

イギリスの夏

Newsletter July 2026

Hot Weather

Being British, we sometimes like to complain about the weather. On some days over the next few months it will be "too hot" and then we'll hit the period where it's "too cold" again.

We've been teaching for a very long time, and we are used to balancing our classes to keep people warm when it's cold out and to use the more precise and cerebral aspects of our training when it's too hot.

As a precaution, members are reminded that having water with them for hydration is a good idea.

Members should also bear in mind that in November in Okinawa – the birthplace of karate—it is quite often 24 degrees in the evening, though, they, of course, are used to it.

Our classes change during hot weather, but they do not stop. What are you going to tell the Bad Guy? Don't attack me because it's a bit warm today?

No. Obviously, our training continues and showing up on those days is a real show of good attitude and resilience.

An extra gi for summer?

There are now pre-loved karate uniforms and hoodies available in the reception area of the Newton Abbot dojo. They have been donated to us and used as spares for when people occasionally forget their uniform. Thanks to members

generosity we now have too many, and so we're letting members take them away as an extra gi for them to own for a donation to the club's equipment fund.



Welcome to July at the Karate Academy. As we enter the Summer Holiday season we remind members that Karate classes do not stop for school holidays. Training is still available except for the rare occasions when something gets in the way. Schools and other clubs might stop for August but we don't. Please make the most of your membership. If you are away for a week train more in the week before and the week after. Twice per week is a good training habit—more if you want to. Karate needs regular practice and correction to build skills.

While everyone is entitled to rest and relaxation, it's wise to schedule that time, and when it's Karate time then that is a different necessary part of the schedule. Just last week I bumped into an ex-member in Spar. They regret not training. They stopped for the summer one year and just didn't come back. They don't know why but now "my brain is telling me that I should not have stopped. Can I come back?"

Of course you can. But how much more could have been achieved if you simply didn't stop. I know, because when I was a teenager I moved house and stopped training at my first teacher's club. I wish I hadn't.

John Burke,
Chief Instructor

Summer School

Summer School is now imminent. The early bird discount has gone, and we are fully engaged in plans for the week's training. The course takes place at the Karate Academy in Newton Abbot from the 10th to the 14th August. It is a week's training Monday to Friday 10am-3pm in addition to our regular evening classes. This is an immersive Karate training experience which produces compound development through intensive training. Four and a half hours of training every day is going to show results for any committed members. We might also have time for some fun and games.

Calling it Summer School might give the impression that it's all children. It's not. We've had all sorts of ages and grades in previous years. Adults and children, white belts to fourth degree black belts. It's a heavy workout for any age or grade, but it's like getting a couple of week's training every day. Some of you usually only manage an hour per week, and this is 4.5 hours per day! It's only natural that the results are better than more spread out training.

The course is £100 per person. Training on individual days of Summer School is £25 per day, but naturally you won't get the full benefit if you don't do the full course.

Birthdays

The following members celebrate their Birthday this month (July):

15	Ezekiel Benay
20	Reef Fey
21	Ivy Seabrook
24	Federico Forti

Happy
Birthday
to You



New Grades

On Saturday 20th June 2026 there were examinations held at the Newton Abbot dojo.

First up were the Little Warriors. In a test overseen by Sensei Janet and Renshi John the following grades were awarded:

Green Stripe

Lucas Cooper

Yellow stripe

Reef Fey

Orange Stripe

Evie Joyce, Austin Seabrook,

Ivy Seabrook

Next up were the coloured belt examinations—a Kyu Grading. Deborah Needham sensei, Janet Drew sensei, Jim Harvey sensei and John Burke renschi were assisted by Joe Magor to award the following grades:

1st kyu

Henry Slipszenko

6th kyu

Lokesh Balaji

8th kyu

Kitto Farmer, Edgar Humphries, Gary Lipscombe, Lemmy Rogers

Congratulations to everyone who passed. Thanks to the instructors, the seniors, those who came to train and those who came to help out.

In order to be graded the candidates must know their basics, kumite, kata, and oyo, and be good at performing them correctly. When this is observed in class with persistency and dedication then a Grading Notice is issued. Therefore, it is through

attendance in regular classes that progress is proven.

Outdoor Training

We love training outside. Training outside can put you in touch with nature a bit better. It can help us to deal with uneven surfaces as well as just getting us some fresh air. Unfortunately with the British Weather being what it is it becomes difficult to plan when might be an appropriate outdoor training session.

Please watch the **Keiko Karate** Facebook group for announcements about when we might manage to train in the park or on the beach. We'll give as much notice as we can.

When those sessions do occur, please wear sunscreen and bring water. If you need to wear a hat, trainers, or a swimming costume while training outside this will also be considered protection and therefore allowed as long as you also have your correct *dogi*. Youngsters who attend these outdoor training events must have a parent close by, as we are there to teach and enjoy Karate, not apply sunscreen and look after the children.



Diary Dates:

July 2026

31st No classes

August 2026

2nd No Advanced Class

10th—14th Summer School

10am-3pm. Normal classes in the evenings

11th No morning class

13th No morning class

31st Bank Holiday Monday

Last Word

Following on from the mention of *Bun Bu Ryodo* last month, it seemed to me that perhaps there were other *koto waza* that members and their families were not aware of. This time around we'll consider *saru mo ki kara ochiru* 猿も木から落ちる. This phrase is translated as "even monkeys fall from trees". You might wonder what on earth that has to do with Karate, but it's actually the coping strategy for all of life's woes. When we feel that we could have done better or that we messed up what we need to acknowledge is that everyone is capable of making a mistake. Monkeys, of course, are natural climbers and swing about in the branches with ease, but even a monkey can fall. Instead of wishing they hadn't fallen or declaring that they will never again go up a tree, the monkey dusts itself off and gets back into the branches. In English we have phrases about getting back in the saddle to help us with the need to continue in what we just (momentarily) failed at, and the idea that we must escape "the black dog" (a phrase Churchill had for gnawing regret) and what the French call "the ghost on the stairs" for that haunting thought that isn't real but perplexes us anyway. Even the expert monkey can slip up. Even a 7th Dan can get things wrong. Even a green belt can forget Heian Shodan. Understanding the translation isn't the issue; it's what you do about it. Do you let it beat you? Do you quit because it was difficult or you're embarrassed? Or do you get on with doing whatever it was you were doing, because people laughing at you is temporary and says more about the people laughing than it does about you? The answer, of course, reveals the warrior spirit.

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

Oss



**Dedicated to Black Belt
Excellence**