

今月は ジョンの誕生日です

## Newsletter March 2025

performing this feat of endurance, stamina, strength, and skill to the best of our ability we help ourselves and we help others.

In the past we have raised money for charities as diverse as the Ricky Grant Cancer Unit of Torbay Hospital, Young Minds, Devon Air Ambulance, Rowcroft, Marie Curie, the British Heart Foundation, Downs South West, and CLIK among others.

This year we would like our members to suggest which charity we are going to support. Please email [sensei@KarateAcademy.co.uk](mailto:sensei@KarateAcademy.co.uk) or tell your instructor your suggestions in person, or use the Kick-a-Thon thread on the Keikokarate Facebook group to let us know which charity you would like to support. Nominations need to be made by **19th March 2025**. Whichever one gets the most nominations is the one that the dojo will do a Kick-a-Thon in aid of.

At the Kick-a-Thon, the members will perform 2,025 front kicks to raise sponsorship from friends, family, and neighbours. We'll be tired but we'll have done a great thing. The money that we raise will go to the charity that's chosen, showing what we can do when we work together. Some people will raise hundreds of pounds, some just a couple. It doesn't matter as long as we do our best for the charity, whether it's your chosen one or not. If it was your chosen charity you would expect the help of your fellow students, and the same goes for them.

If the Kick-a-Thon is held in May or early June then we have just three months to get fit enough to make it a worthwhile endeavour. Let's do this!

# Karate Academy

The third month of the year means that we are ending the first quarter. By now we should be established in our habits and surging ahead. There's always a feeling that it can't be done, if we haven't got results by *now*, but that fails to take into account the cascade effect that happens when we reach a critical build up. What we mean is that the results might not be immediately apparent. We have to create the habits and maintain them. We have to be doing the regular work in order to see results at a later point. We do the work now knowing that the results are on their way.

If you feel like the year's already slipping by because you're not as far along as you were hoping to be then you need to take action now. Establish the habits now. Any other course of action delays the results that you were looking for. So use the timetable, get in the room, and work for the results you deserve.

John Burke,  
Chief Instructor

## Ladies Self Defence

No sooner had we gone to press with the February Newsletter than we had to make a decision about the Ladies Self Defence course. A party of 14 women wanted to do it but couldn't make the original date... so we moved it. Please let your female friends and relatives know that this course is taking place on Saturday 15th March 2025 1-4pm.

It is not a martial arts class, but teaches solid reliable techniques—that do not depend upon size or strength—that all women should know. We show what steps to take and how to make them work. We show how some of the things that you see online are just plain wrong, and what you can rely on instead. There is no saying when the next one will be, so please use *this* one. In an effort to make it affordable for everyone we are charging just £12.50 per person (the same as we charged in 2020, rather than the usual £25 seminar fee). Mums, sisters, aunties, wives, girlfriends, friends—let them all know how valuable it will be to them.

## Kick-a-Thon

While we're never sure why a *Thon* would need kicking, we are sure that working as a group we can raise much needed funds for charity. The strength of us all together is much mightier than we can accomplish alone. Martial arts is a force for good. It helps people's fitness, confidence, and self esteem. It could save a life. By

Ladies only

## Self Defence



No Nonsense Course which shows simple ways to:

- Escape
- Avoid
- Control the most common forms of attack against women.

Essential information which does not rely on a woman's size, strength, or fitness.

Could you defend yourself against an attack?

Call NOW 01626 360999 to reserve your place

**Saturday 15th March 2025**

1-4pm, Only £12.50 per person

Karate Academy, King street Studios,

King Street Newton Abbot TQ12 2LG

Call 01626 360999 or email [info@KarateAcademy.co.uk](mailto:info@KarateAcademy.co.uk)

[www.KarateAcademy.co.uk](http://www.KarateAcademy.co.uk)

## Members Resources

**Members Only Facebook Group:** We want to share information for and about *members* on the **Keiko Karate** Facebook Group.

**The App:** if you would like to book your places just set up an account. It's free.

For iPhone users please use this link— <https://apps.apple.com/gb/app/karate-academy/id1542741931>

For Android users please use this link— <https://play.google.com/store/apps/details?id=com.goretrieve.karateacademy>

It should also be available in your favourite app store for free. Just search for **Karate Academy**. Our website:

[www.KarateAcademy.co.uk](http://www.KarateAcademy.co.uk) where there are events and timetable updates available.

The *members* site

[www.members.KarateAcademy.co.uk](http://www.members.KarateAcademy.co.uk) where you can access all the syllabus materials for free.

**Syllabus DVDs** are available from your instructor, as are John Burke renshi's range of books and DVDs on the subject of **kata applications**. You could get them on Amazon, but members receive a discount from their instructor.

If anyone requires equipment (pads etc) please see your instructor as we would hate for you to have the wrong thing.

## Careers

Thanks to Sensei Janet Drew having contacts at Barton Hill Academy in Torquay, we were invited along to a Year 6 Career's Day. Sensei Janet and Renshi John set up a table and were then introduced to individuals and groups to answer questions about what it takes to be a Karate Instructor. Alongside the questions

about qualifications and earnings they also fielded "what other jobs have you had?" and "do you have any pets"...

Thanks to the school for inviting us in, and to Sensei Janet for her help with the day. Maybe we inspired someone to take up the art...

## March Timetable

As you will see in the Diary Dates box, we have a small number of adjustments to the timetable due to letting the hall be used by other groups and trips away, etc. We always try to minimise disruptions, but sometimes they are unavoidable. There are no 10am classes on **11th** or **25th**—evening classes are on as usual.

There are no classes on **23rd**, or **24th**.

On grading day the Little Warriors are at 9am and the class for everyone else is at 10am.

## Birthdays

The following students celebrate their Birthday this month (March)

- |    |                            |
|----|----------------------------|
| 2  | Theo Shepherd              |
| 3  | Maxx Quinn                 |
| 21 | Jim Harvey sensei          |
| 23 | Jacob Mperi                |
| 24 | Tilly Thomas, Adrian Smith |
| 25 | Isla King                  |
| 27 | Louie Chambers             |
| 29 | Yovella Green              |

Happy Birthday to You



## New Members

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

**Adrian Smith, Lokesh Biraji**  
(*Newton Abbot*)

Recommendation is the highest compliment we can receive.

Welcome one and all!

## Diary Dates:

### March 2025

- |      |   |
|------|---|
| 11th | no 10am class   |
| 15th | Ladies Self Defence. Morning classes are on as usual                                    |
| 23rd | no Black Belt class   |
| 24th | no classes  |
| 25th | no 10am class   |
| 29th | Little Warriors Stripe Test 9am   |
| 29th | Juniors can join in the 10am lesson. No separate Juniors class. Open class starts at 10 |
| 29th | Kyu Grading 10am  |
| 30th | Mother's Day. Timetable as normal   |

## Last Word

I was asked what set us apart. It caused me some problems. Not because I think we are the same as everyone else—far from it—but because words do not convey it. You see, every martial arts club thinks that they teach good martial arts. Everyone thinks that they have a great family atmosphere. Everyone says that they teach confidence. Some even say that they teach realistic applications. It gets difficult to say that you do something that other clubs don't. For one thing, we're not about putting other clubs down, so I'm not going to criticise what they do. As I said last month, we're also supposed to be humble and respectful. It all makes promoting our club a bit tricky. Most often I resort back to "the only way to find out if you like what we do is to try it" - and that's not so glib because it is actually true. But then every once in a while I get asked "what sets you apart from a club down the road". I could say experience, but other people claim to be experienced. I could say that there are famous martial artists who I'm on first name terms with, but other people say that too and it doesn't mean that we have a great club. Hall of Fame awards? Mostly not relevant to the question. Have I got a great technique? Can I teach you to do it the same or better? Yes, but they'll all say that, too. So it comes back to the fact that the words are not enough. The words don't make a club great and saying you are great doesn't make it so. What sets us apart? Who we are. What we do. What we stand for, and even if others are saying that they do those things too, we actually do.

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

Oss



**Dedicated to Black Belt Excellence**