

Karate Academy

私たちの誕生日です

Newsletter June 2024

Thanks for making the 25th Anniversary of Keikokai celebrations so memorable. I appreciate your support and encouragement.

I should have been starting June off with a seminar in Scotland, but they are no longer able to go ahead so I'm going to grab a couple of days off. Timetable exceptions are detailed below. Now, I don't like the idea of members missing out on lessons, so please use the other available lessons as much as possible.

We were delighted with Kyoshi Blades' appraisal of our members and those who work hard definitely see results. How much will we have moved on when Kyoshi comes to see us again? The only place to make it happen is in the dojo

John Burke,
Chief Instructor

June Timetable Exceptions

There are no classes in Newton Abbot on Monday 3rd June, the evening of Tuesday 4th June, and no Little Warriors on Wednesday 5th June. We expect there to be a Little Warriors Stripe Test on Saturday 8th June and a Kyu Grading on Sunday 9th June. There will also be no Black Belt class on Sunday 2nd June.

The Celebration Seminars

What a very special occasion! May 14th 2024 marked the **25th Anniversary** of our club, the **Keikokai** and Saturday the 18th May we held two special seminars with **Anthony**

Blades kyoshi and **Jim Harvey** sensei to mark the occasion.

Following the Little Warriors class that Saturday, and instead of the usual Juniors class and Open class we held two sessions by grade instead. The white belts to purple belts had a session with Mr Blades concentrating on the principles of efficient movement.

From 11.30am the purple-white belts and above had a session with Sensei Jim getting them sweating with his usual energy and then Kyoshi took over to try to help us with our ushirogeri. During this session **Jamie Blondell** was awarded his brown belt by Kyoshi.

There was a plethora of cakes brought in to help mark the occasion, so **Thank You** to everyone who donated. There are some pictures here of the decorated and designed ones. They were all really tasty and much appreciated, as were the congratulations cards.

New Grades

During the seminars, on Saturday 18th May, Anthony Blades kyoshi and John Burke renshi proudly awarded **Jim Harvey** sensei his 5th degree black belt in honour of everything that he has accomplished and his dedication to the martial arts. He has helped us for more than 30 years.

Later, **John Burke** renshi was awarded his 7th degree black belt.



Birthdays

The following students celebrate their Birthday this month (June)

- 17 Charlie Slade
- 18 Austin Wilkinson
- 19 Paige Jones
- 22 Limon Ashley Liosatos,
Henry Tucker, Ellie Jakes
- 26 Arkadiusz (Arek) Holubinka

Happy
Birthday
to You



Ladies Self Defence

Yes, once again we return to this important course. It's on Saturday **22nd June** 1-4pm and the cost is a mere £10. The information taught on this course is essential for women to know. Please tell your female friends and relatives to sign up for it, especially if they have no martial arts training. This course isn't going to turn them into ninja, it's there to help people deal with the common acts of violence.

We show techniques and principles that don't rely on strength or size to use, and we'll also disprove some of the common myths about self defence.

Summer School

We're already taking bookings for Summer School 2024, and, in order that those wanting to attend can confirm their other holiday arrangements we'll set the dates down for you:

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

We'd invite everyone to book early for the immersive intensive training week. The price is a only £90 for the five solid days of training. Or, as we should call it; and 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 an immersive week of training—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 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. 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.

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** rensi.

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:

June 2024

- 2nd No Black Belt class
- 3rd No classes
- 4th No Newton Abbot evening classes. Members are encouraged to use the Torquay classes.
- 5th No Little Warriors
- 8th Little Warriors Stripe Test
- 9th Kyu Grading
- 16th Father's Day
- 22nd Ladies Self Defence

New Members

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

**Zander Celik,
Thomas Thompson Mount,
(Newton Abbot)**

**Lockie King, Tilly Thomas
(Little Warriors)**

Recommendation is the highest compliment we can receive.

Welcome one and all!

Last Word

Of course I'm proud. The members did very well in front of Kyoshi Blades. I was awarded my 7th Dan. And it was truly a privilege to see Sensei Jim get his 5th Dan. I do feel that our success is a reflection of how he taught me. There's no "but" to this point. I'm proud of who we are and what we've accomplished. We've still got work to do but that doesn't take away from the achievements and standards that we have so far put in place. I sign off each Newsletter with Proud to be the Keikokai. I hope that the members catch this vibe and feel it too. Keikokai is a special club. We'll support members who want to test themselves in competition, but sport is not our aim. What we teach is practical, but we spend our time teaching how to avoid confrontation. We hold the old ways sacred, and yet we teach in a fairly modern manner. Most clubs are not like us. As martial artists we're not supposed to brag, so I'll continue to work on making it apparent—the old writers' adage of "show don't tell".

The club is strong when classes are supported. The more members there are the more lives we have an impact on. To ensure there are quality people in class I'd invite you to invite your friends. We can share our strengths with them and they will add to our presence. You know the best way to make sure that the people in your sessions are good people? You bring them. You train with people who are like you. You don't need a special "Buddy Day" to do this, new people are welcome in any lesson, especially if they are a friend of yours.

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

Oss



**Dedicated to Black Belt
Excellence**