

# Karate Academy

March/April already! That's a quarter of the year gone. We've already had events and of course there are more to come; and most importantly we've had our regular training. We mustn't forget the experiences of the past two years where we were robbed of our regular in-person training. We must treasure the opportunities and make use of them. Training twice per week keeps information in your head and helps with progress. Attending more often is possible, and some people have to make do with once per week, but we know that best results come from training regularly. We've already had progress in 2022, and now we need to compound that on the run up to Easter. Let's get cracking.

John Burke,  
Chief Instructor

## March & April

Once again we've produced a Newsletter to cover 2 months instead of 1 each month. This time it's not out of fear that the government will change things on us at the very moment we go to print, but rather that there are lots of things happening and we wanted to make sure we convey as much as possible here as well as in the announcements we make in class.

There's no timetable disruption that we can see for March, but of course there will be some days off during the April Easter Bank Holidays.

## Ladies Self Defence

February 19th saw us once again running the Ladies Self Defence course. It was lovely to have members, the family of members, returning course participants, and new people all along for the afternoon. We ran through the mechanical principles, the mental attributes, and the skills that are necessary for a woman to defend herself in this day and age. Well done to everyone who took part, and to Sensei Janet and Sensei Deborah for their help with the teaching.

## Bunkai Seminar

Every week we practice kata, and members must know particular kata in order to get their grades. Often we will also practice a move from the kata, revealing what it does. Of course, we're only scratching the surface when we practice this way. Bunkai is the usual term for kata applications. John Burke renshi teaches practical uses for the moves from your kata, from the Shetland Isles down to Cornwall and has even taught in Okinawa. His special brand of teaching has led to the publication of books and DVDs, and on seminars we get in-depth information. On Saturday 26th February there was the opportunity for you to get kata application tuition directly and the attendees seemed to enjoy and gain from it. There were moves from Kihon right up to Black Belt kata, with multiple variations and principles shared to tie them all together.

あけましておめでとう

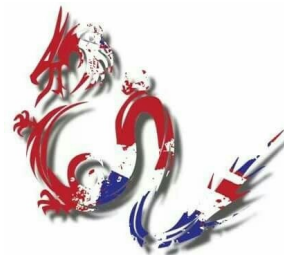
Newsletter March & April 2022

## The UK Martial Arts Show

At the Doncaster Dome on Saturday 7th and Sunday 8th May there will be the first big martial arts gathering since lockdown. Teachers holding workshops across numerous martial arts and displays on stage. More details at [www.theUKMAS.co.uk](http://www.theUKMAS.co.uk)

Renshi John will be teaching his **Bunkai Workshops** across the weekend, and any of our members who would like to attend are welcome to a discounted ticket price if they get their tickets from us. There will also be an Awards Night on Sunday 8th May.

At the show you get to train, get autographs and pictures with martial artists and movie stars as well as watch some great demonstrations. Bill "Superfoot" Wallace, Scott Adkins, Zara Phythian, Master Sken from Muay Thai, Grandmaster Kwok from Wing Chun, and Katsu Tiru sensei will all be teaching there as well as Renshi John.



## Days Off

We continue running classes throughout school holidays, with the exceptions being Bank Holidays. In April there are 3 days off.

We won't hold classes on **Good Friday**, although there is some debate over whether this is actually a Bank Holiday. There are no classes on **Easter Sunday**, nor on **Easter Monday**. On the Saturday between Good Friday and Easter Sunday our classes will be on as normal.

In May we will not have training on Bank Holiday **Monday 2nd May**, or for the weekend of **Friday 6th-Monday 9th** inclusive as the instructors are away to take part in the UK Martial Arts Show and the Hall of Fame Awards.

In June there will be no classes Thursday 2nd Spring Bank Holiday, Friday 3rd Queen's Jubilee Holiday, Saturday 4th or Sunday 5th as we will be training on the beach at Perran Sand in Cornwall. Feel free to join us.

## Beach Training

When we run courses and seminars there is usually a fee attached. If we go ahead with guest instructors and a formal event at Perran Sands in 2023 there will have to be a charge to attendees. This year, then, marks a one-off opportunity. Come and train with your instructors on the beach at Perran Sands, Saturday 4th and Sunday 5th June. There's no fee, just training in the morning, the rest of the day is yours to do with as you will.

## Summer School

During the school Summer Holidays we continue to run our regular classes. In fact we run extra classes. This isn't just for the children—all are welcome to our **Summer School**. This year it is running Monday to Friday, 10am-3pm (there is a lunch break) from **August 1st-5th**. The cost per day is £20 and attendees will need to bring a packed lunch. Those attending the whole week can do so for £80, and anyone booking and pre-paying before the end of June can do so for **£60** (early bird discount).

We will cram a month's training of basics, kata, kumite, and oyo into a week, and get in some extra kobudo and even some silly stuff too (including the dreaded "Joke of the day". Book early to reserve your place.

## Birthdays

The following students celebrated their Birthday in **March**:

2 Theo Shepherd  
4 Jayden Baillie  
8 Sophia Duddy  
21 Jim Harvey sensei  
22 Melody Aplin  
26 Tyne McClean-Glass  
27 Louie Chambers  
29 Yovella Green

And in **April**:

4 Kezia Green,  
Dominique Green  
9 Deborah Needham sensei  
19 Tobiasz Mocek  
20 Alan Ou, Joshua Adams

Happy  
Birthday  
to You



**Orange Stripe**  
Jayden Baillie

On Sunday 13th February 2022 the following students were tested by John Burke renshi, assisted by Janet Drew sensei and Deborah Needham sensei at Newton Abbot dojo and found to be worthy of the grades listed:

### 2nd Kyu

Jon Owen, Kristina Tinker

### 3rd kyu

Elliott Speer, Jorja Williams,  
Oscar Williams

### 4th kyu

Theo Shepherd

### 6th kyu

Matthew Key, Sunny Weedon,  
Madeleine Williams

### 7th kyu

Charlie Slade

### 8th kyu

Oliver Joyce

### 9th kyu

Chloe Prosser

On Sunday 3rd April 2022 the following students were tested by John Burke renshi, assisted by Janet Drew sensei and Deborah Needham sensei at the Newton Abbot dojo and found to be worthy of the grades listed:

## Medal Winner

Congratulations to **Alan Ou**, who took **Gold**—1st Place—in his inter-school gymnastics championships. We're proud of your efforts, Alan.



Dedication and discipline provides results in Karate, and in our other endeavours, too.

## Grading Results

On Saturday 26th February 2022 the Little Warriors were examined by John Burke renshi and Janet Drew sensei and the following grades were awarded:

### Yellow Stripe

Joseph Bulley

### Red Stripe

Edward Little, Hugo Roberts

**6th kyu**  
Sam Schafer  
**7th kyu**  
Alan Ou  
**8th kyu**

Harrison Ball, William Candy,  
William Hone, Bonnie Konchanthet  
**9th kyu**

Erin Chambers, Louie Chambers,  
Teddy Chambers, Alex Constantin,  
Serentiy Edoo, Jason Liosatos,  
Henry Slipzenko, Luke Walker

Congratulations to you all on your achievement, and may you have continued success and improvement with your training.

In order to be invited to the next kyu grading exams, members must know and be able to perform their grading syllabus to a high standard. They must have taken on board the corrections that they have been given in class. Invitations to grade are given out when the instructor has assessed that these steps are in place, and the only place that can happen is "in class". Therefore we recommend training twice per week in order to make progress.

## Last Word

The balance between care for a training partner and realism in combat is a precarious one. We need to attack with ferocity or we mislead our training partner into thinking that attacks come gently. That would make us partly responsible if their defence was breached by a powerful attack. Better to present a powerful *but controlled* attack to encourage the defender to do something about it. We're helping their reactions and response times. It's not about wanting to hurt someone, but about training them (and us) in how to deal with people who want to hurt them. Mabuni Kenwa sensei said there was "nothing worse than a martial art that was ineffective". In order to have this effectiveness it is necessary to practice the same way when you have a partner and when you have no partner. When we do basics or kata we need to act as though there is a ferocious attacker. It is quite clear to the instructors and an examiner if the student is acting as if there were a real threat and, consequently, what their chances of success would be in dealing with it. This leads to repetition of phrases in class, like "*Spirit First, then Technique*" and the ever-present "*kime*". People waving their arms around don't possess the same movement as someone working from their core. Working from the hips is illustrated by the movement of one's belt, and we remind *ourselves* to keep working at it instead of having to be reminded every lesson.

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

Oss



**Dedicated to Black Belt**