on Saturday 8th July 2023 we once again had the pleasure of being taught by **Katsu Tiru sensei**. His dynamic and energetic training methods were fun and challenging. Thank you to everyone who supported his visit. Sorry if you missed out.



Tang Soo Do Master

On Wednesday 5th July 2023 our friend and the host of John Burke renshi's seminars in Holland came to visit Newton Abbot. He only came to visit, but ended up teaching the class. The people who turned out hoping for this were not disappointed! **John Correlje** is a *Tang Soo Do* master and



Cambridgeshire Seminar

The heat was excruciating - outside. In the dojo, a village hall in Witchford, there was air conditioning. It was wonderful. The members of the club and visitors coming from as far afield as France, were put through their paces and introduced to the concepts of John Burke renshi's Bunkai Strategies. The same information that's featured in the books and DVDs we publish. The classes were reserved for teenagers and adults as some of the techniques are very dangerous, and the attendees made their way through the locks, throws, strikes, and principles that make the subject so fascinating. It was all very well received and the hosts are asking whether the experience can be repeated in the future.



Summer School

Summer School this year will be **7th-11th August**.

This is a week long course for all ages and grades from white belts to high grade black belts.

It's an immersive week of training—**Monday to Friday 10am -3pm**. That week will not have the weekday Open classes in the morning, but the evening classes will still be available as usual.

Participants will require a packed lunch and a joke for lunch time.

We'll be doing our basics, kumite, kata, and oyo as usual, but progress is accelerated in this immersive environment, and so as well as getting a month's training in a week, members will also get to enjoy other facets of learning like History and Kobudo that we don't often have time for. There might even be enough time for a game or two.

Despite the "cost of living crisis" we haven't put our prices up, recognising that this facility is essential for some working families during the school holidays. It's just £20 per day, or £80 for the week. Book your place with your instructor or by emailing us, pay by BACs, credit card, or cash. Last year we had a bumper group of 16 people who got stuck in for the week and even tolerated the "Joke of the Day"...

Birthdays

The following students celebrate their Birthday this month (July)

17th Jax Digby,
20th Hattie Sweetland
24th Ioni Luff
26th Isabelle Kelly
27th Edward Little
29th Clara Kugathasan
31st Erin Chambers

Happy
Birthday
to You



9th kyu
Louise Ashley,
Arek Holubinka,
Paulina Holubinka,
Dmytro Kurylo,
Tobiasz Mocek,
Oscar Sharpe

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.

and activities. We hate to disappoint, but there is only so much time, so please, if you or your school want the Karate Academy to do a demo, let us know when you want us and where and we'll see what we can do.

The pictures are from a "Clubs Afternoon" at Bradley Barton, where Oliver and Theo did a great job helping out Sensei Janet and Renshi John with the hundreds of students that wanted to hit the pads!

Grading

On Sunday 11th June the following people were examined and found worthy of the grades listed in a test at the Newton Abbot dojo overseen by John Burek rensi, Janet Drew sensei, and Deborah Needham sensei:

2nd kyu

Charlie Slade, Elliot Speer

3rd kyu

Matthew Key, Oscar Magor,
Sunny Weedon

4th kyu

Luke Walker

6th kyu

Jack Churchill, Ollie Joyce

7th kyu

Paige Jones, Henry Slipszenko

8th Kyu

Jax Digby, Riley English, Heath Lake

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 30th 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.

Looking Ahead

It seems like a long way away, but September will be here soon enough.

We have the usual classes, plus a visit from **James Pankiewicz** sensei the instructor from the Asato Dojo in Okinawa coming to see us.

He's very quickly followed by Kyoshi **Anthony Blades** and a Dan Grading. The idea is that we'll train on the beach with Kyoshi, with the back-up plan of using the dojo if the weather is inclement.

Diary Dates:

July 2023

5th Master John Correlje visit
8th Katsu Tiru sensei seminar
22nd Ladies Self Defence
30th Kyu Grading

August 2023

7th-11th Summer School
28th Bank Holiday Monday—no classes.

Ladies Self Defence

Please tell your female friends and relatives about this course. Tell them to get booked in. The information taught on this course is essential and could save someone's life. It's not a martial arts course, just a practical set of skills that are usable by anyone regardless of size and strength.

It's on **Saturday 22nd** July, 1pm-4pm and places are just £12.50 each. Just wear clothes you can move in and bringing water isn't a bad idea, but it's not an exercise class.

Demo Season

In the summer term at school, but also in other areas of the community we are often asked to provide a demonstration alongside other clubs

Last Word

July is here again. Month 7. We've passed the mid-year point. Whatever your goals for this year are, you need to be some way towards achieving them. And if you're not as far along as you'd hoped you would be then don't fret, because the good news is that there is still time. It won't feel good to be at the start of December admitting that you could have done more and could be further along the path than you are. I try. I remind you now so that you still have time to get on track. It's going to take more work and more drive than before, but the result is worth it. Give yourself a break and get started rather than letting the drive drift away in the summer sun. I'm not saying don't enjoy the summer. Oh no. Everything has its season. I'm just aware of the fleetingness of time, and if you need me to remind you then I'm here to help you with that. If you're self motivated and self driven then you don't need the push. Yes, I even write *these* Newsletters to remind myself and to prompt *my own* actions towards the results I am seeking.

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

Oss



**Dedicated to Black Belt
Excellence**