

Karate Academy

November is a big month for us at the Karate Academy. With coloured belts being assessed for the next grading and a Black Belt test it can end up looking like it's all about grades, but it's really about the training. We are hosting our very special guest instructor, Anthony Blades 7th Dan Kyoshi—and we want to represent ourselves and the dojo as a whole in a good light. At the heart of it, the special events don't mean anything if you aren't making full use of the regular classes. We sound like a broken record, but it's fact: the best results come from frequent repetitive training. Twice a week in the dojo is best, with exercise at home to maintain fitness. Use your training diary to record your progress and make it a habit. Then the special events can be enjoyed and extra benefits achieved.

Enjoy
John Burke,
Chief Instructor

Black Belt grading and seminars with Kyoshi Anthony Blades

It's here. The Dan Grading is the culmination of years of training, and the candidates will be tested. We are honoured to be hosting **Anthony Blades 7th Dan Kyoshi** presiding, with John Burke Renshi, over a Dan Grading (black belt test) at the Newton Abbot dojo on **Friday 25th November 2022** at 6pm onwards. Candidates must have their technical articles in prior to Friday 18th November as they will be emailed to Kyoshi on Saturday 19th November. All paperwork and fees must be in before Friday 25th November.

All brown belts and above should attend the grading for training, experience, and feedback.

On **Saturday 26th November** there will be training sessions for coloured belts and then Brown belts and above with Kyoshi. We're really looking forward to hosting his unique lessons at the dojo again. All members should attend the Saturday sessions.

The Little Warriors will have their usual session with Sensei Janet.

The Juniors and Open classes are replaced for one day only with the following seminars:

Juniors, Teens, and Adults from **White Belt to Purple-White Belt**

特別な訪問者

Newsletter November 2022

should attend the 10am-11am session (cost only £10 per person).

The **Brown & Black Belt** session begins at 11.30am (cost only £20 per person or included in Dan Grading fees).

We shouldn't need to "sell" you on the importance of coming to these classes. Our members have a brilliant opportunity to train with and learn from our 7th Dan Kyoshi, and everyone should be there. It's been 3 years since we last had the pleasure of his company in person. Grab the opportunity while you can.

Timetable Exceptions

We're on our normal timetable, with the addition and exception of Kyoshi Blades' sessions.

Friday 25th November—no Juniors class

Saturday 26th November—no Juniors or Open classes, Little Warriors goes ahead as usual. Instead of Juniors and Open classes we have seminars with Kyoshi Blades.

Prices

If you pay your membership by cash, Standing Order or *stripe* please check that they are for the correct amounts.

The current rates are:

Little Warriors

Per session £5 or Block of 10 £40 or Per Month £35

Karate classes

Per session £7 or Block of 10 £60 or Per Month £45 or Annual £450

Christmas is coming

If anyone is considering Karate-related Christmas presents please remember to order early. Sensei John will always arrange for the best prices that we can give, but what is also important is remembering that purchases help to support the dojo. Please remember that some things require time, and that there are potentially Royal Mail strikes taking place throughout November and December.

We can get **uniforms**, both student weight and heavy weight, **books, DVDs**, training equipment, and our own **fleeces** and **hoodies**. If you are sending a spouse or parent to obtain books and DVDs it helps to be specific. We don't know what you already have and getting "*that Karate book*" isn't going to give us a lot of information to go on.

How about getting a month's training? A 10 Lesson Pass? Or an Annual Membership as a present? You might suggest it to relatives as a healthy alternative to screen-based activities, whether they are going to be giving the present or, perhaps, receiving it...



Wales Seminar

We had a great time in Wales. The drive was perilous, there and back, with surface water, thunder and lightning, blinding sunset, etc... The **Heads of the Valleys Tang Soo Do** dojang was the venue, and the seminar was supported by Gus Rogers sibunim's *Tang Soo Do* students and karate practitioners from *Shukokai*, *WadoRyu*, and *Shotokan*. **John Burke renshi** taught a small group of juniors, and then straight into the adult seminar. The techniques were primarily from Heian kata, but diverged into Jitte/Sip Soo and Gankaku as well. Deborah Needham sensei helped the participants to understand the sometimes complicated, sometimes simple concepts. The drive back took in the sights of Raglan Castle, too.



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**

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.

Grading

On Saturday 29th October the following Little Warriors were recognised at the following grades:

Red Stripe
Harrison Williams

Orange Stripe
Charlie Sharpe,
Oscar Sharpe

Congratulations to you all on your achievement, and may you have continued success and improvement with your training

In order to be invited to the a kyu grading exam, members must know and be able to perform their grading syllabus to a high standard. They must have taken on board the corrections that they have been given in class. There's no point in increasing your workload and moving up to a new grade if you aren't able to perform adequately at your current grade. Every member is different, and

some learn faster than others. It's not a race. Invitations to grade are given out when the instructor has assessed that the standards are in place, and the only place that can happen is "in class". Therefore we recommend training twice per week in order to make progress. The next kyu grading is in December, and even if you are not grading you are very welcome to attend the training.

Birthdays

The following students celebrate their Birthday in November:

2 Julio Perez-Giron
8 Edward Hutchings,
Tobias Chambers
10 Amie Bagley
14 Lemmy Rogers
18 Dan Gregory
19 Dave Lagda
24 Riley English
27 Jim Doran
28 Stanley Maunder

Happy Birthday to You



New Members

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

Glenn Prouse,
Dr Nicholas Kirsop-Taylor,
(*Newton Abbot*)

Clara Kugathanan
(*Newton Abbot Little Warriors*)

Daniel Manners
(*Torquay*)

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

Last Word

Grades come along when the training is right. We don't train for grades, but grades happen to recognise our progress, and often to present us with new challenges. Whether we feel ready for them or not does not negate whether our teachers push us through further challenges. Nor does it work the other way—we mustn't think that we know better than our teachers when they say we need more time. Self-delusion can be that we think we're not good enough. It can also be that we think we're better than we are. Only eyes more experienced than our own and somewhat removed from our current situation can tell what our actual status and standing is. Hence: grades. We face a dichotomy, because chasing grades is ill-mannered, but avoiding grades leads to stagnation and decay. Man is a goal-striving machine. What's the solution? Aim for development. Aim to get better. Take your teachers' advice and correction with a good heart. The grade will appear when the training is right, and making sure the training is right is up to each of us individually. There are good days and bad days, and sometimes it feels like we're making no progress; those may be the very days where we make the most forward strides without being aware of it. When you are close to the cliff face you cannot always see the summit. Just keep moving, hand over hand, rest when you need to but don't step backwards. We're here to help, even when you don't recognise that.

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

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Dedicated to Black Belt Excellence