

Karate Academy

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Newsletter November 2024

Bassai Dai Seminar

We'll be teaching the practical applications to Bassai Dai kata on **Saturday 23rd November** at 1pm. This open seminar will be available to members at the reduced cost of £20 per person, £30 to outsiders. This is essential information for all Brown Belts and above.

Black Belt Test

On Sunday 20th October we held a pre-grading to look at the potential of candidates for next year's Black Belt tests. No-one wanders into a Black Belt. It takes massive preparation and commitment. Feedback was provided at each stage of the test, from the warm up and basics to kumite, kata, and oyo. The spirit was very good in the pressure test and it's actually some very basic things that people most need to work on.

Some of the attendees stayed to ask for personal feedback at the end, but in truth there are no secrets and everything was explained as we went along.

100 Kata Challenge

October 25th was World Karate Day. This year it fell on a Friday and we had our usual classes. We waited until Sunday 27th to run the 100 Kata Challenge to help mark the occasion.

It's was physically and mentally demanding, to perform kata 100 times. Participants each received a certificate, and phrases like resilience and concentration, and being in the moment were important take-aways for those who were there.

Karate Day, done. 100 Kata Challenge, done. Half Term, done. Halloween, done. And now it's November...

Self defence begins with awareness, and at this time of year other people can be silly with fireworks and the nights are darker earlier which all just means that we have to be aware and awake when we're out and about, just to stay safe.

Christmas is on the horizon and while there are numerous demands on our time and resources we would urge members just to give a little bit of time each week to their Karate. Training and progress gains go away if we don't look after them, so training twice a week should be as natural and habitual as brushing our teeth.

John Burke,
Chief Instructor

November Timetable Exceptions

There are a number of extra bookings at the Newton Abbot dojo this month but most of them do not affect your training. On Sunday 3rd there was a kyu grading—and when these happen you should feel free to come and train even if it is not your turn or time to grade.

Diary Dates:

November 2024

3rd Kyu Grading 10am
23 Bassai Applications Seminar

December 2024

15th Kyu Grading 10am
21st Karate Party

New Members

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

Daniel Faustino Alvez, Joey Campbell
(Newton Abbot)

Isla Grace Westlake
(Newton Abbot Little Warriors)

Recommendation is the highest compliment we can receive.

Welcome one and all!



Kyu Grading

There was a coloured belt test (kyu grading) on Sunday 3rd November 2024 at 10am overseen by John Burke renshi, Janet Drew sensei, Deborah Needham sensei, and with the added joy of **Jim Harvey sensei** in attendance and taking part of the lesson. The following people were awarded their next grades:

1st kyu

Jamie Blondell,
Maddie Williams

2nd kyu

Slav Holubinka,
William Hone

3rd kyu

Jack Churchill, Ollie Joyce, Henry Slipszenko, Sora Thomson Tanaka

5th kyu

Limony Ashley Liosatos,
Stanley Maunder

7th kyu

Ted Kirsop Taylor, Dima Kurylo,
Edward Little, Maxx Quinn

8th kyu

Lara Thompson,
Tom Thompson Mount

No-one is perfect, and along with their new material to learn we still have to brush up on our "old stuff".

Naturally, we're now checking the students to see who's eligible for the next test. We're putting on a further test on **Sunday 15th December** to give anyone who hasn't just tested the opportunity to grade. As you know, it's not a race and there will be further opportunities next year, but efforts now create results in the future, so get to class where we can help you to get things right. Only training in **class** with our instructors can inform the decision of who's eligible.

Members Resources

Members Only Facebook Group:



We want to share information for and about *members* on the **Keiko Karate** Facebook Group. Some events 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.

The App: It's always nice to know who's coming, so 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 up-

dates 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

Birthdays

The following students celebrate their Birthday this month (November)

9	Isla Grace Westlake
12	Tom Thompson Mount
14	Lemmy Rogers
27	James Doran
28	Stanley Maunder

Happy
Birthday
to You



Last Word

What makes a Karate-ka? In today's world it seems that people are very busy. They have multiple activities that they do and many demands upon their time. This is problematic for an art like Karate. When Funakoshi sensei said "Karate is not just for in the dojo" he wasn't referring to self defence skills for the outside world but for the mindset and determination that we embed to be carried through into other walks of life. One of the things that stands out in Karate practice is that there is simplicity in movement and form, and that flourishes and adornments are unnecessary complications. We tell people often that they need to be training twice per week. It's so that information stays in your brain and your muscles adopt the habits of regular training. It's not surprising when people who manage to get to the dojo less regularly take longer to build their habits. It should be like brushing your teeth—just something that you do. When the complications of the rest of the world seek to get in our way we are lucky to have Karate, where we can just get in the room and start to move, expressing and releasing and becoming more. Whether the lesson is repetition of white belt basics or some profound martial technology, you know that it is worthwhile.

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

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**Dedicated to Black Belt
Excellence**