

# Karate Academy

私たちの誕生日です

Newsletter May 2024

It's our birthday! May 2024 marks 25 years of Keikokai. That has to be worth celebrating. It's an achievement, and, naturally there are regrets about things that did and didn't happen along the way. We can talk about it in class, but what's important is what's happening now and in the future. Join us for the celebrations and the journey from here onwards. There are a couple of Bank Holidays this month, and also a couple of other occasions where the timetable is interrupted, please take note and adjust so as not to miss out.

Thank you, to everyone who trains with me and everyone who has taught me. It's been wild.

John Burke,  
Chief Instructor

## May Timetable Exceptions

There are no classes on Friday 3rd May. There will also be no Black Belt class on Sunday 5th May. There are two Bank Holidays in May, and classes will not be running on those days.

## May 2024

It's here!!! May 14th 2024 marks the **25th Anniversary** of our club, the **Keikokai**. In 1999 John Burke sensei took over the running of the club and has steered its course for the last 25 years. This is a huge achievement and well worth celebrating, and we're fortunate that **Anthony Blades** kyoshi has agreed to come to Devon to celebrate with us.

On Saturday 18th May we will hold a special seminar with Anthony Blades kyoshi, John Burke renshi, and the seniors and instructors of Keikokai. You must not miss out.

We'll still hold our Little Warriors class as normal on that Saturday, and if our youngest members are very lucky they might just have an important visitor to that class.

Then, instead of the usual Juniors class and Open class we hold two sessions by grade instead. The white belts to purple belts will get a session with Mr Blades and the Keikokai seniors and instructors from 10am -11.30am. This session will cost a mere £10.

From 11.30am -1pm the purple-white

belts and above will have a session with Kyoshi and the Keikokai seniors and instructors, and this session will cost £10. Kyoshi may wish to speak to some of the seniors separately as well.

These sessions will be training and delving deep into our Karate to see the culmination of the previous 25 years of Keikokai and to set the foundation for the future.

## 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 sewn 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.



## Summer School

We've already been asked about Summer School 2024, and, in order that those wanting to attend can confirm their other holiday arrangements we'll set the dates down for you: Monday **5th August** to Friday **9th August** 2024, 10am-3pm daily.

We'd invite everyone to book early for the immersive intensive training week, and offer our members the Early Bird Booking Price of only £70 for the week. This price is available for those booking before the end of May, when the price will go up to the £90 it should be.

For those who are new or might have overlooked previous summer schools: the name is slightly misleading, because school makes people think it's for kids but all ages and grades take part in Summer school, from white belts to high grade black belts. There are usually children training next to adults like a very long Open class every day. It's an immersive week of training— Monday to Friday 10am-3pm. Participants will require a packed lunch and a joke for lunch time.

During Summer School Week our evening classes are on as usual, but the daytime Open classes cannot take place because we will be in the middle of our Summer School Programme.

We'll be doing our basics, kumite, kata, and oyo as usual, but progress is accelerated in this immersive environment, and so as well as getting a month's training in a week, members will also get to enjoy other facets of learning like History and Kobudo that we don't often have time for.

There might even be enough time for a game or two. For those unable to commit to the full week, individual days during Summer School are available at just £25 per day, so anyone doing 3 or more days will want to take advantage of the early bird booking. Book your place with your instructor or by emailing us, pay by BACs, credit card, or cash.

It's an experience, and we've seen it prove very helpful to people who want to progress.



## Birthdays

The following students celebrate their Birthday this month (May)

- 1 Madeleine Williams
- 5 Emma Williams
- 13 Sean Slincy
- 17 Md. Iman Khan
- 18 Slawomir Holubinka
- 20 Kitto Farmer
- 27 Jack Churchill,  
Edward Saunders

Happy  
Birthday  
to You



### 1st kyu

Sunny Weedon

### 3rd kyu

John Chapman, William Hone

### 4th kyu

Jamie Blondell, Jack Churchill,

Oliver Joyce

### 6th kyu

Limony Ashley Liosatos

### 7th kyu

Jax Digby, Darsh Patel

### 8th kyu

Edward Saunders, Emma Williams

### 9th kyu

Max Carr, Henry Tucker

were the lockdowns, and so the 2024 SWMAWS is only the second one. Again, John Burke renshi will be teaching there alongside many other wonderful instructors from diverse martial arts, and tickets are available directly from him.

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 Grand-master Samuel Kwok are potentially at both shows.

Members are very welcome to join us at these Shows.

Thank you to the instructors and seniors who helped with the tests, and also to those who attended just to train—your support and dedication are noted.

## New Book

There will be a small delay in the publication of John Burke renshi's new book "OYO" while senior instructor's views on it are collated. 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.

## New Grades

On Saturday 27th April the Little Warriors had a Stripe Test at the Newton Abbot dojo under Sensei Janet and Renshi John. Please congratulate the following members on their new grades :

### Green Stripe.

Kitto Farmer, Jacob Mperi

### Orange Stripe.

Arthur Bennetts, Austin Wilkinson

On Sunday 28th April there was a Kyu Grading conducted by Renshi John, Sensei Janet, and Sensei Deborah. Please congratulate the following members on their new grades.

## Looking Forward

As the 25th Anniversary year continues we have some exciting projects and events, with guests and announcements to make.

There will be seminars 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 Well-being Show in September. Members are welcome to attend.

## Martial Arts Expos

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

He will also be at the South West Martial Arts and Wellbeing Show 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

## Diary Dates:

### May 2024

- 3rd No classes
- 4th & 5th UK Martial Arts Show, The Dome, Doncaster
- 5th No Black Belt class
- 6th Bank Holiday, no classes
- 14th Keikokai 25th Anniversary
- 18th Keikokai Celebration seminar
- 27th Bank Holiday, no classes

### June 2024

- 2nd No Black Belt class

## New Members

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

**Lara Thompson, Elliott Thompson  
Mount, Leon Gunawardhana,  
Alfie Baker  
(Newton Abbot)**

And a warm welcome back to  
**Jayden Baillie**

Recommendation is the highest  
compliment we can receive.

Welcome one and all!

## Last Word

Over the past 25 years there have been lots of things to celebrate. There have also been sad events. There are people that we trained with and taught who are no longer alive, and there are many, many teachers who have passed away. Before it was Keikokai it was Newton Abbot Shotokan Karate club, and I was training there and teaching on behalf of Phil Trebilcock sensei. When he retired from teaching Karate I carried on, at first alongside Dave Coombe sensei, and then without him when he left through bereavement. I have tried to provide a constant and consistent club, even though we have moved venue numerous times. It's not bragging to say that the training was always there for people who wanted it. Since I took over we have been guided and helped along the way by Anthony Blades Kyoshi. I am grateful for his support and the continuing relationship with Jim Harvey sensei who took me from white belt to 1st kyu in Shotokan. We have experienced interruptions and events that have not led to the growth that we had originally planned for this moment, but that doesn't mean we can't still get there. So now begins a new era in the story of Keikokai, as we shape the club through its adult years following a tempestuous teenage period. It's natural and only to be expected, but we're in a good place, with good teachers and good people in the club and a very bright future. We need to grab every second, because we never know what is around the corner, so let's do that.

Move ahead and become the dojo that we were always meant to be, and I hope you'll join me for the ride

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

Oss



**Dedicated to Black Belt  
Excellence**