



## 冷静に Newsletter July 2025

### Summer School

Next month sees Summer School take place once again. It's Monday 4th August through to Friday 8th August 2025 from 10am-3pm every day.

The name might make you think it's for children, but actually all ages take part. It's like doing a week's worth of training *plus* during every day of Summer School. To stop people thinking it's just for children would it help if we called it *Kosu Natsu* instead?

The advantage of doing Summer School is that your training is immersive and the learning compounds. The results are better because you're in it constantly and consistently. Summer School is hard work, and that's a good thing. It's not a day care for children during school holidays, it's actual training. We'll go through all the syllabus training of basics, kumite, kata, and oyo; and we will probably manage more and in greater depth across the week. There will also be subjects like kobudo included, and we might even have time for a game or two. Silly stuff is only ever a reward for hard work, not a reason to come.

The cost of the week is only £100 per person and they will also need to bring a packed lunch and a joke each day.

Individual days are available at £25 per day.

During the Summer School we will not be able to offer the usual morning classes as we'll be doing Summer School.

We will continue to offer all the evening classes. We continue to run the full timetable throughout the school holidays with the exception being Bank Holiday Monday.

July already! Sneakily, we've delayed this Newsletter so that we can run the August Newsletter a little late as well, and therefore include a report on Summer School. Summer School takes place at the start of August, so the August Newsletter will be after that week has concluded.

While the weather is nice and the dojo gets hot I would remind members that bringing water to class for hydration is a good idea and some of us might need a towel, too. Naturally, we monitor activity in class to provide a balance between exercise and more chilled activity. Even when it's hot we still need our training. It's at times like these that we find out who's got the determination to get to class despite the weather...

John Burke,  
Chief Instructor

### Kick-a-Thon

The total monies raised in cash, and Just Giving donations for all your efforts comes to a whopping £2,300. That's a huge amount and we can be very proud of ourselves. There are just a few straggling pennies left to bring in and then we'll make sure that the Rowcroft Hospice charity receives their money. Of course, members and their families are welcome to donate to that charity or any other at any time, but on this occasion we are marking the time when we came together and put ourselves through the wringer as a group. Well done to all that took part and thanks to everyone who sponsored us.

### July Timetable

As far as we can tell, the timetable is running on its usual schedule. Members may have noticed that the Saturday morning Little Warriors class has joined the other Little Warriors classes in being 30 minutes long. When there was a crowd it was worth running a longer class, but with the small numbers of members attending at the moment there is not need to have such a long session for those who are just beginning to develop their concentration and attention spans.

Looking ahead to the Summer Holidays, we'd like to remind all members that we do NOT stop for school holidays. That little bit of structure and discipline during the long school break might be a huge relief to some families, and the reliability of training means that you NEVER need to say you are bored. There's always

stronger, more accurate, and faster practice. Summer Holidays? We just carry on. Except for the Bank Holiday...



### Heat

Yes, summer training can get sweaty. Yes, it requires effort just to get to the dojo to train. But that's how we find out who really wants to succeed.

We will ensure that there are adequate water breaks and a good mix of exercise and intellectual activities during the heatwave. It's England, so it won't last long, anyway. We don't stop teaching or learning just because the weather is a bit warm. You will want to make sure you have water for hydration with you. We will make sure you get to cool down as well as heat up.

### Birthdays

The following students celebrate their Birthday this month (July)

2	Joey Campbell
17	Jax Digby
24	Federico Forti
26	Isabelle Kelly
27	Edward Little
	Leon Gunawardhana



Happy  
Birthday  
to You

## How to Help

We don't have a huge advertising budget. We can't fill the club with new members by splashing some cash around like some clubs do. And in a way it's better for us like that. If you would like to help the club grow, you might not know that there are some *free* ways you can do so.

### Recommendation

We just need to be reminded that we can recommend our classes to our friends, family, and the people we meet. Every month here in the Newsletter we say that recommendation is the highest compliment that an instructor can receive. Have a couple of leaflets or business cards to hand out to your friends so that even after the conversation they will have a reminder that they should get in touch.

### Social media

Most of the kids have moved away from *Facebook* by now, but it remains a place where their parents and grandparents receive updates and photos from the kids. On Facebook we have three pages:

#### **Karate Academy The Karate Academy King Street Studios.**

Please "like" and "follow" these pages. The act of doing so will help Facebook's algorithm to understand that we are a popular group. Every day we put up a post on Karate Academy page with the timetable for the day, and any relevant cancellations. This is then "shared" to the other two pages. It might feel like redundancy to "like" something on two pages, but it all helps us on the algorithm. If you would like to comment on the post that also helps: a simple "thanks for that" or "useful information" or "see you there" will do. You'll be helping our page to be more visible to others. It's probably not a good idea to post there "Can't make it tonight as I'm off to Blackpool" because you never know who's watching and you don't want to expose

the security of your home.

Also on Facebook we have a private group for our members only. It's called **Keiko Karate**. It's here that we share information, photos, and fun things that we find out. When you join the group you will be prompted to answer "security questions". We want to know where you train and with whom because we don't necessarily know parents and carers' surnames where different from our members' names. Please answer and we'll approve you. Every week someone from abroad tries to join the group and I deny them access—it really is *just* for our members.

Then, in the group, still hitting "like" for any post or picture is a great help in keeping our content in front of our members. Comments and questions are welcome. Please refrain, however, from saving a picture and then posting it on your own feed—this can be a serious security risk, especially to children. We don't want the bad guys to be able to see them, their faces, badges, or other identifiers that will cause an easy attack.

Treat all social media like you would a face-to-face conversation. If you wouldn't say it person then don't say it online.

We also have relevant pages on Instagram, Twitter/X, and even Next Door.

## Think Karate

While we're going on about things that you can do for the club (which also, by the way, helps you to benefit) we might bring your attention to a little bit of money that you can send our way. Don't worry, it's not an extra bill. In fact, it's about all your online shopping—the shopping that you are already doing. It costs you what it would cost you anyway, but the retailer sends us a small amount. This is available through the easyfundraising site. You create your free account at

**easyfundraising.org.uk** and choose **Karate Academy—Newton Abbot** as your beneficiary and then when you are shopping online if the retailer is one of the easyfundraising partners they make a donation to us. <https://www.easyfundraising.org.uk/causes/karate-academy>  
Sainsbury's, Tesco, Asda, Lidl, and companies like Tui for holidays are all on there and willing to give a small donation to us when you shop online with them. All you have to do is click the prompt from easyfundraising when it appears on your screen. Each donation to us might only be 12p or something, but if everyone did it that could soon add up. Just think of Karate Academy and its continued success when you're shopping.

## Diary Dates:

### **August 2025**

4-8th Summer School

25th Bank Holiday Monday

## New Members

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

**Jude Arnold**  
(Newton Abbot)

**Devon Hopkins**  
(Torquay)

Recommendation is the highest compliment we can receive.

Welcome one and all!

## Last Word

When the weather is warm it's easier not to come to training. When the weather is cold it's easier not to come to training. When the weather is wet... Oh, you get the idea. Quite simply, it's always easier not to come to training. But if you want the results that training brings then you have to do the training. There's a saying that goes something like "to get what others don't get you have to do what others won't do". There's no need to be concerned about the heat. The hottest day here in Devon is still the Autumn temperature of Okinawa, but more importantly than that; we've been teaching for a very long time and we know how to balance a class. The instructors know when to make it a technical session and when to make it an all out sweat-session. The instructors have no interest in making people work until they faint. Instead they reach into their years of experience and put together the elements of a class that fits the circumstances. It will still have movement, but it might test your technical knowledge; or your historical knowledge; or maybe just get you to think about an aspect of the art that you hadn't considered before. We need to have effective Karate in all sorts of environments. That takes training. After all, you can't ask the bad guy to leave you alone because it's a bit warm...

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

**Oss**



***Dedicated to Black Belt  
Excellence***