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Newsletter June 2026

Karate Academy

Welcome to June at the Karate Academy. Half way through the year and with the British Summer in full swing.

It's exciting times with training and gradings locally and a seminar booked for far flung Shetland. We try not to let things get in the way of your regular training, so we operate 19 classes across the week to give you as many options as we can manage. In June there are a few days where things get in the way of the full timetable. On these occasions you don't need to miss out, just grab other lessons that *are* available. The same goes for you missing out because of holidays or trips. Use the other lessons to make up missed time. **Little Warriors** are the short classes for our youngest members; **Adult** classes are just for adults, and the **advanced** classes are restricted by grade, being available to 3rd kyu members and above. The **Open** classes are available to everyone. Youngsters and adults can train together in those classes if they want to. Our **Juniors** classes are just for 7-12 year olds. The message again: don't miss out, train regularly.

John Burke,
Chief Instructor

Summer School

Summer School at the Karate Academy in Newton Abbot will take place 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. 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! Of course the results are better than more spread out training.

The course has been £100 per person in recent years and we're not planning on putting the price up in 2026. 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.

Just a last reminder that the **Early Bird Booking** price of just **£80** per person expires at the end of this month (June). On the 1st July the full price will be reinstated. Book your places now to guarantee your place.

Facebook

Members and their parents should be aware of our Facebook Group. It's called **Keiko Karate**. It's for members and their families, and as such we sometimes share class photos and information on there which we do not post on the public Karate Academy page or the website.

If you haven't already joined, please search for **Keiko Karate** and then answer the "security questions" so that we can approve you and give you access to events and birthday announcements etc as they happen.

June Timetable

There is some small disruption to the timetable during June:

Sunday 7th No Black Belt class

Monday 8th Little Warriors starts at 5.30 instead of 5pm

Tuesday 9th No evening classes in Newton Abbot, Torquay classes go ahead as usual

Wednesday 10th Little Warriors starts at 5.30 instead of 5pm

Thursday 11th Normal

Friday the 12th Classes are unavailable.

Saturday 13th Back to normal.

Saturday 20th Little Warriors as normal, then a Kyu Grading class from 10am. No separate Juniors and Open classes. Members can train together in the Grading class even if they are not being tested.

Sunday 21st No classes. Father's Day.

Grab your lessons when you can. You have **lots** of training opportunities to choose from.

Birthdays

The following members celebrate their Birthday this month (June)

14	Andrii Hriorhiev
16	Danah Luscombe
17	Charlie Slade

Happy
Birthday
to You



New Members

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

Danah Luscombe, Joshua Bolton
(Newton Abbot)

Recommendation is the highest compliment we can receive.

Welcome one and all!

Next Grading

The next Kyu Grading will be on Saturday 20th June. Grading notices inviting the potential candidates to test are being given out in class to those who are considered to be of the correct standard.

If you are not ready for the June grading then you are still welcome to train on that day, it might help to have you ready for the next grading opportunity which could be in August. There will also be a Little Warriors Stripe Test on June 20th at 9am.

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.

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 suncream and look after the children.

27 Years

14th May 2026 saw us celebrating the founding of our club under John Burke sensei. Thanks to everyone who sent well wishes and regards for the 27th Birthday of Keikokai. It was just a regular training day, but we hope it was enjoyable all the same.



Diary Dates:

June 2026

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| 7th | No Advanced class |
| 8th | Little Warriors starts at 5.30pm |
| 9th | No evening classes in Newton Abbot. Torquay on as usual. |
| 10th | Little Warriors starts at 5.30pm |
| 12th | No classes |
| 20th | Little Warriors on as normal. 10am start for everyone else. |
| 21st | Father's Day. No classes. |

Last Word

Bunbu ryo do. The Way of the Scholar Warrior. Pen and sword in accord. Sayings and mottos are rife in the martial arts, and with screen time being more prevalent than reading (a book) time for many people one might wonder where the education for the next generation of martial arts instructors is going to come from. I have read two martial arts books in the past week, with another weighty tome glaring at me for attention even as I write this. I read books and magazines about martial arts alongside books and magazines for my other hobbies. You might say that I *have to* because Karate is my job and my lifestyle but I *want* to read. I *like* to read. In answer to my question about the education of the next generation though, I have real concerns. They can get all the information that they want online. They don't need books because it's all out there and it's all free. But that's not exactly true. A friend of mine in Tokyo was happy to hear that he had been cited in a Karate book, so he picked it up to see what part of his work had been referenced. The book was written by Artificial Intelligence. He could tell immediately (at this stage), and he noted in the other sources that were quoted that there were books that didn't *actually exist* by fictional authors. And that was in a published book. It's even worse online. You can find things that were *never said* being said on video by deep fake AI. What do we do about this? It can't be stopped. We can, however, talk about it, and challenge the information that we find to understand whether it is likely to be real or if it is just some fantasy of the algorithm. I call this "the critical filter". We ask questions to ascertain the likelihood of the information we are given being useful or even real. If you are thinking of getting a martial arts book please talk to me about it. I might be able to guide you to ones that are relevant. And even when you get one that's a bit suspect we can talk about why it contains inaccuracies and what purpose those might have served. The principle of the Critical Filter can be applied to historical and philosophical knowledge and also to physical movement and application. Together we can look after each other.

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

Oss



**Dedicated to Black Belt
Excellence**