

Karate Academy

感謝祭

Newsletter November 2023

Month 11. Nearly Christmas. Almost over. Well, no, actually. The year isn't over. There's still time and we still have work to do. Cruising to the end of the year isn't what we're about and it isn't our style. Can you call yourself a martial artist if you choose to cruise? There's a time for rest and recuperation, and balance is important, but we must not confuse balance with complacency. Worked hard one day? Take the next day to recover. Take a week or two and any gains that you made might actually have been wasted as they slip away when we're not training.

It's November. Enjoy November. Enjoy December. All the fun that the season brings can take place alongside Karate training, not instead of it. We carry on.

John Burke,
Chief Instructor

World Karate Day

World Karate Day is officially the 25th October, celebrating the date of the "Meeting of the Masters" when the top martial artists in Okinawa agreed to use the name **Karate** instead of *Toudi* or simply *Te*.

We joined our martial arts brothers and sisters all over the world by taking part in the **100 Kata Challenge**. The event is produced by James Pankiewicz sensei and the *Challenge Okinawa* team as a personal challenge that Karate-ka across the world can conduct in any way they see fit. With relevance to Funakoshi Gichin sensei, we once again battled to perform Tekki Shodan 100 times.

Simultaneously to our efforts, there was a demonstration of Karate by masters in Okinawa on Kukulai Dori, the main street through Naha.

Hygiene

There is now a box in the ladies changing room at Newton Abbot dojo that contains items for feminine hygiene. The contents are donated so that if any woman or girl finds themselves in need of these items they can have them. Thank you to Sensei Janet for initiating the feminine hygiene box, it's a great concept. Members who would like to donate to the programme can do so by adding to the box, just as anyone who wants to take from the box is welcome.

Hoodies

Christmas might seem like a long time away, or it might seem very close. The Karate Academy hoodies that are always popular as Christmas presents are now available to pre-order, to make sure that we get the right sizes and quantities in time for the big day. Let us know the number and size that you require before the end of November and we'll get them in. We believe that prices will be £24.95 for a child's hoodie and £29.95 for an adult hoodie.

Remember, books, DVDs, uniforms, equipment, pins, badges are available and also make great presents.



Birthdays

The following students celebrate their Birthday this month (November)

8 Tobias Chambers
14 Lemmy Rogers
15 Isla Kelly
18 Dan Gregory
24 Riley English
27 James Doran
28 Stanley Maunder

Happy
Birthday
to You



Grading

On Saturday 4th October 2023 the Little Warriors had their Stripe Test. The following members were found worthy of the grades awarded :

Green Stripe

Alexander Kelly

Red Stripe

Jacob Mperi

On Sunday 5th October 2023 the Grading examination for coloured belts took place under the eyes of examiners Deborah Needham sensei, Janet Drew sensei, and John Burke renshi. The following grades were awarded:

1st kyu

Sam Schafer, Theo Shepherd,
Charlie Slade

2nd kyu

Oscar Magor, Sunny Weedon

5th kyu

Erin Chambers, Louie Chambers,
Oliver Joyce

6th kyu

Jason Liosatos

7th kyu

Stanley Maunder,
Charlie Northwood

8th kyu

Isabelle Kelly, Dmytro Kurylo, Hugo
Roberts, Olivia Winiarska

9th kyu

Charlie Sharpe, Harrison Williams,
Dawid Winiarski

In order to be invited to the next kyu grading exams, 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. Invitations to grade are given out when the instructor has assessed that these steps 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.

On Grading Day, even if you are not grading you are very welcome to attend the training.

We frequently tell members that grades have 3 phases:

- 1) learning the syllabus
- 2) Being corrected
- 3) Polishing practiced performance

These phases can be a month each, or they can last longer. Essentially, if you are still being corrected then you still need an equal amount of time where you just practice your polished performance. Being ready in three weeks' time means that phase three begins then. You must be in phase three *now* to be considered for participation in the test.

More Travels

If anyone of any grade wants to join in with the seminars that Renshi John

travels to you are more than welcome. **25th and 26th November** Renshi John is teaching a weekend of Bunkai and Pressure Points in **Wrawby** in the far north.

Next year there are already plans for **Oldmeldrum** in Scotland (1st and 2nd June), **Shetland** and others.

He's in demand because of his knowledge and skill set, much of which isn't available anywhere else

Diary Dates:

November

5th Kyu Grading
25th & 26th Wrawby Bunkai Seminar

December

16th The Special Lesson
17th Kyu Grading

New Members

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

Arthur Bennetts
(*Newton Abbot Little Warriors*)

Recommendation is the highest compliment we can receive.

Welcome one and all!

Last Word

On Sunday 22nd October there was a funeral in Florida, USA. It marked the passing of Al Cooke sensei. I never knew him, and yet his passing is significant. He, and his wife Maureen, started the Newton Abbot Shotokan Karate Club. They passed it on to their daughter Soo and her husband Paul Moon, who teach in Florida now. Via Phil Terbilcock the club came to me, and I transformed it into Keikokai. I raise a glass to everything that the first Karate family of Newton Abbot accomplished, and thank them for their efforts. I sent Paul and Soo sensei our condolences, and as we approach the 25th anniversary of Keikokai I think of the many who have passed and look towards the future. Who will take Keikokai forward over the next 25 years? Or the 25 after that? One of you? Or someone who has not yet started training. We cannot know for sure, but I look forward to finding out. Whoever it is will have to be determined and dedicated, and the only way to demonstrate these things is with training. Training in front of Sensei, in the dojo.

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

Oss



**Dedicated to Black Belt
Excellence**