



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 10am23 Bassai Applications Seminar

December 2024 15th Kyu Grading 10am 21st Karate Party

#### *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 takeaways for those who were there.

#### **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 book your places just set up an next test. We're putting on a further test on Sunday 15th December to give anyone who hasn't just tested the linkopportunity 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 favourite app store for free. decision of who's eligible.

Members Resources

Members Only Facebook Group:



We want to share information for and dates available. about members on the Keiko Karate The members site Facebook Group. Some events are www.members.KarateAcademy.co. not for outsiders. encourage all new members to join syllabus materials for free. the group to keep up to date with Syllabus DVDs are available from what's going on. members on there, so nothing should renshi's range of books and DVDs on be shared outside of the group. With the subject of kata applications. You this in mind, we have taken some could get them on Amazon, but people who have not trained with us in members receive a discount from their a long while off of the group. If any of instructor. them re-commence their training with If anyone requires equipment (pads us then we'll happily add them back etc) please see your instructor as we on

The App: It's always nice to know thing who's coming, so if you would like to account. It's free.

For iPhone users please use this 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 Just search for Karate Academy. Our website:

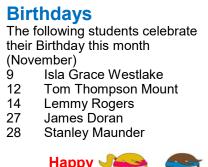
www.KarateAcademy.co.uk where there are events and timetable up-

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We only have your instructor, as are John Burke

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#### 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