

Karate Academy

春には庭は花の饗宴です

Newsletter May 2023

It's May! It's the schools' Summer Term, and although we continue throughout school holidays we recognise that Summer is on its way. As the sun shines more it is tempting to just relax in the warmth, but it's always worth having your exercise time for the sake of your body and mind. We balance that with relaxation, but don't let the pendulum swing too far into the realms of doing nothing. May marks the 24th birthday of Keikokai, our club, and we are looking forward to the future. There are exciting things in the pipeline, but the main point is that Karate is never boring if you are looking at it properly. We don't need flashy events, just the right mindset for our regular classes. It's in the regular classes that our habits are developed and maintained.

John Burke,
Chief Instructor

Competition Successes

Our heartiest congratulations go to one particular family who have journeyed across the country and battled to achieve competition successes in the last month.

At the English Karate Federation 28th Annual Championships at Warwick University on 1st April; **Oscar Magor** took the **gold** medal in kata for the intellectually impaired. **Joe Magor** won **silver** in his age group for kata. Later that day Joe got **bronze** in the kumite too.

At the Shukokai Karate Academy Southern Open Championships at Kent University on 23rd April Oscar Magor won **bronze** in the para-kata category and Joe Magor won **bronze** in his kata age category. On this occasion **Jax Digby** joined them in participating in a very busy youth section. It takes a lot to get up and perform in front of judges and a crowd against people you have never met. We're very

pleased for all three guys.



Timetable Variations

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

Monday 1st—Bank Holiday Monday. No classes.

Saturday 6th—The **Coronation** of King Charles. It would seem fitting that we are not training during that historic event. So we'll run our normal Saturday classes on **Sunday 7th** instead. 9am Little Warriors, 9.30am Juniors. 10.30am Open Class.

Monday 8th—Coronation **Bank Holiday** Monday. No classes.

Monday 29th—Bank Holiday Monday. No classes.

24 Years

Sunday 14th May 2023 marks 24 years of Keikokai. Normally the Sunday classes are for Brown Belts and Black Belts only, but on this special occasion we hope you will all come along to our training session. It will run from 10am until mid-day, and although it's about the training there might just be cake as well.

It was in 1999 that John Burke took over, keeping the club going once Phil Trebilcock retired, and he's done so non-stop ever since. Teaching for Phil before that, and teaching for Jim Harvey sensei before that means that we are approaching 30 years of teaching Shotokan Karate for John, who is now graded 6th Dan and accorded the title Renshi. His actual start in the martial arts was in 1982 at the Renshinkai club of Peter Maduro sensei in Croydon, Surrey. In the intervening 40 years he has trained with the best teachers and taught seminars across the world, including in Japan. Of course, being led to the teaching and guidance of **Anthony Blades** 7th Dan Kyoshi and having the support of **Jim Harvey** 4th dan sensei was instrumental in getting Keikokai to its current stage of development. We hope you will join us to celebrate and make sure that the years to come are even greater than the ones that have passed. Our club, the Keikokai, is represented by the growth and development of our members, and under the instructors' leadership we'll grow stronger together.

Lending Library

Thanks to Matthew Key, who has donated some books he no longer requires, there are now several books available for members to borrow and return at the Newton Abbot dojo. They cover a wide array of subjects and members may like to read them and make notes or just enjoy some martial arts history. We applaud Matthew's kindness and generosity.

Diary Dates:

May 2023

1st	Early May Bank Holiday
6th	Coronation of King Charles
8th	Coronation Bank Holiday Monday
14th	Keikokai 24th Anniversary
29th	Spring Bank Holiday

Birthdays

The following students celebrate their Birthday this month (May)

1st Madeleine Williams
5th Emma Williams
13th Sean Sliney
17th Harrison Ball, Md. Iman Khan
18th Slawomir Holubinka
19th Simon Hamzj
20th Kitto Farmer
25th Archie Pimley
27th Edward Saunders,
Jack Churchill

Happy
Birthday
to You



Terminology

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

Tsuki doesn't mean punch. It can be written as *zuki* but it describes a tubular *thrust*.

Uke doesn't mean block. Ukeru is a verb for *receive*. Receiving techniques can be very different to blocking them.

Keri means *kick*. Keri waza are kicking techniques. The *k* only be-

comes a softened *g* sound when it becomes a suffix to another word. Be very careful describing anything as Geri waza. It doesn't mean kicking techniques.

Uchi as a suffix is *strike*. **Atemi** is also *strike*.

Grading

On Saturday 29th April the Little Warriors has their Stripe test under the supervision of John Burke renshi and Janet Drew sensei. The following ranks were awarded:

Green Stripe
Harrison Williams
Yellow Stripe
Charlie Sharpe
Red Stripe
Alexander Kelly

On Sunday 30th April 2023 the following members were examined by John Burke renshi, Janet Drew sensei, and Deborah Needham sensei at Newton Abbot dojo and were awarded the grades shown:

2nd kyu
Sam Schafer, Theo Shepherd
5th kyu
John Chapman, William Hone
6th kyu
Dominique Green, Yovella Green
8th kyu
Jamie Blondell, Liam Forbes,
Simon Hamzj

9th kyu

Thia Lake, Charlie Northwood, Edward Saunders, Emma Williams
Congratulations all, and now the hard work begins.

In order to be invited to test, members must show in class that they have achieved the standards required. If in doubt as to your eligibility please ask your Sensei.

T-SHIRT Competition

Summer is on its way, and we would like to offer an official **Karate Academy T-shirt** for sale to our members. We could just go with the club badge, but we thought it would be fun to see what you folks would like on a t-shirt. Design us a t-shirt for the Karate Academy summer fashion range. The print area should be no more than A4 size and we need the entries before the end of the month to get them printed in time for the warmer weather.

It's got to be something that you would be proud to wear, and shows Karate to be the cool activity that we know it is. We'll be displaying our pride in the Karate Academy and Keikokai. The winner will get the kudos of seeing their design in print—and we'll get them one of the t-shirts in their size, too.

Demo Season

In the summer term at school, but also in other areas of the community we are often asked to provide a demonstration alongside other clubs and activities. We hate to disappoint, but there is only so much time, so please, if you or your school want the Karate Academy to do a demo, let us know when you want us and where and we'll see what we can do.

On Wednesday 28th June we'll be at Bradley Barton Primary School for their Clubs Fair 2.30-4pm. All help much appreciated.



Last Word

The last 24 years have seen many changes within Keikokai. People come and go, and some return again. Of course it is always an emotional time when someone you have invested time and effort into teaching decides that they don't want to be in Keikokai anymore, but we carry on. We're here to teach Karate and it's something that the instructors know quite a lot about. In the early days we tried every fad going, from aerobic kick-boxercise through many other things that come and go. Nowadays we hope that we are able to see what is temporary more easily. Please excuse us if we don't seem impressed with the new craze that everyone is talking about, but we can remember when merit badges were a new thing and clubs across the country were jumping on that bandwagon, too. I've been involved in martial arts for 41 years, and Keikokai is more than half my time in martial arts and all of the time I have been a full-time instructor. I'd like to thank everyone who has been part of my journey. Some have passed away, some have gone away, and some remain. Those of you who join me and the other instructors for the next phase in Keikokai's development will receive our best efforts to teach you well. We've got a lot to do, a lot to refine, and we're still learning. We bring you what we've got and who we got it from. We are very fortunate to still be in touch and hold dear my instructor Jim Harvey sensei, and have benefited from the guidance and friendship of Anthony Blades kyoshi for the last 24 years. Without their inspiration and help I don't think we'd still be around. You get to meet and train with us regularly, and we'll carry on nurturing and growing the next generation of karate-ka, and teachers, as we surge towards our 25th anniversary. We hope you will join us for the ride.

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

Oss



**Dedicated to Black Belt
Excellence**