



イースター、おめでとう

Newsletter May 2025

the help of your fellow students, and the same goes for them. Sponsorship forms are available now and there is a "Just Giving" page for those who like to do things electronically.

This is important. We can teach technique every day of the week, but finding out who can go the extra mile and work selflessly really leaves a mark on your character and on the community. Get fit for it to minimise the aches but put yourself through the wringer to benefit the charity. Can't make it on the day because of holidays or other commitments? We'll make time for you to complete the challenge either before or after the event. You don't need to miss out. We're not just people who can kick and punch. We are a force for good, and you should be part of it.

May Timetable

It's May, and there are the built in Bank Holidays this month, but also a couple of other adjustments that members will need to take note of.

Torquay classes are not affected by any of these interruptions.

In Newton Abbot we will not have classes on **Sunday 3rd May, Monday 4th May, Tuesday 5th May, or Wednesday 6th May.**

On Thursday 7th May we return to normal classes.

Please don't miss out, use the classes that are available.

There's also a Bank Holiday at the end of May, and it will come in very handy as it's the day after the Kick-a-Thon, so it's great for recovery...

Thinking Ahead

Each year we are asked to attend and perform at School Fetes and fayres. If we can, we do, but often the request comes to us too late to get a team together for demonstrations etc. Some people are worried about demonstrating in public but it's a lot easier when there is a crowd of us.

What we'd ask is that if you attend a school or group and you would like us to do a school fayre or summer fete please get the organiser to let us know in plenty of time. Volunteer the Karate Academy for any of these events, but let us know in good time so that we can get it organised. We don't like letting people down.

We've already got a spot on the Bradley Barton Sports Week to look forward to.

Birthdays

The following students celebrate their Birthday this month (May)

1	Madeleine Williams
5	Emma Williams
13	Sean Sliney
16	James Prideaux
18	Slawomir Holubinka
20	Kitto Farmer
27	Jack Churchill, Edward Saunders
30	Gail Prideaux

Happy
Birthday
to You



Spring is sprung and the weather is changing. The month of May brings bank holidays and school exams... While we appreciate that the exams are important, it's also important to get out of the house and stop staring at a screen. Preparation is the key to exams, rather than luck, but we'll still wish you the best of luck if you have exams this term. What we know is that some relief from studying is an absolute necessity. A couple of hours per week given over to Karate could help with the anxiety of the tests. This isn't about our self interest of having people in class; we've shown time and time again that we'll be here for one person or for ten people. It's about getting moving and allowing the subconscious to do your problem-solving for you while your body and fore-brain are kept busy. Dojo time is essential. So is recovery time. Don't train every day; you need to allow your body time to recover and your brain time to assimilate what you've learned.

Please check out the timetable exceptions this month. Some are imminent.

John Burke,
Chief Instructor

Kick-a-Thon

The votes are in, and you have nominated Rowcroft as the charity that we will support for our 2025 Kick-a-Thon.

The event will take place on Sunday 25th May 2025. That gives us time to gain sponsorship before the event and precious recovery time following the day (it's a Bank Holiday Weekend).

At the Kick-a-Thon, the members will perform 2,025 front kicks each to raise money for the charity via 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, 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

rowcroft
hospice



Diary Dates:

May 2025

4th No classes
5th Bank Holiday. No classes
6th No classes.
7th No classes
25th Kick-a-Thon
26th Bank Holiday. No classes.

June 2025

1 Kyu Grading

The Uniform Care Guide

In some industries they issue a "care guide" for their products. "Here's How to Look After Your New Kitchen Worktop" etc. We did wonder whether it was worth making a small booklet about looking after the Karate uniform. It would mention the simple things like

- Wash it after use
- Ironed or folded neatly to prevent creases
- Put the uniform in your bag to take it to training

But then these things might seem condescending to people who know how to look after clothes and the people who don't do these things probably wouldn't read such a guide anyway (otherwise they'd have seen the simple hygiene rules in the training diaries). Children and teenagers sometimes don't realise that their uniform gets smelly when worn, and it gets quite unpleasant if training involves being put in a headlock by someone who hasn't washed their uniform. Let's face it, it either needs a wash and quick turnaround if you're training on consecutive days or you need an extra gi while the first one is in the wash.

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 where there are events and timetable updates available.

The *members* site

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.

Summer School 2025

For many years we have run a Summer School during the schools' summer holidays. We don't stop for school holidays, so Karate training can be a reliable activity during the long weeks of August. Summer School is extra training. It's intensive and immersive, running from 10am-3pm daily with lunch break in that time. We cover all the usual things—basics, kumite, kata, oyo—and because of the

cascade effect of learning in a compressed time we also have time for other activities like kobudo and maybe even a game or two (adults can get really competitive during *Ninja-Ninja-Turtle*)!!!

It's like getting a month's training in one week. Members who use it properly can really feel the benefit. The course is suitable for white belts to fourth degree black belts, and we make every effort to include the topics and training that the members tell us they want during the week.

Summer School is *not* suitable for Little Warriors.

This year, we are hoping to run Summer School from Monday 4th August to Friday 8th August. To benefit from the Early Bird price, please book your places by the end of June 2025.

The course is £100 for the week or £25 per day. The Early Bird price is **£80** for the week.

New Members

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

Henry Saunders
(Newton Abbot)

Amelia Burley, Kavin, Balaji, Esmee Jarvis
(Newton Abbot Little Warriors)

And a warm welcome back to **Federico Forti!**

Recommendation is the highest compliment we can receive.

Welcome one and all!

Last Word

When you come to Karate you don't know what you are doing. You train and learn some things, and then you *sort of* know what you are doing. Around this period there can be a time where the student resents correction. That's a shame, because the correction is only there to help the student. It's the student who benefits when they take the instructor's advice. It's the student who gets the reward. The reward might be better health; it might be self defence skills; it might be a grade. The instructor gets a warm glow from seeing students get things right, make improvements and build healthy habits. The instructor doesn't get better at Karate by berating students. If you don't enjoy having the instructor tell you to push your knee further or kick higher then there is a sure way to get them to stop—do the thing they are telling you. If your knee is in the right position we don't have to tell you to do anything. If you are kicking high enough then we don't have to tell you to kick higher. Is it hard work doing the thing the instructor recommends. Yes. And so every reward is earned. There are many phrases bandied about in the martial arts. One of my favourites is "don't do it until you get it right, do it until you can't get it wrong". As long as the student understands that the correction is for *their benefit* there really shouldn't be a problem with getting corrected. Of course we all have an ego, but the sooner we can get past it the better. We should be pleased to be corrected.

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

Oss



Dedicated to Black Belt Excellence