

Karate Academy

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Newsletter May 2022

May. Spring is here, summer is on its way, and Bank Holidays abound. There's plenty to distract us from our training. That's why this is the time to engage with the lessons and really grow.

As you'll see below, we have some "outage" to the timetable in the next few weeks, so plan to train when classes are available and make use of the training opportunities that we have each week. Let's face it, life would be simpler for the instructors if they just held two sessions per week and everyone had to attend them. The reason we don't do that is so that there are more opportunities for you, and so that classes don't get too crowded for us—we need to be able to see who is there and how we can help them. Hence: 20 different lessons every week. Only Bank Holidays and special events get in the way, we just happen to have some of them coming up,

Enjoy
John Burke,
Chief Instructor

The UK Martial Arts Show

Martial arts trade shows in this country have encompassed all sorts of different vibes. Some of them were full of people trying to flog you stuff. Some were all about recruiting you into their group. What makes the UK Martial Arts Show different is that it serves as a showcase for different arts and instructors, and the emphasis is firmly on the training.

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

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, 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 May there are some other exceptions as well.

There's the obligatory Bank Holiday **Monday 2nd May**, that

would be understood. However, there's also the weekend of **Friday 6th-Monday 9th May** inclusive as the instructors are away to take part in the UK Martial Arts Show and the Hall of Fame Awards.

On Tuesday **31st May** there are **no Torquay** classes. Don't miss out, come over to Newton Abbot that evening where classes are on as usual.

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

Training outside is different to training in the dojo. The environment plays a part in how you feel and can challenge what you thought you knew. Some of us love training on the beach. This year will be a shortened course, but an important one as we lay the foundation for the years to come.

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).

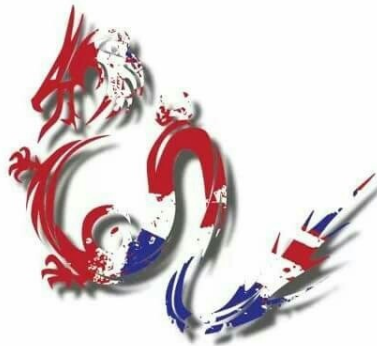
We will cram a month's training of basics, kata, kumite, and oyo into a week, and get in some extra kobudo, history, and cultural context, and even some silly stuff too (including the dreaded "Joke of the day". This is an opportunity to immerse yourself in Karate culture and compound your progression. Book early to reserve your place.

Keikokai 23rd Birthday

We have normal classes on Saturday 14th May 2022, but they are important because that date marks 23 years since John Burke took over the Newton Abbot Shotokan Karate Club and changed the name to **Keikokai**.

Training under the previous instructor and teaching for him when he couldn't be there, John had also previously taught under **Jim Harvey sensei** at the Seaton Martial Arts Centre. When Phil Trebilcock sensei retired from Karate John was left to run things in Newton Abbot and has done so continuously for the last 23 years.

We'll be in a reflective mood for the morning's lessons, and re-committing ourselves to the training and the years to come.



Birthdays

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

1st Madeleine Williams
13th Sean Sliney
17th Harrison Ball
19th Rosaleigh Stidson
20th Kitto Farmer
25th Archie Pimley
27th Edward Saunders,
Jack Churchill
28th Serenity Edo

Happy
Birthday
to You



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. The next kyu grading is on **Sunday 22nd May**, and even if you are not grading you are very welcome to attend the training.

We frequently tell members that grades have 3 phases:

- 1) learning the syllabus
- 2) Being corrected
- 3) Polishing practiced performance

These phases can be a month each, or they can last longer. Essentially, if you are still being corrected then you still need an equal amount of time where you just practice your polished performance. Being ready in three weeks' time means that phase three begins then. You must be in phase three now to be considered for participation in the test.

Members Resources

The Newsletter is sent using the Aweber mailing list, please sign up for it on the website.

We hope all members know about the website www.KarateAcademy.co.uk where there are events and timetable updates available. You should also know about the Members site www.members.KarateAcademy.co.uk where you can access all the written 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.

Grading

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

Members Only Facebook Group

We want to share information for and about *members* on the **Keiko Karate** Facebook Group. Some of the events that we have coming up are not for outsiders. We'd like to encourage all new members to join the group to keep up to date with what's going on. We only have members on there, so nothing should be shared outside of the group. With this in mind, we have taken some people who have not trained with us in a long while off of the group. If any of them recommence their training with us then we'll happily add them back on.

Book Your Place

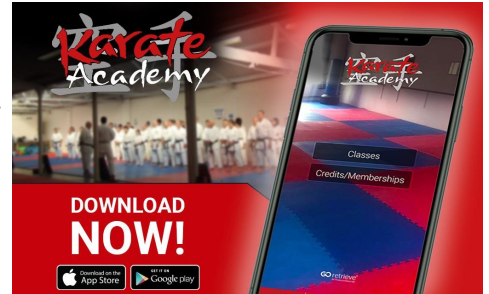
Our classes are getting busier, so may we remind our members that booking a place in class is becoming more of a necessity. We have an app for that.

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 shop for free. Just search for **Karate Academy**.

Speaking of apps, the **Bujin.tv** app is now available on Apple and Android app stores. To get it for free for a month, please use the promo code **JOHNBURKE**



New Members

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

**Paige Jones, Harrison Williams,
Nina Kugathanan, Lucianna Pettit**
(*Newton Abbot Little Warriors*)

**Riley English, Max Bailey, Kimba
Avery, Colston Robinson, Holly Keen,
Jacob Keen, Jack Jones,
Edward Hutchings, Austin Smith**
(*Newton Abbot*)

Olivia Winiarska, David Winiarski
(*Torquay*)

Tobias Chambers
(*Torquay Little Warriors*)

Welcome back to **Harrison Ball, Julio
Perez-Giron, Sean Sliney** and everyone
who took time off with the other
restrictions.

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

Last Word

Exams are important. Every year we hear from members who "take a break" from Karate to concentrate on their exams. And every year I am upset that I have failed to teach the meaning of balance. Exams are important, and so is down-time. Stress-relief. Exercise for the body allows decompression time for the mind. Sitting in front of a screen for extended periods is not healthy, and those of us who work with screens relish the time to stretch and move when we get them. Exams are important, and students must give their best efforts to achieve the results they need for going forward—and they must also have non-revision time. The pressure on young people today to get high scores is, annually, too much for some to bear. Let time off factor into the schedule, and what better time off is there than Karate? Socialisation, while still keeping respect, and physical movement in useful skills should not be binned for a period of revision. Karate should be embraced as an aid to focus the mind. Every year there's someone who "takes a break" for exams and doesn't make it back into the dojo. And when I hear about them later, maybe months, maybe years; that they "don't have motivation anymore" or "they've gone off the rails" or (heartbreakingly) "they've lost their confidence" I can only wish that my message had been heeded. If they take time off they are welcome back, afterwards. I just wonder if the break is worth it...

Keep training. Let the benefit of training help with the rest of life as well.

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

Oss



**Dedicated to Black Belt
Excellence**