

Karate Academy

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Newsletter November 2021

November Timetable

In the main, all classes are running as normal. There are no classes on Friday 5th November (bonfire night). There are no classes on Friday 19th November.

Sad Passing

Some of you will know **Dave Floyd sensei**. He first came to see us circa 2003 as an existing Black Belt and trained and taught for us. He formed his own club for a few years and found his way back to us, joining Renshi John on a trips to the UK Martial Arts Show, Awards events, and the 2018 trip to Okinawa. Unfortunately Dave passed away in October after a long battle with a lung condition. He will be missed.

Kyoshi Blades, Renshi Burke and other senior martial artists have agreed to posthumously promote Floyd sensei to **6th Dan**.

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**.

The November Newsletter has had various “drafts”. Like all plans, there are destined to be events beyond our control which cause us to change course or alter the expected outcomes. There will usually be a way around such things, and perhaps a delay rather than a cancellation, but we might still be less than satisfied to have our plans altered. Yet, if Karate teaches us anything, we must be resilient. We get knocked down and we get up again, and maybe learn to block a bit faster for the next hit which is inevitably coming. Those of you who have suffered setbacks recently, had upsetting events in your lives, and yet you carry on, we salute you, for we understand the journey like you do.

John Burke,
Chief Instructor

Kyoshi

Please keep **Anthony Blades Kyoshi** in your thoughts as he is now unable to get to us for Saturday 13th November. We were excited and full of anticipation for his visit, but that will not happen due to Covid isolation rules and recovery time. We hope for a quick recovery for him and his family.

Rest assured, we want Mr Blades here with us and will present training with him at our earliest opportunity.

Out of interest, he has expressed a longing to be training on the beach at Perran Sands next Spring. Let Renshi John know if that's something you would be interested in joining in with.



Dan Grading

Renshi John Burke has licence to award up to 4th Dan without approval from anyone else. It's our habit to include verification from outside to help us keep high standards and avoid favouritism. This month we will hold a **Dan Grading**, and although **Kyoshi Blades** can't be physically here, we will still have his presence via Zoom. As such, the Dan Grading will go ahead on **Saturday 13th November 2021**. We will have our normal classes, and begin the test during the **10.30am Open class**, a short break at noon, and then the technical test will be held with Kyoshi's Zoom approval at 12.30pm. All the Brown Belts and Black Belts are invited to be there for the experience and to support the candidates. We expect the Grading to conclude by 3pm. All grades may attend the Open class, as usual, but must vacate the building for the technical test.

New Members

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

Hugo Boyle, Jude Boyle, Alex Constantin, Alfie Harrison,
(Newton Abbot)

Welcome back to everyone who took time off with the other restrictions.

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

Diary Dates:

Friday 5th November—no classes, Bonfire Night

Saturday 13th November—**Dan Grading** with John Burke 6th Dan Renshi and (remotely) Anthony Blades 7th Dan Kyoshi.

Friday 19th November—no classes.

Birthdays

The following students celebrate their Birthday this month (November)

10 Amie Bagley
12 Alfie Harrison
13 Pippin Weaver-Howe
14 Lemmy Rogers
19 Dave Lagda
27 James Doran



Happy Birthday

Hoodie Order!

We're trying to get things right for our members, and we're very aware that last year there were not enough of the right size Karate Academy hoodies before the big day. We're putting in an order for more hoodies in the first week of November, so if you'd like one (or two), please let us know and we'll make sure your size is ordered. Please email or use the Facebook Keikokai group to let us know how many and what size you'd like. Junior sizes are £19.95. Adult sizes are £24.95

Grading Results

On Sunday 31st October 2021 we held a kyu grading at Newton Abbot dojo. We were very happy to be joined by Renshi John's teacher, Jim Harvey sensei, who joined the examiner's panel and gave the benefit of his many years of experience to the instructors. The following people were recognised to have attained the required standard for new grades:

3rd kyu

Jon Owen, Kristina Tinker

7th kyu

Matthew Key

8th kyu

John Chapman, Alan Ou, Charlie Slade

We were also able to recognise the progress of existing kyu grade **Robert Langworthy**.

In order to take a grading examination, the student must be nominated by an instructor. This happens when the student has proved competent in their regular lessons. On the day of the test they still need to demonstrate just why they should pass. The result depends on the student and their effort.



Rest In Peace

It is our sad duty to let members know that **Chuck Merriman** hanshi passed away on 18th October aged 89. Some of us were privileged to have met Hanshi Merriman in Okinawa and he was very complimentary to John Burke rensi when he witnessed the seminar taught at the Asato Dojo. Our thoughts are with his family and students at this time.

International Travel

Well done to Jon Owen who took time out of his holiday in Portugal to do some training with a Shotokan club there. What we always tell you is that if you train properly then you can fit in anywhere.

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 re-commence their training with us then we'll happily add them back on.

Ladies Self Defence

Mary and Maddie joined the instructors and the participants who came from outside the club for this popular course on Sunday 17th October. We covered the essentials that work for everyone no matter their size or strength. Thanks, as always to Sensei Janet and Sensei Deborah for their help and enthusiasm with the participants.

World Karate Day

The annual celebration of Karate known as **World Karate Day** is celebrated in Okinawa—the birthplace of Karate—with training in the streets in mass-gatherings. In the spirit of unity and collaboration, our members joined in on Sunday 24th October 2021 with the **100 Kata Challenge**. In a trial of spirit and determination we performed 100 repetitions of *Tekki Shodan*. Certificates were awarded to those who completed the trial.



Last Word

Training twice per week gets you steady results. You have to do more than just turn up. You need to take on board the corrections that are given to you in order to actually make progress. Repeating the same mistakes over and over again and then blaming the instructor for delaying your promotion takes a special kind of blinkeredness. The person who earns their belt takes all the credit for having earned it. They must also take the blame for those occasions where they have not earned a promotion. The information is there for them; the help is there for them; the training opportunities are there for them; the corrections are there for them; so the only thing that stands in their way is themselves. When you get fed up with hearing the same correction you must come to understand that it is because you are making the same error. Stop making the error and then the correction will be unnecessary. It's something that we all need to learn. The instructors need to try different ways to get information across to the members, and the members need to take on board the instructions so that we can all be better and grow stronger. To blame others for things that are within our control is counterproductive. We need to start with ourselves. Start with what we see in the mirror. And when we're not successful, we try again. It's a continuous process.

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

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Dedicated to Black Belt Excellence