

# Karate Academy

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Newsletter March 2023

With this month marking the First Quarter, we have to seriously consider how fast 2023 is flying away from us. While there are no deadlines on "progress" there is a need to make use of the time we have and renew our commitment to personal time and training that is a precious part of mental and physical health. People have busy lives and many commitments, and while we are not saying that Karate is the most important thing in the world, the need to have some time away from other pressures is essential. The benefits of exercise cannot be understated, in what it does for the body, certainly, but also in what it does for the mind.

While it can sound like harping on, or nagging, members must understand the reason for doing so: it's in your best interests. Train twice per week if you possibly can.

John Burke,  
Chief Instructor

while they got a lot out of it they were certainly drained by the end. Renshi John had promised/threatened that we'd have our brains leaking out of ears by the end and certainly felt that way. The information overload means that we will have to repeat the experience to try to solidify our learning. Further seminars with Renshi John are available, as he's booked to travel to **Holland** at the end of September and **Cambridgeshire** in June. With seminar material like this we can certainly see why Renshi John is in demand to teach for other groups.

## Kyoshi Time

We are very pleased to announce that **Anthony Blades** kyoshi has agreed to come and teach us again. He'll be leading the training in his own inimitable manner on **Saturday 13th May 2023**. That's that day before the club's 24th anniversary.

Make arrangements to be available. We'll let you know the firm times for each group when we have them confirmed.

## Timetable Variations

There are a few small alterations to the regular timetable in March. Please take note, and where your "regular class" is affected please use a different class so that you don't miss out.

**Sunday 19th**—Mother's Day. No Black Belt class.

**Monday 20th**—No Little Warriors

**Tuesday 21st**—No evening classes in Newton Abbot. Torquay classes as usual.

**Wednesday 22nd**—No Little Warriors

**Thursday 23rd**—No 10am class. No Juniors class.

**Friday 24th**—No Juniors class.

With the 5pm classes unavailable all week, we'd urge Junior members to use the 6pm classes.

**Tuesday 28th**—No 10am class.

**Friday 31st**—No Black Belt class.



## Seminar

On Sunday 26th February **John Burke** rensi taught his Kata Bunkai seminar in two parts. The first session was from white belts to purple belts. The second was for purple-white belts and above.

It was certainly ambitious, to try to fit in the 5 Heian kata for each group. We spectacularly failed with the first group, only managing some base principles from the first 2 Heian kata. Then at midday we got going in earnest, covering details and layering the principles to provide a solid foundation for the future. Many of the seniors attended both sessions, and

## New Members

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

**Zachary Matheson, Paulina Holubinka, Arek Holubinka, Slawomir (Slav) Holubinka, Caspian Vincent**  
(Newton Abbot)

**Finlay Pearce, Evie-Mai Pearce**  
(Torquay)

Recommendation is the highest compliment we can receive.

Welcome one and all!



## Diary Dates:

March 2023

16th St Patrick's Day.  
19th Mother's Day

## Birthdays

The following students celebrate their Birthday this month (March)

2 Theo Shepherd  
4 Olivia Winiarska  
8 Sophia Duddy  
9 Tobias Townsend  
21 Jim Harvey sensei  
27 Louie Chambers  
29 Yovella Green

Happy  
Birthday  
to You



## Orange Stripe Toby Chambers

On Sunday 5th March there was a Kyu Grading Examination (coloured belt test) at the Newton Abbot dojo. After considerable hard work, the members assessed by Deborah Needham sensei, Janet Drew sensei, and John Burke renshi were awarded the following grades:

**3rd kyu**  
Charlie Slade

**4th kyu**  
Oscar Magor

**5th kyu**  
Luke Walker

**7th kyu**  
Erin Chambers, Louie Chambers,  
Teddy Chambers, Jason Liosatos

**9th kyu**  
Nick Kirsop-Taylor, Darsh Patel,  
Samuel Webster

As always, the hard work to earn grades is conducted in class, and members are recommended for testing only once they show the right standards in their regular classes in front of their instructors.

The next test will be held in April and we are now assessing who will be recommended to be tested.

## Terminology

Continuing our reminder of terminology that our members might want to know:

**Sempai**—Senior. Anyone who started before you. This is not a rank, Some clubs think it is.

**Kohai**—Junior. Anyone who started after you. Someone you have to look after and nurture their development.

**Yudansha**—one who possesses a Degree. A Black Belt.

**Mudansha**—one who does not possess a Degree. Coloured belts.

**Rei**—bow. A sign of respect, like an old fashioned handshake.

## Grading Results

There was a Little Warriors Stripe Test on Saturday 4th March. The following members were assessed by Janet Drew sensei and John Burke renshi and were found worthy of the following grades:

**Red Stripe**  
Charlie Sharpe



## Last Word

Bragging is anathema to the martial artist. We achieve much, each and every lesson, that other people can't or won't do, and yet we rarely tell people about it. It's even stranger for me, as an instructor, who very rarely mentions that they have written 5 books (8 actually) and created more than 50 DVDs on Kata Application. I mention that seminars by way of "I'm teaching here, come along if you want" without really explaining what that means. Why would I be asked to teach at another dojo? Why would they want me? Martial artists are supposed to be humble, and I'd be going against this to make a big deal out of it. But then, if you don't tell people they don't know. So I may have to explain that with 40 years of involvement in the martial arts I am considered to be something of an expert. It's not bragging, just explaining, because if you see me every day you might think I'm just that guy who likes to drop Star Wars references into Karate classes...

It's the same when we have to explain why you can't just go and have a drink whenever you like. For safety we need to have a set break for water or you might just walk in front of someone who's doing what they are supposed to and kicking. It seems to be about discipline, but these rules exist for a reason—like stopping you from missing out on a vital piece of information—and when it's explained to you that's all it is: an explanation. No-one's "having a go" at you. No-one's "picking on" you. They're just explaining the way it has to be. It might have to be that way to make you an effective martial artist. It might have to be that way to keep you safe during training. But it's certainly not about the ego of the instructor or bullying. If we do something and you don't understand why we do it, please ask. The instructors have been involved in the martial arts for so long that they might know a thing or two.

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

**Oss**



**Dedicated to Black Belt  
Excellence**