

Karate Academy

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Newsletter March 2024

training, so we'd encourage the Juniors to use the Monday, Wednesday, and Thursday OPEN classes that week, and anyone who wants to train on Tuesday 26th should use the Torquay classes which are on as usual.

Along with the other timetable exceptions it looks like this:

Diary Dates:

March 2024

10th Mother's Day
24th No Black Belt class
25th No Little Warriors
26th No Newton Abbot evening classes. Please use the Torquay classes which are on as usual
27th No Little Warriors
28th No Juniors class
29th Good Friday, No classes
30th All classes on as usual
31st Easter Sunday. No classes

April 2024

1st Easter Monday. No classes
7th Kyu Grading

This Newsletter marks the first quarter of the year. If it seems like we go on about time flying all the while it's because that's how it seems to us. A school term might seem interminable to a young person, but for us oldies the years fly by too quickly. If nothing else, let these constant messages about immediacy remind you to grab every moment to do what you want to do. For our members, what we want to do is have great Karate lessons. There is so much to teach and so little time to do it. There are the things that we must do in order to get through the syllabus and there are also facets of our art that no-one "has to" know but they are enjoyable and add to our heritage. These lessons only occur in the dojo. See you there.

John Burke,
Chief Instructor

Bring a Buddy Day!

Saturday 17th February was "Bring a Buddy Day!" at the Karate Academy in Newton Abbot. The fact is that members are welcome to bring a friend with them any day they like, but on Saturday 17th February we took a bit of time to explain what we were doing to the friends and family members who came along for a taste.

In Little Warriors that morning we were pleased to see parents and siblings copying along with our youngest members.

The Juniors class had a couple of parents joining in, too. They got to see just how much energy their children use up at Karate.

In the Open class we had three extras alongside the crew. We hope that everyone enjoyed their day and that a few might be inspired to join us, or even that some of the other members might bring their friends.

Recommendation is the best form of thanks that an instructor can receive, and our members know that the club has good people in it if they are just like the rest of us.

March Timetable Exceptions

As much as we don't like to be away from the dojo, everyone needs a break once in a while, and while we try to cover all the classes it's not always possible, so during March there is a week (24th-29th) where there won't be any 5pm classes in Newton Abbot and no evening classes at all on Tuesday 26th. Obviously, we don't want members to miss out on

More Martial Arts Shows

As reported in the last Newsletter, John Burke rensai has once again been invited to teach at the UK Martial Arts Show at the Doncaster Dome over the 4th and 5th May 2024.

What's just been announced is that the South West Martial Arts and Wellbeing Show will be held in Bristol again this year on 21st September. It was first launched in 2019, and although sparsely attended it was a lovely venue and well organised. Then, of course, there were the lockdowns, and so the 2024 SWMAWS is only the second one. Again, John Burke rensai will be teaching there alongside many other wonderful instructors from diverse martial arts, and tickets are available directly from him.

What goes on at these shows? There will be the opportunity, all in one place, to train with instructors from many different styles and see what we can learn from them. You get to experience the quality of other martial arts instructors and their tips from their arts. There are demonstrations on stage and interviews, and there are a smattering of stands selling equipment and merchandise. Photo opportunities abound.

While the Doncaster event has the American martial artists and movie stars Cynthia Rothrock, Don "The Dragon" Wilson, and Bill "Superfoot" Wallace from the USA, the UK stalwarts such as Katsu Tiru sensei, Muay Thai's Master Sken and Wing Chun's Grandmaster Samuel Kwok are potentially at both shows. Members are very welcome to join us at these Shows.



Birthdays

The following students celebrate their Birthday this month (March)

- 2 Theo Shepherd
- 3 Maxx Quinn
- 4 Olivia Winiarska
- 17 Arthur Bennetts
- 21 Jim Harvey sensei
- 23 Jacob Mperi
- 25 Isla King
- 27 Louie Chambers
- 29 Yovella Green

Happy
Birthday
to You



Grading

There was a kyu grading on the 18th February under the supervision of Deborah Needham sensei, Janet Drew sensei, and John Burke renshi. The successful candidates were awarded the following grades:

6th kyu

Dexter Beverley, Paige Jones, Heath Lake, Charlie Northwood

7th kyu

Oscar Sharpe

8th kyu

Arek Holubinka, Paulina Holubinka,

As always, the hard work begins now. The next opportunity to test will be in April.

In order to be considered for rank promotion you must be training regularly. To take part in the test you have to be nominated by your instructor. They can only do this if they have seen you make progress in class. It cannot be a nomination in the week preceding the test. To be considered for April you would need to be ready by the middle of March, and so we'd need to see you learning all of the basics, kata, kumite, and oyo that

you are supposed to know in order to be graded.

Practice at home can be valuable, however habits become ingrained without an instructor there to tell you what is right and what is not. That's why we recommend training in the dojo twice per week. It means that we get to see you and embed the correct habits.

Take steps now to get ahead in the months to come.

New Book

There have been numerous iterations of John Burke renshi's book "OYO" that have been written, but they've never been published. In a commitment to show that he's not been idle and to leave behind reference material for future generations, Renshi John has agreed to release the book in it's current form at the UK Martial Arts Show and just in time for the Keikokai 25th Anniversary. It's been 10 years in the making and breaks down the formula and requirements for practical Karate applications. You can pre-order copies directly from your sensei.

Private Lessons

Following the success of Janet Drew sensei's private lessons in January, adult members of purple belt and above are now able to book a private lesson with Neil Tappenden sensei on Saturday 9th of March. When you book please also state what subject you would like to cover to allow for the correct preparation.

Looking Forward

2024 is the year that Keikokai turns 25 years old. We have some exciting projects and events, with guests and announcements to make. The big one is the anniversary

seminar. We have confirmation that **Anthony Blades 8th dan kyoshi** will be teaching alongside **John Burke 6th dan renshi** and the seniors of the dojo. Further details will be announced, but you should plan to have Saturday 18th May clear for training.

There will also be seminars in Scotland (1st and 2nd June), and in Ely, Cambridgeshire (13th & 14th July) and Shetland (7th & 8th September). Renshi John will also be teaching at the UK Martial Arts Show in Doncaster in May and at the South West Martial Arts And Wellbeing Show in September. Summer School will be in August, as usual.

TKSI Badge

As you will be aware, we are members of and licenced by the **Traditional Karate Study Institute** under the guidance of **Anthony Blades** kyoshi and **John Burke** renshi.

The Institute's badge has now become available. This can be sown onto the gi on the right shoulder. It's available from your instructor at £5. We expect to see members, especially the seniors, proudly displaying their badges.



New Members

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

Maxx Quinn
(Newton Abbot)

Ezra Hastings, Isla King
(Newton Abbot Little Warriors)

Recommendation is the highest compliment we can receive.

Welcome one and all!

Last Word

If we harp on about the same issues time and again, it's because we need to harp on about the same issues time and again. We probably need to find different ways to harp on about those issues, because it might just be that the message isn't getting through. Sometimes we try it with humour; this will have a response from some people. Sometimes we try it as direct orders; this will have a response from some people. Sometimes we try to explain the issue, to reason it out in an effort to help members understand. The quickest way to stop us from harping on about an issue is to change the behaviour so that the issue isn't there anymore. Examples: you don't like that sensei keeps going on about bending your knees—then bend them so that sensei can't go on about it. You don't like that sensei keeps talking about training regularly—then train regularly so that sensei can't go on about it. You don't like being told to tidy your room—then tidy it so that the order can't be given. How we accept criticism is essential to whether we grow or not. We can take any correction as a personal affront or we can take it that the person correcting us has our best interests at heart and wants to help us, in which case if we correct the issue we have been informed about we will help ourselves. It's pretty much the only reason for making a correction in the dojo. It serves no other purpose than to help the student. Sensei doesn't become a more important person the more times they correct you; in fact, it could be said that the better the student the better the sensei. There's no club without students, but the teachers just want the students to have the best information and be the best martial artists and people that they can be.

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

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**Dedicated to Black Belt
Excellence**