

# Karate Academy

It's all about letting people know. Every correction is given in order for the person corrected to become better. Not to belittle or upset them. They need to take on the correction and work to make sure they have a new behavioural pattern or the correction will keep being given. Sometimes people utter "you keep going on about bending my knee" (for example); that's correct. I will keep going on about bending your knee until you bend your knee. Once you do that then I'll go on about something else. So if you get bored with being told to bend your knee, then maybe you should bend your knee and prevent me from going on about it....

John Burke,  
Chief Instructor

## Teesside Dragon in Devon

On Saturday 22nd February we had the extreme pleasure of **Neil Ellison renshi** coming all the way from Teesside to visit and teach us. Renshi got straight down to business with his unique perspective on the "internal" Chinese martial arts and his Chi-Gung warm-up. We were treated to Wado-Ryu Ippon Kumite (the style of Karate founded by Ohtsuka Hinori sensei) based on principles of swordsmanship. In the afternoon we were led through the techniques of Xing Yi Chuan, which might have been good Oyo practice..

As a surprise, Renshi Neil agreed to come and teach us in the following morning's Brown and Black Belt class, and he opened it up to anyone who was there on the Saturday, too. The Sunday morning focussed on Bagua Zhang, and that might have looked something like Oyo as well...

People attended from Cornwall, Wales, and even Chagford. The universal feedback was that participants had a good time with our special guest. Thanks to everyone who supported this special event, including Anna Hinds who came out to train even though it was her birthday! Big thanks to Renshi Neil for his expert tuition and help throughout the weekend and over the past 18 years.

## New Members

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

**Sam Havard-Edge, Georgia Winsor,  
Maddie Williams, Helen O'Connell**  
(Newton Abbot)

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

## 2020

A slue of special events have lined up for us. And there's more that we are talking about in class. Adults of all grades are welcome at these events, but when it comes to Juniors we have to decide on a case by case basis due to the subject matter and levels of maturity and concentration required for these long training sessions.

25th April - **Russell Stutely kyoshi** teaching in Newton Abbot 10-3. It's been 10 years since his last visit. Kyoshi Russell is responsible for much of our effectiveness in combat. His seminars are always full of golden nuggets of training information. Please keep this payment deal secret. On his website this seminar is listed at \$70. Only with us can you get your place for £25:

2nd & 3rd May - **UK Martial Arts Show**, Doncaster

10th May—**Bassai Dai Bunkai Seminar** in Essex.

23rd & 24th May - Shetland Budokwai 40th Anniversary Seminar with guest instructor John Burke renshi.

27th & 28th June - Dan Grading and seminar with **Anthony Blades kyoshi**. Kyoshi Anthony has been teaching our members and grading the Black Belts since 1999. His knowledge of biomechanical principles is unsurpassed and he always adds art to our martial art. There will also be a Dan Grading alongside the seminar. Further details to follow. Book your seminar place for just £25

4th & 5th July - **Patrick McCarthy hanshi** teaching Tegumi Renzokugeiko in Newton Abbot. 10-3 each day. £75 for the weekend to the first 40 participants, £95 after that.

September - **Bunkai Bootcamp** weekend in Newton Abbot

As always, special events are extras to your regular training, and are pointless if you are not getting the basics engrained.



## Please Note

There is no Ashburton class on **10th March** due to a school function.

There is no Brown and Black Belt class on Sunday **29th March** due to the competition in Redruth.

## Social Media

As soon as we print the Newsletter something else comes up. Or we want to let you know about a success in class. Or an event. The Newsletter is still useful as many people keep it on the fridge to remind them of events, but phones and electronic devices stay with us nearly all the time, and so social media has become the way that people communicate.

Please join the **Members Only Keiko Karate** group on Facebook where we share information and notices. <https://www.facebook.com/groups/172704136120339/> or search **Keiko Karate**. There is a "security question" to answer as we don't want just anyone on this group. Just tell us where you train and with which instructor (parents: use the details relevant to your child).

The public information is on the **Karate Academy** and **The Karate Academy** pages. <https://www.facebook.com/theKarateAcademy/> & <https://www.facebook.com/KarateSensei/>

You can help the club by sharing information that you see on the public pages, you never know who will be inspired to join us by your post. The Keiko group, however, features photos of our members, including children, and must not be shared publicly.

## Self Defence for all

On Sunday 9th February we had Renshi John teaching the Self Defence for All seminar. It was great to see some people who hadn't trained with us in years coming to train when they learned who was teaching. The course was well received, dealing with easy techniques and just a few principles that do not rely on size or strength to keep people safe. Grabs, strikes, and what to do when taken to the floor were just some of the subjects.

## Apologies

In the last Newsletter Azenette Lagda's name was left off of the Grading Results list by accident. Aze worked hard for her grade and deserves the same recognition as the others. Congratulations **Azenette Lagda, 8th kyu!**

## Star of the Day

Our Little Warriors who have excelled in behaviour or effort are recognised with "Star of the Day". Please help us to recognise the following Stars:

8/2 Ceren Sultan Sen  
15/2 Thomas Mann & Sophia Duddy  
18/2 Brooke-Leigh Morrison  
29/2 William Hone



## The Competition

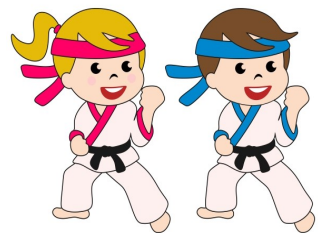
There's not much in the way of open Karate competition in this part of the UK. Most competitions happen in Birmingham or Nottingham. So we were pleasantly surprised to receive notification of a new competition in Redruth. You can find details here: <https://www.cornishkaratechampionship.com/> Renshi John has been asked to referee at the event. He will not be allowed to judge his own students, but if you would like to compete then you know there will be a supportive friend present whatever the outcome. The children's section of the day will be first on the schedule.

## Birthdays

The following students celebrate their Birthday this month (March)

2nd Theo Shepherd  
3rd George Watts-Hawkins, Helen O'Connell  
8th Sophia Duddy  
16th Holly Sanders  
20th Elliott Hunt  
21st Jim Harvey sensei  
26th Dexter Allen,  
27th Catherine Flannery  
28th Luca Carasco, Olivia Martin, Henry Slipszenko  
29th Daniel Taylor, Yovella Green

Happy Birthday  
to You



## Last Word

I love the questions of beginners. They put things in context. Questions show what they understand and what I have failed to get across to them. They ask "why do we have basics" and I remember that I should explain why these things exist. They ask when they will be grading, I tell them that they actually have to get better at doing Karate, work on it and polish their art before they are fit to be graded. They don't know that they have to get better until I tell them to. For someone like me, involved in the martial arts for 38 years this autumn, it's refreshing and a good reminder that people don't know and I might not have mentioned something recently. I need to let students know that when they are ready to grade I will have noticed that they are ready and I will give them a letter inviting them to grade. I need to let them know that they won't get it unless they are training and in class. I need to let them know that grades are not about how nice you are or how much I like you; that anyone can grade once they are ready whether I like them or not (that's why there is a grading panel, to iron out favouritism). Students then come to understand that their grade is something that they can be proud of. It's earned not given. They understand that not everyone grades at the same time. You only get it when you are ready. Regular training will teach what's necessary and correct the issues that arise. I need to remember to tell them.

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

Oss



**Dedicated to Black Belt  
Excellence**