Newsletter November 2026

Hi folks

What a month October was! We had the seminar opportunity of a lifetime, and Karate Day celebrated with the 100 Kata Challenge both in the same month...

November sees the onset of winter and darker evenings. It's colder and people have less inclination to be out and about. A healthy hobby to make us move during this period is a good thing. Karate carries on throughout the year, and we'd urge you to get those regular training sessions in, twice per week, to make continuous improvement.

John Burke

Chief Instructor

100 Kata



On Karate Day 25th October we joined in with fellow Karate-ka from across the world taking part in the 100 Kata Challenge. A group of us got together at Newton Abbot dojo in order to push ourselves mentally and physically to perform the Tekki Shodan kata 100 times. We didn't do it for money, or even for charity, but just to say we'd done it. Maintaining discipline and effort over the course of 100 repetitions takes real determination. Happily, we made it through, the muscle aches will be with us for days, but they just let us know that we were there.

Timetable exceptions

Please note that although our timetable is running as usual there will not be any classes on the evening of Friday 11th November 2026.

Birthdays

The following members celebrate their birthday this month (November):

2nd	Edgar Humphries
6th	Raven Cleland-Lights
14th	Lemmy Rogers
27th	Jim Doran
28th	Stanley Maunder

New Members

Please help us to welcome the following new members who joined during October:

Max Jarrett

Frederick Symons

(Newton Abbot)

Welcome one and all!

Last Word

Fireworks, bonfires, Christmas excitement. All of these things are a part of the year, and we must enjoy them as we usually do. We must also keep in mind that the first principle of self defence is to be aware of our surroundings. We can avoid injuries if we keep an eye on our activities and those of people around us. We don't need members being hurt while trying to have fun.

Proud to be Keikokai

Oss!