

Changes

Please note that Sensei John is in charge of all matters concerning the Karate Academy and Keikokai. Please address all enquires to **Sensei John** directly.

We've had to cancel Brecon this year, and any refunds will be dealt with at the earliest opportunity.

There have been some timetable changes, and *Additional Needs*, *Fitness*, and *Pads* have been cancelled, while *Little Warriors* and Saturday mornings have had some time changes. The timetable is on the website www.KarateAcademy.co.uk

Beach Training 2019

We met at Perran Sands in Cornwall for a weekend of training with Kyoshi Anthony Blades, Renshi Neil Ellison, and our own Renshi John. The weather held out for us as we began with a Black Belt grading on the Friday evening, and then on Saturday we had glorious sunshine and included some fun training in the water. By the time we got to Sunday the misty rain was drenching us through, and although we stuck it out for a while, we then needed to train indoors in the afternoon. Neil Ellison renschi taught us his code for Palm In, Palm out, Backhand In, and Backhand Out amongst many other angles and directions, while Anthony Blades kyoshi had not only the grading to oversee, but also teaching his refined movement and weight distribution methods. John Burke renschi got a little bit of Seiyunchin on the beach and applications indoors, too.

We will look at bringing Kyoshi Blades and Renshi Ellison to the dojo more often, as we can't be certain whether events like Perran beach training will take place next year.



Summer School

Back by popular demand

5th-9th August 2019
10am-3pm each day

our very popular Karate Summer School. A month's worth of training, plus games, history and more packed into one week!

Still only £60 for the week or £17.50 per day.

New Members

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

Jonathan Owen
(Newton Abbot)

Evelyn Goodyear, Sophie Duddy, Henry Duddy, Ceren Sultan Sen
(Newton Abbot Little Warriors)

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



New Dan Grades

Please help us to congratulate the following, who passed their tests after a gruelling exam:

Sandan Andrew Power

Nidan Cain Power

Well done. Now the hard work begins.

Kick-A-Thon 2019

We are pleased to announce that this year we will once again be raising money for charity by performing two thousand and nineteen sponsored front kicks on Sunday 14th July, 10am-finish (approx. 1pm). This means that good causes get funds and we get fit and face our demons in this endurance marathon.

There are sponsorship forms with this Newsletter, and we would urge online donations to go through the **virginmoneygiving** page we have set up rather than everyone doing individual ones (it just makes it easier to keep track of what we raise).

All students and instructors are encouraged to take part in this event, although we know some will not be able to. Anyone not taking part, it would be nice if you could make a donation to support those who are participating.

Monies raised will be split between two very worthwhile charities, Devon Air Ambulance Trust who provide a valuable service to local residents and Down's Syndrome Association who help families and supply services for children and adults with Down Syndrome, who many of you know is a charity very close to our hearts.

20 Years

On the 12th May we celebrated the 20th Anniversary of Keikokai. The actual date we launched was 14th May 1999, but this Sunday was the best bet to get everyone together. The past 20 years have seen enormous changes in how we train and how the dojo is run. We have no doubt that the next 20 years will also show growth and we look forward to taking our established Karate club even further

Grading Results

On Saturday 8th June 2019, the following Little Warriors (4-7 year olds in our pre-martial-arts class) were recognised at the next stage of their development:

Green Stripe Maddox Robbins, Alfred Beale

Yellow Stripe Daniel Taylor

Red Stripe Lucas Kirkbride, Dexter Beverley, Liam Francis, Jack Parton, Cassie Weaving

Orange Stripe Niobe Coles, Peter Jarvis, Callum O'Sullivan, Sam Nash, Finn Andrews, Alfie Cromwell

On Sunday 9th June we held a kyu grading at Newton Abbot dojo.

The following people were recognised to have attained the required standard for new grades:

1st kyu Joshua Adams

2nd kyu Alex Doyle

3rd Kyu Helena Stuckey-Howard, Toby Wright

5th kyu Archie Pimley, Scarlett Contrasti

6th kyu Andy Tran

7th kyu Steven Sharp

8th kyu Oscar Williams, Jorja Williams

9th kyu Kristina Tinker

Birthdays

The following students celebrated their Birthday last month (June)

1st Sara Pitchford

2nd Mick Jones, Kai Gidley

4th Sam Nash

5th Cathan McMullan

7th Eleanor Randle-Jones, Finn Andrews

8th Ellie Stretton

10th Alex Clulow, Finley Hurdon

11th Adam Castle sensei

15th Lucy Turney

16th Kristina Tinker

18th Kim Burke

19th Jamie Steed

20th Maria Antonilli, Charlotte Pitchford

21st Cassie Weaving

22nd Scott Elson, William Searle

23rd Evelyn Goodyear

26th Alex Doyle, Angus Schwab

27th Amelia Mekki, Max Stevens

28th William Underhill, Megan Underhill, Ayrton Sharp

And in July we congratulate:

5th Ed Fogarty

7th Fraser Parkhill

8th Joseph Curnow

9th Alegria Hodges

10th Timothy Riggs

11th Emily Bath

13th Oliver Whitbread

14th Joe Budd

22nd Eros Medina, Ryan Paul

23rd Venitia Contrasti

24th Federico Forti

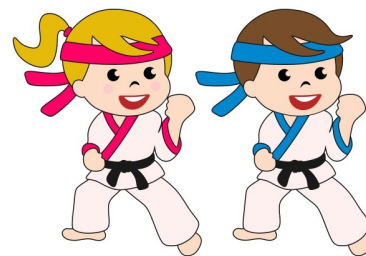
26th Tiago Ford, Molly Venables

28th Mark French

29th Jack French, Cat Maslin

31st Peter Jarvis

**Happy Birthday
to You**



Last Word

Train Regularly. It's the big secret. We make a habit of training, and that will help our technique, but we also make a habit of practising mindfulness. We make a habit of practising being present. We learn to deliberately switch on and switch off. We learn to take feedback and to deliberately act upon the advice we are given. Training twice per week is best. We know some people can do more (beware of burn-out) and some people cannot do as much (beware of stagnation). So if you can get in and train twice per week it will help you. And if you can't manage twice per week then you must do once per week. It's a couple of hours of "not other stuff time", when you can let go. It's not a luxury, it's a necessity, for your body and also for your mind. And it *shows* when it's not being used.

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

Oss



**Dedicated to Black Belt
Excellence**