

Karate Academy

Newsletter November 2019

猿も木から落ちる!

New Members

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

Idan Le Roux
(Newton Abbot)

Troy Underhill, Henry Slipszenko
(Little Warriors)

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

We're still buzzing from the visit by Anthony Blades Kyoshi. It's an honour to have him come and teach us. And there's lots of excitement still ahead.

There's every day training, and there's Halloween and Bonfire Night, and we must remember to stay awake and aware during the season with the nights drawing in and people entering "silly mode". Stay safe. Of course, we think that regular training helps you to stay safe, because we're always reinforcing the ideas of awareness of our situation and that of others in class.

John Burke, Chief Instructor

Kyoshi Special Seminar

On Saturday 12th October we were privileged to have Kyoshi **Anthony Blades** come and teach us. There was a session for the coloured belts, white-to-purple-white, then the technical Dan Grading, and then the Brown and Black Belt class.

Kyoshi was generally happy with the standards that he observed. In the coloured belt class, he promoted Tom Sanders from white belt to orange belt. This is a rare extra grading and certainly not the sort of thing that anyone can count on happening, but a lovely bonus to the day's celebrations.

The technical grading was a physical ordeal, testing the candidates to their limits. At the end of the test, Kyoshi was pleased to announce to each candidate that they had passed.

In the Brown and Black Belt session, the group went through the biomechanics of movement and how to make their techniques faster and stronger. Students were very impressed with the depth of presentation of what appeared to be a simple subject.

Thanks to Catherine Flannery for organising the meal out with Kyoshi that evening.

Tragedies

Things weren't looking good for the history of Traditional Karate when the iconic sign for the Red Triangle club in Liverpool was stolen a few days ago. Then it reappeared! Then **Shuri Castle** in Okinawa burned down.



Shuri Castle was the king's residence, and as such was the seat of much martial arts history. His bodyguard was **Matsumura** and his scribe was **Itosu**, both legendary Karate men. Thankfully, no-one was hurt in the fire. Hopefully it will be rebuilt and return to its status as Mecca for martial artists.

New Grades

We are pleased to announce that during the special seminar, Kyoshi Blades and Renshi Burke awarded the following grades:

Richard Carrick godan

Jim Harvey yondan

Janet Drew sandan

Luca Carasco, Oliver Elphick, and Thomas Flannery Shodan.

Congratulations all. Now the hard work begins!



Hall Hire

If any of our members know of any instructors or coaches who need space to run their classes or activities, please ask them to ring John on 01626 360999 as there are plenty of empty slots at **King Street Studios**, our full-time centre in Newton Abbot, particularly during the day (evenings are pretty busy but there are occasional gaps).

We already have Pilates, Yoga, and toddler Ballet using the centre, and so other activities that would complement our own Karate classes are welcome.

Diversity Day

Renshi John Burke attended school at Wolborough on Friday 18th November to present information on Japan for the school's Diversity Day.

Private Lessons

Members who commit to monthly payments have, to date, been able to book a private lesson at no cost. Please understand that this is free, a gift from the Karate Academy to thank you for your commitment. These sessions can only be claimed if they are available. The supply is limited and there is no entitlement to a lesson if there is no lesson available. Training twice per week at £6 per session amounts to £52 per month. Those who pay monthly are already receiving a discount. Anyone unhappy about availability of private lessons is very welcome to change to paying per session. There are only so many instructors and only so many hours for teaching. Apologies, if you have not managed to book a 121, but you are no worse off than anyone else. If you need more training, you can always come and do an extra lesson. There are six days per week to choose from (seven if you are above brown belt).

Private lessons for non-monthly payers are £15 for 30 minutes.

Private lessons with Renshi John are £60 per hour.

Private lessons in November are on Saturday 16th.

Travels

Renshi John has just returned from teaching a seminar weekend in Finland for Juha and Jari Tuominen. The training went well, with participants joining us from 3 different Shotokan organisations and another two styles, plus travellers from Sweden who might have a course of their own next year. The instructor provided multiple answers to help make their kata practical.

During the seminar, **Jari Tuominen** was tested and awarded **yondan**. It is a privilege to be asked to travel to a foreign country in order to test their members for a high grade black belt.

The next seminar is in Scotland, on the subject of Chinte, at the beginning of November.

Diary Dates:

Saturday 9th November—Chinte seminar in Scotland

Sunday 10th November—Chinte seminar in Scotland

Sunday 10th November—No Brown and Black Belt session

Saturday 26th November—Little Warrior Stipe Test and Kyu Grading

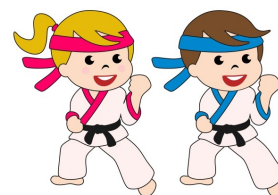


Birthdays

The following students celebrate their Birthday this month (November)

- 2nd Julio Perez-Giron
- 3rd Rebecca Green
- 4th Sophia Cole
- 19th Dave Lagda
- 22nd Nicola Carrick sensei , Aiden Draper
- 27th Olivia Harrison, James Doran, Dexter Harvey
- 29th Gareth Saunders

Happy Birthday
to You



Last Word

The "koto waza" on the front page is the Japanese maxim Saru mo ki kara ochiru. Literally: Even monkeys fall from trees. It's like saying "we all make mistakes". For some people, their mistakes define them. We mustn't let our mistakes define our future. At the same time, if we can afford ourselves this courtesy, isn't it only right that we allow others to make their mistakes, too? If we can forgive ourselves then we should also forgive others. And vice versa, if we can forgive others then we should also forgive ourselves.

Even the things that we have an affinity for, we can get wrong. Let's say you have a naturally good front kick—then when you get it wrong, or it's sub-optimal, you can feel like an even bigger failure. It's at times like that when we must exercise a little self-knowledge, and not let one instance, or even a short track record, define who we are or what we are capable of. Take a breath. This is a new moment, and we can do things differently this time.. We might need help in doing so, and that help is available from your seniors and teachers. And not judging others who might be having problems? We need to work on that too. They are human, and so are we, and we're all on the same path, even if we get there in different time-frames.

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

Oss



Dedicated to Black Belt
Excellence