

# Karate Academy

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Newsletter June 2025

What a month May was! As you'll see below, we held our first Kick-a-Thon in 6 years and I am very proud of the members who put themselves through the wringer in order to raise funds for Rowcroft. It was a tiring and sweaty session and there were some extraordinary amounts pledged to the charity. Now we've got to get all the money in and get it to the charity in an orderly manner. It's this type of coming together of our Karate members that shows that Karate is about making a good community. Please check out the timetable exceptions this month. There aren't many disturbances but this serves as a reminder to use the lessons that are available to the best of your ability.

John Burke,  
Chief Instructor

## Kick-a-Thon

We did it! We told you we could manage the challenge of the huge amount of exercise and *we did*. We made it through. To everyone who attended and gave it their all—our thanks and our praise. To everyone who supported us through sponsorship—you made it a success.

The event took place on Sunday 25th May 2025. We

broke the group down into two teams: *Ballerina* and *Phoenix*. The names reflect the action movie set in the world of John Wick and the idea of using the Kick-a-Thon as a transformational moment. Each group performed a batch of kicks and then had a water break, changing places until both teams had performed two thousand kicks, then we all got up together for the final twenty five (and one for luck). We were tired and sweaty but we had achieved much.

The next day most of us had some leg aches, but these just remind us that we worked hard. Now all that remains is to get the money in to send to Rowcroft and we can seal that memory as job well done. The pledged amount right now is £2000. Perhaps a few more £££s will come in while we collect our sponsorship. Well done to all that took part and thanks to everyone who sponsored us.

## June Timetable

Although there are no Bank Holidays this month, we do have a couple of exceptions to the timetable. To start with there is the Kyu Grading on 1st, but then we will also miss out on Karate lessons on Father's Day on Sunday 15th as well.

## Birthdays

The following students celebrate their Birthday this month (June)

- |    |                   |
|----|-------------------|
| 2  | Mateusz Kiezun    |
| 7  | Edwin Joseph      |
| 14 | Andrii Hrihoriev  |
| 15 | Sylvia Noel       |
| 17 | Charlie Slade     |
| 18 | Niamh McClaughlin |
| 20 | Alistair McGill   |

Happy  
Birthday  
to You



## Belt Exams

On Saturday 31st May the Little Warriors had the opportunity to gain another stripe. Sensei Janet and Renshi John awarded the following grades:

### Red Stripe

Isla-Grace Westlake

### Orange Stripe

Kavin Balaji

On Sunday 1st June a Kyu Grading was overseen by John Burke renschi, Janet Drew Sensei, and Deborah Needham sensei.

The following grades were awarded:

### 1st kyu

William Hone

### 7th kyu

Edward Saunders

### 8th kyu

Elsie Angell, Alexander Kelly,

Tilly Thomas

### 9th kyu

Lokesh Balaji, Edwin Joseph, Isla King



The next kyu grading will held shortly, and candidates are being considered *now* for their eligibility to test.

## Summer School 2025

For many years we have run a **Summer**

**School** during the schools' summer holidays. We don't stop for school holidays, so Karate training can be a reliable activity during the long weeks of August. Summer School is extra training. It's intensive and immersive, running from 10am-3pm daily with lunch break in that time. We cover all the usual things—basics, kumite, kata,

oyo—and because of the cascade effect of learning in a compressed time frame we also have time for other associated activities like *kobudo* and maybe even a game or two (adults can get really competitive during *Ninja-Ninja-Turtle*)!!!

It's like getting a month's training in one week. Members who use it properly can really feel the benefit. The course is suitable for white belts to fourth degree black belts, and we make every effort to include the topics and training that the members tell us they want during the week. Summer School is *not suitable* for Little Warriors.

This year, we are going to run Summer School from Monday 4th August to Friday 8th August.

To benefit from the Early Bird price, please book your places by the end of June 2025.

The course is £100 for the week or £25 per day. The Early Bird price is **£80** for the week.

## Diary Dates:

### June 2025

- 1 Kyu Grading
- 15 Father's Day, no classes.
- 30 Summer School Early Bird discount ends.



## New Members

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

**Margot Keene, Astrid Stanhope**  
(Newton Abbot)

Recommendation is the highest compliment we can receive.

Welcome one and all!

## Last Word

It's not like the real world. You don't get to just do what you want. You give yourself over to the lesson and do your best to get the benefit of the lesson. We claim to want discipline but in the end discipline comes from within. It comes from making yourself do things even when it would be easier not to. It would be easy to stroll in and do Karate in our shoes, but we expose our feet for hygiene and to feel the floor better. It would be easy to wander off and have a drink of water whenever we like, but we wait until Sensei tells us that it's okay, because then we won't miss out on any important information. We wear a uniform that isn't comfortable and it isn't simple because it's another discipline to have it prepared and ourselves properly dressed in it. You can't change the uniform because it's a bit warm or a bit cold. We use the lesson to take care of things like keeping warm and proper water breaks when the weather demands them. We don't change things arbitrarily. It's not t-shirts this month and body warmers the next. You want the whole Karate experience then you need the full immersion. That includes in what Sensei tells you to do in a lesson. Unless there is a medical reason to not do an exercise then you should attempt the exercise to the best of your ability. And if there is a medical exception then you must inform the teacher. Otherwise it's like saying you know better than Sensei. If we want what Sensei is offering then we must do our best to follow Sensei's instruction.

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

**Oss**



**Dedicated to Black Belt Excellence**