

Karate Academy

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Newsletter June 2022

Every year the seasons seem to whizz by, faster and faster. It's already June, the exam season is on, and Summer is coming.

We wish the best for those engaged in exams, and also how important it is to have down-time and stress-relief during this important period. Get some training in and let off steam, stay fit and healthy—and we mean physically and mentally. Screens and schools need to be balanced with oxygen, social, and other aspects of life.

As temperatures rise we remind our members to bring something for hydration, and that the youngsters especially use the lavatory before training; apart from anything else the classes are not long enough to have a full tea-break in the middle...

Enjoy
John Burke,
Chief Instructor

Keikokai 23rd Birthday

Thank you to everyone who got into the spirit of our anniversary. We had normal classes on Saturday 14th May 2022, with the addition of sweets and cakes brought in by some of our devoted members. The date marked the 23 years since John Burke took over the Newton Abbot Shotokan Karate Club and changed the name to **Keikokai**. We have a new era ahead of us now, and we look forward to sharing it with you and the members who will be joining us over the years.
Oss!

Beach Training

Training outside is different to training in the dojo. The environment plays a part in how you feel and can challenge what you thought you knew. Some of us love training on the beach. This year there will be a short course, but an important one as we lay the foundation for the years to come.

This year, then, marks a one-off opportunity. Come and train with your instructors on the beach at Perran Sands, Saturday 4th and Sunday 5th June. There's no fee, just training in the morning, the rest of the day is yours to do with as you will.

The UK Martial Arts Show

There was some trepidation about attending the Martial arts trade show in Doncaster this year. Would it be busy? Would anyone want to train with us? It's a lot of travel, investment, and disruption going to an event like this, but we're happy to say it went very well. Most importantly, Renshi John's training sessions were very busy. There were as many people training with him this year as there ever have been. The displays and talks were diverse and entertaining. It was great to catch up with old friends and meet some new ones. Your instructors had the great

pleasure of training with Katsu Tiru sensei on both days, and they had a fine time. On the Sunday evening Sensei Janet and Sensei Deborah were inducted into the UK Martial Arts Show Hall of Fame, and Renshi John was presented with an award as part of the "final line up" (some people call it the "Masters Line Up").

Sorry about the lack of lessons over that weekend. You could have joined the instructors in Doncaster but we do realise that it is a long way to go. Back to normal now.



Days Off

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

On Tuesday **31st May** there are **no Torquay** classes. Don't miss out, come over to Newton Abbot that evening where classes are on as usual.

Unusually, in **June** there are **TWO** Bank Holidays. The Queen's Jubilee has added a day to the relocated late May Bank Holiday. There will be no classes **Thursday 2nd** Spring Bank Holiday, **Friday 3rd** Queen's Jubilee Holiday. There are no classes on **Saturday 4th** or **Sunday 5th** as we will be training on the beach at Perran Sand in Cornwall. Feel free to join us.

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, and anyone booking and pre-paying before the end of June can do so for **£60** (early bird discount).

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.

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 re-commence their training with us then we'll happily add them back on.



Birthdays

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

- 8 Joseph Da Cunha
- 11 Mahalia Green
- 16 Kristina Tinker
- 17 Charlie Slade
- 19 Paige Jones
- 22 Limony Ashley-Liosatos
- 28 Bonnie Konchanthet, Ayrton Sharp

Happy Birthday to You



Grading

On Sunday 22nd May the following students were tested by John Burkerenshi at Newton Abbot dojo and found to be worthy of the grades listed:

1st kyu

Kristina Tinker

2nd kyu

Hannah Ward

5th kyu

Oscar Magor

6th kyu

Charlie Slade

7th kyu

John Chapman, Dexter Beverley, Tomas Thompson, Sophia Duddy, Georgia Winsor

8th kyu

Jack Churchill

9th kyu

Jax Digby, Limony Ashley-Liosatos, Ioni Luff

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**



New Members

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

Leonardo Goodyear, Oliver Little,
(Newton Abbot Little Warriors)

Myles Laskey, Stanley Maunder, Rory Farwell, Nicholas Hawkes, Darsh Patel, Giles Hensser
(Newton Abbot)

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

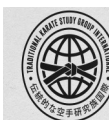


Last Word

Some of us go most of our lives without realising that the challenges come from within. A person who breezes through life has no fewer difficult situations than the rest of us; usually the difference is in how they perceive their trials. We make our own pressure, often because we care about the result and the people that are affected by it. What's that got to do with Karate? Be gentle with yourself. There are times, if Karate is for life, when everything is go-go-go, and so too must there be times where other facets of training take precedence. Physically, Karate is good for us but can be draining. We need balance. There are times when we strive for a grade and there are times where we are less than driven. This too is fine as long as we don't feel jealous of someone else who is at a different phase to us. And it's not just about grades. There are times when I read a lot, and there are times when I don't pick up a book at all. During those periods I don't lose the books, they are still there, still part of my life, still wanted; I just need to wait for the wheel to turn once more. What does all of that mean? Acceptance. Being gentle with yourself. Not comparing your progress to that of others who are at different stages of the cycle. Keep going. You didn't come this far to only come this far.

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

Oss



Dedicated to Black Belt Excellence