

Karate Academy

今年後半

Newsletter July 2024

The first half of 2024 has gone. We have celebrated and trained and enjoyed the sunshine and some of us even enjoy the rain. As we proceed into the second half of the year and the nights draw in we still have the summer holidays ahead and the exam results and the wonders that September brings, long before we get to Christmas. What will I say, then, about *this* time of year? Enjoy. The times for family events and outings are entirely necessary. Send us a picture of you doing Crane Stance in weird locations. Let's have fun with our training and our time away.

And train twice per week.

Train on the days when you want to feel happy. Keep up the progress and ask for help when needed.

John Burke,
Chief Instructor

July Timetable Exceptions

There are no classes in Newton Abbot on **Friday 5th** July or **Friday 12th** July, or **Sunday 14th** July due to the Ely seminar. There's a kyu grading on **Sunday 28th** July.

Summer School

What's Summer School? It's a week long immersive training course to help accelerate your learning and pass the Summer Holidays.

Monday **5th August** to Friday **9th August** 2024, 10am-3pm daily.

We'd invite everyone to book their places for the intensive training week. The price is a only £90 for the five solid days of training. Or, as we should call it; an investment in your development.

For those who are new or might have overlooked previous summer schools: the name is slightly misleading, because school makes people think it's for kids—but all ages and grades take part in Summer school, from white belts to high grade black belts. There are usually children training next to adults, like a very long Open class every day. It's a demanding week, and not suitable for Little Warriors— Monday to Friday 10am-3pm. Participants will require a packed lunch and a joke for lunch time.

During Summer School Week our evening classes are on as usual, but the daytime Open classes cannot take place because we will be in the middle of our Summer School Programme.

We'll be doing our basics, kumite, kata, and oyo as usual, but progress is accelerated due to frequent repetition and in-depth instruction that just isn't possible when you are only

there for an hour. We're 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. For those unable to commit to the full week, individual days during Summer School are available at just £25 per day, so anyone doing 4 days will want to take advantage of the block booking. Book your place with your instructor or by emailing us, pay by BACs, credit card, or cash.

It's an experience, and we've seen it prove very helpful to people who want to progress.

Ladies Self Defence

The attendance was not overwhelming, so our practical Ladies Self Defence course on Saturday 22nd June 2024 was very hands-on, personal, and the attendees got a lot out of it. On this occasion we were impressed with Sensei Janet and Sensei Deborah doing most of the teaching, with only occasional interjections from Sensei John, who was there to show that it all works on even the biggest blokes. Well done to the instructors and the attendees.

Sports day

On Wednesday 26th June Sensei Janet and Sensei John went to Bradley Barton Primary School to man a stand to see if they could interest members of that school in joining the Karate club. Each year group was received in turn, and leaflets were handed out. We look forward to seeing some of the children in class over the coming weeks.

Things We Shouldn't Need To Say

Most of our members don't need to know this, because they're already doing these things, but some don't, and so we would remind members and their parents about a few simple things:

Arrive on time. Or before. It's rude to be late, disrupts the class, and means missing out on some information (let alone the warm up). Now, we realise that accidents happen and sometimes it can't be helped, but some people are habitually late and they need to adjust this.

If you want to yawn or cough, cover your mouth. Your instructor does not need to see your tonsils.

Uniforms should be cleaned after each wear. If you haven't enough time to get your uniform in proper condition for training before the next lesson then you need an extra uniform.

As the children turn into teens they might not be aware of their own body odour. We're all going to get sweaty in training. Sweat is good. Well, fresh sweat is good; but when you're practising a headlock with someone who hasn't showered in a week it can be pretty grim. Clean bodies and a reasonable use of deodorant are necessary.

Not going to be around? It's good manners to let us know. We worry about our members and we let you know when we're not going to be available. We're easily reachable in person, by email, telephone, Facebook messenger, and any of them are acceptable.

Always useful, but in hot weather especially, bringing water with you is just a sign that you were prepared for training. A small towel for wiping the sweat from your brow might also be useful.

Always bring your best effort.

To those who always do these things; Thank You.

Birthdays

The following students celebrate their Birthday this month (July)

- 16 Zander Celik
- 17 Jax Digby
- 26 Isabelle Kelly
- 27 Leon Gunawardhana,
Edward Little
- 31 Erin Chambers

Happy
Birthday
to You



Grading

On Saturday 8th June 2024 there was a Little Warriors Stripe Test conducted at the Newton Abbot dojo by John Burke renshi and Janet Drew sensei. The following grades were awarded:

Yellow Stripe

Lemmy Rogers

Orange Stripe

Isla King, Tilly Thomas

On Sunday 9th June 2024 at the Newton Abbot dojo the following grades were awarded under exam conditions by John Burke renshi, Janet Drew sensei and Deborah Needham sensei:

1st kyu

Oscar Magor

4th kyu

Henry Slipszenko

5th Kyu

Charlie Northwood

8th Kyu

Iman Khan, Harrison Williams

9th kyu

Alexander Kelly, Maxx Quinn

Congratulations to those who passed. The next opportunities will be during July, and members are being observed in lessons now to see if they have achieved the standards to make testing appropriate. Little Warriors Stripe Test, if anyone is ready will be Saturday 20th July. Kyu Grading will be Sunday 28th July.

Looking Forward

As the 25th Anniversary year continues we have some exciting projects and events, with guests and announcements to make.

There will be seminars in Ely, Cambridgeshire (13th & 14th July) and Shetland (7th & 8th September). Renshi John will also be teaching at the the South West Martial Arts And Well-being Show in September. Members are welcome to attend.

TKSI Badge

As you will be aware, we are members of and licenced by the **Traditional**

Karate Study Institute under the guidance of **Anthony Blades** kyoshi and **John Burke** renshi.

The Institute's badge has now become available. This can be sewn onto the gi on the right shoulder. It's available from your instructor at £5. We expect to see members, especially the seniors, proudly displaying their badges.



Diary Dates:

July 2024

- 5th No classes
- 12th No classes
- 14th No Black Belt class due to the Ely seminar
- 20th Little Warriors Stripe Test
- 28th Kyu Grading

Last Word

If I keep harping on about something, it's because I need to keep harping on about it. I usually don't harp on about things for *my* benefit. It's usually for the benefit of the members. We're expected to drill the students for the sake of their fitness, and other facets that people take from traditional martial arts are the discipline and the manners. Of course *we* think it's *fun* and we like to have a giggle, but we can only do that when the atmosphere is correct. We have seen members talk back, recently. That's not okay. Not to an adult, not to their teacher. Asking questions is fine, just put your hand up, and if you think that the teacher is wrong then raise the issue in a dignified manner. "Being late is disrespectful". "No it's not" is not the correct response. When a student is rude it reflects on the club and on the martial arts in general. "Why is it disrespectful, Sensei?" would be a welcome question, allowing us to explore the issue with the students. We could tell them about valuing other people's time, and about living up to our commitments, about being more comfortable in the dojo if you're early. We could tell them about extra practice time and getting extra help. It's not everyone, obviously. Most members are polite and try their hardest. But, as the Juniors have heard me say many times; "It's not a playground, it's a dojo" and that means that we have a certain etiquette to observe. We're all capable of slipping up, and when I get reminded of what dojo behaviour is meant to be I try to live up to it. If I slip again there will be another reminder just around the corner. I'll try again.

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

Oss



**Dedicated to Black Belt
Excellence**