

Karate Academy

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Newsletter November 2025

Remember, remember the 5th of November...

Fireworks are exciting and yet they scare some animals. Letting them off without safety in mind can be very dangerous, so organised displays are often the best way to experience this particular event. As always, martial artists can be as safety conscious as they like but the actions of other people can still be dangerous, so it's up to us to take care for our benefit and the health of those we care for.

We have added the posters shown below to our signage at the Newton Abbot dojo. You'd hope that basic hygiene would be encouraged among the members anyway, and it's also about the other people using the Studios who also need to know these basic things. No offence meant to the majority who automatically do these things, but we do need to remind people in the dojo about simple things like covering their mouth when they cough etc all too often.

John Burke,
Chief Instructor

seminar consisted of 7 and half hours of teaching Kanku Dai applications on the Saturday and 4 hours of teaching Tekki Shodan applications on the Sunday. That's a lot for even the most senior martial artists to cope with. We hope they made notes. At the end of the seminar John Burke renshi was given a special bottle of Whisky made at the local distillery in Oldmeldrum.

While we don't like to take time away from our regular members it should be a source of pride to them that their instructor is one of very few people who get to travel and teach groups from different styles and arts. Because we see him all the time we might forget that we have a highly graded instructor whose knowledge is in demand.

Timetable

There will be no Open class on Thursday 6th November at 10am. The evening classes will be available as usual. There will be no Open class on Monday 10th November. The Little Warriors class will be on as normal.

World Karate Day

In unity with the Karate community across the world, our members celebrated Karate Day on October 25th by testing themselves with the now traditional "100 Kata Challenge". We are proud to see that members representing all sorts of ages and grades came together to perform the **Tekki Shodan** kata 100 times. We choose this kata because it is tricky to do well and it was the first kata that Funakoshi sensei learned when he was young. It's a short kata, but 100 repetitions made it a physical and mental *challenge*, and so we awarded a certificate at the end.

Well done to everyone who took part. You came to train and put yourself through the wringer when it would be easier not to.



**NO WAITING
IN THE
CHANGING ROOMS.
PLEASE WAIT
IN RECEPTION**

Travels

John Burke renshi was called upon to teach at a weekend seminar in Oldmeldrum, Scotland, over the 19th and 20th of October. There were people from 3 different styles and some had taken a plane or a ferry to get to the event. The



**PLEASE WASH
YOUR HANDS.
HAVE YOU FLUSHED
THE TOILET?**



**NO FOOD
TO BE EATEN
IN THE
CHANGING ROOMS**





Grading

On Sunday 26th October 2025 a Kyu Grade Examination was held in Newton Abbot. Overseeing proceedings were Debroah Needham sensei, Janet Drew sensei, Jim Harvey sensei and John Burke renshi and the following grades were awarded:

1st kyu

Oliver Joyce

3rd kyu

Yovella Green

6th kyu

Edward Saunders

7th kyu

Tilly Thomas

9th kyu

Kavin Balaji, Toby Chambers, Jasmine Fry, Gary Lipscomb, Diyon Prince, Eddie Rogers

Congratulations to all of the above. Well done to those who came along just to train and thanks to the instructors for getting the students to the stage where they were eligible to test. It was a privilege to once again have Jim Harvey sensei at the examiner's table.

New Members

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

Emmanuel Benay, Ezekiel Benay, Hannah Joseph, Hannah Brown
(Newton Abbot)

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

There's another Kyu Grading coming up just before Christmas. Grading depends upon having made sufficient progress. A number of lessons is a good guide, but as everyone is different some people need more lessons than others. Certainly, higher grades should expect longer waits between grades as we have much polishing to do of old material as well as new!
Eligible candidates will be given a "Grading Notice" (an invitation to grade) by their instructor.

Birthdays

The following students celebrate their Birthday in November

8	Toby Chambers
9	Isla-Grace Westlake
12	Jacob King
14	Lemmy Rogers
15	Archie Williams
24	Devon Hopkins
27	Jim Doran
28	Stanley Maunder



Happy Birthday to You

Diary Dates:

November 2025

6th	No 10am Open class
10th	No Open class
19th	Karate at Ipplepen Squirrel Scouts

Last Word

Part of what we do involves different manners of behaviour from the rest of the world. We often have to point out that the dojo is not a creche, it's not a gym, it's not a school. We expect members to arrive in good time to attend training sessions, but when you are at the dojo you are training. It's not a place to meet your buddies and sit around and talk loudly about Fortnite or whatever the latest trend is. We do like to see members getting on with each other, but you go in the changing room to get changed. Other people need to use the room and they don't need to negotiate their way around you and your belongings. If the other Studio is being used in Newton Abbot then that means you are in reception. Your behaviour reflects on the Karate Academy and on you as individuals. There is no need to be loud. Other people in the building don't need to hear your conversations. Funakoshi said that "Karate is not only for in the dojo"; and so our behaviour outside the dojo also reflects on us and our families. Hearing young people swearing doesn't make them look good and it doesn't make us look good. Word gets around. It affects how we think of you.

The best time to eat is two hours before training. We shouldn't be eating in the changing rooms. Lessons are short enough that you'll be moving on with your regular meal times soon enough.

The dojo is a special place. We want to keep it that way for future generations as well as the current members.

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

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Dedicated to Black Belt Excellence