

Karate Academy

Newsletter May 2019

記念日のお祝い!

20 Years

We hope you will join us for our anniversary celebration on Sunday 12th May. The people who are senior Keikokai instructors will each be teaching a short session for you, as well as Renshi John Burke, our founder and Chief Instructor, and his special guest Kyoshi Anthony Blades. It's a 10am start and a 3pm finish. There will be a short break at lunchtime for sandwiches and fruit, and at the end we might even have a cake. In years to come you will look back and say "I was there for the 20th Anniversary!"

There is no charge for this session. Please let us know by filling in the sign up sheet in Newton Abbot or by email to Kim@KarateAcademy.co.uk so we know how many sandwiches to make and how big the cake needs to be.

Saifa and Seiunchin

Two kata from outside of our syllabus are examined for practical applications by John Burke renschi in a seminar in Essex this month. If you don't know the kata then it's just a day packed with cool techniques.

UK Martial Arts Show

May 4th and 5th in Doncaster. Training with legendary instructors, autographs and displays.

Half-Term Timetable Changes

Half Term: with so many of the instructors and students away on the week leading up to the Perran Sands course, we will run a reduced timetable during that week. Monday is Bank Holiday so no classes. There will be **no Ashburton** classes that week. There will be **no weekday morning classes**, Additional Needs Karate, or Wednesday classes in Newton Abbot. We will only be running 2 evening classes, not 3, in Newton Abbot on Tuesday and Thursday. Torquay classes will run as normal. The schedule for half term week goes as follows:

Saturday 25th May	Normal Timetable, 9am Little Warriors, 9.30am Juniors & 10am Open Class
Sunday 26th May	Normal 10am Brown & Black Belt class
Monday 27th May	Bank Holiday, no classes
Tuesday 28th May	Torquay 5.30pm-6pm Little Warriors Torquay 6pm-7.30pm Open Class Newton Abbot 5.30pm-6.30pm Open Class Newton Abbot 7pm-8.30pm Open Class
Wednesday 29th May	No Classes
Thursday 30th May	Newton Abbot 5.30pm-6.30pm Open Class Newton Abbot 7pm-8.30pm Open Class

There are no classes on **Friday, Saturday or Sunday** while the Perran Sands course is running. If you'd like to train on those days then please come and join us on the beach.
Monday 3rd June Normal timetable resumes.

Additions to the Timetable

"Pad Night", 7-8pm in Newton Abbot is going from strength to strength. Our planned Kickboxing classes will need to wait just a little bit longer as we have event coming up which would interfere with our proposed start date.

We are also looking at adding another Junior only class in September and possibly a Teens only class. If you have a type of class you would like us to consider for the new term in September, please send your suggestions to Kim@KarateAcademy.co.uk or text 07436 542855.

14th May 1999 we ran the first class in Keikokai Shotokan Karate-do. And this month marks 20 years since that event. That's quite a milestone by anyone's standards. This month has a few big events, and while we hope you can get to a few of them, it's your regular classes that matter most. Without you attending them we have no reason to run them. That so many people have been involved in our Karate club for such a long time is the biggest show of faith and respect that we could ask for.

Thank you.
John and Kim

Training on the Beach 2019 31st May - 2nd June

THE big weekend course at the beautiful Perran Sands! A fantastic weekend for both training and family time. It's coming up at the end of the month, as we ease into June, and our members can still elect to come and train with us there.

We have two days of training on the beach:
10am-12pm
and 1pm-3pm
each day.



Our instructors are Kyoshi Anthony Blades 7th dan, Renshi

Neil Ellison 6th dan, and Renshi John Burke 6th dan. With this amount of martial arts experience on the schedule everyone will learn something useful.

The cost of training only for the whole weekend is £75 per person or £40 per day if you cannot make it down for the whole weekend.

New Members

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

Azenette Lagda, Eric Dave Lagda,
(Newton Abbot)

Thomas Mann
(Little Warriors Newton Abbot)

Amy Batho
(Ashburton)

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

Brecon

Waterfall and countryside training in the beautiful Brecon Beacons, Wales from Friday 30th August 2019 to Sunday 1st September 2019. Once again, the fee will include meals, accommodation and training with **Anthony Blades** kyoshi, **John Burke** renshi, and **Martyn Skipper** sensei.

Just £140 per person. Places in the shared accommodation are limited, so anyone who definitely wants to come must get their place booked asap. Deposit of £30 now secures your place with balance due by 31st May 2019.

Kick-A-Thon 2019

We are pleased to announce that this year we will once again be raising money for charity by performing two thousand and nineteen sponsored front kicks on Sunday 14th July, 10am-finish (approx. 1pm). This means that good causes get funds and we get fit and face our demons in this endurance marathon. There are sponsorship forms with this Newsletter, and we would urge online donations to go through the **virginmoneygiving** page we have set up rather than everyone doing individual ones (it just makes it easier to keep track of what we raise).

All students and instructors are encouraged to take part in this event, although we know some will not be able to. Anyone not taking part, it would be nice if you could make a donation to support those who are participating. Monies raised will be split between two very worthwhile charities, Devon Air Ambulance Trust who provide a valuable service to local residents and Down's Syndrome Association who help families and supply services for children and adults with Down Syndrome, who many of you know is a charity very close to our hearts.

Birthdays

The following students celebrate their Birthday this month (May)

- 3rd Toby Wright
- 6th Michael Riggs
- 7th Helena Stuckey-Howard
- 8th Junior Frost
- 9th Isla Perry
- 10th Amyas Holroyd , Iris Carrick
- 11th Maddox Robins
- 12th Lily French
- 14th Alfred Beale
- 15th Finlay Imeri, Steve Sharp
- 17th Daniel Turney, Ethan Sansom
- 18th Korben Simpson
- 24th Jacob Hopkins
- 25th Matthew Daborn, Archie Pimley, Oliver Russell
- 27th Layla Fearon-Tozer
- 28th Oliver Elphick

Happy Birthday
to You



Grading Results

On Sunday April 28th we held a kyu grading at Newton Abbot dojo.

The following people were recognised to have attained the required standard for new grades:

- 3rd Kyu** Ian Perry
- 4th kyu** Eleanor Randle-Jones, Isobel Randle-Jones
- 5th kyu** Leilani-Rosa Mejias-Evered
- 6th kyu** Andrei Lascu
- 9th kyu** Joseph Magor
- 10th Kyu Green Stripe** Oscar Magor

On Saturday 27th April 2019, the following Little Warriors (4-7 year olds in our pre-martial arts class) were recognised at the next stage of their development:

- Green Stripe** Dylan Hone, Freya Wallwork
- Yellow Stripe** Dexter Allen, Aidan Draper
- Red Stripe** Iris Carrick, Topias Henry, Samuel Coaker, Theo Scott-Gatty, Max Stevens, Tommy Thompson
- Orange Stripe** Cameron Farrer, Jacob Hopkins, Frederico Forti

Little Stars

Our Little Warriors are recognised in class as to who has the best attention or most improvement during that lesson. Our Star of the Day is awarded a certificate. In the past month we have had:

- 6th Topias Henry & Alfie Cromwell
- 8th Federico Forti
- 9th Cassie Weaving & Niobe Coles
- 10th Cameron Farrer
- 13th Sam Coaker
- 15th Oliver Russell
- 16th Peter Jarvis
- 20th Alfie Pow & Thomas Mann
- 23rd Holly Sanders
- 29th Roo Chadwick



Last Word

I'm concerned. It still seems like some people think grades are given and not earned. Got a grading notice so I'm going to pass? Not at all. It's just permission to take the test. You still have to work to achieve the result. And if you take weeks off training then you might find that you aren't eligible to grade anymore as the instructor trusted that you would continue to develop before the test and that didn't happen. Similarly, if you are given feedback that something needed fixing then it is up to you to fix it. We're here to help, but you need to do the work. You can't just turn up and hope it got better. That is why regular attendance is a must. That's why training in Karate is a priority, not an after-thought. Family first, then work, then Karate. TV and games are relegated to 4th or 5th place. Getting the results takes commitment. And determination.

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

Oss



**Dedicated to Black Belt
Excellence**

Back by popular demand

**5th-9th August 2019
10am-3pm each day**

Summer
School

our very popular Karate Summer School. A month's worth of training, games, history and more packed into one week!

Still only £60 for the week or £17.50 per day. Early booking discount is £50 for the week paid by 31st May 2019.

Little Warriors Activity Days will return in the summer, too. £15 per day, dates to be confirmed soon.