

Karate Academy

Three months left in 2021. Another year flying by. This year started out with the lockdown and gradual re-opening, and many of us feel like we haven't achieved everything that we might have done. Circumstances may have been beyond our control, but we *can* decide what we do *now*. There's a danger that people will put it off—"Oh, I'll get back to it in the New Year"; but we should have learned from the past year that we just cannot count on everything being "normal" so we must do what we can with the time we are given. Don't wait until January 2022. Make a start with the progress you want right now. No need to panic buy Karate, just make use of what's available. Training twice per week is best.
John Burke,
Chief Instructor

Ladies Self Defence

This popular course is once again available. **Sunday 17th October 1-4pm**. No martial arts knowledge is necessary as what we teach in this course works regardless of size or strength. No-nonsense skills for dealing with grabs, holds, hits, and what to do on the floor. Places are limited so please book early. Just **£12.50** for the whole 3 hours. Members will benefit from this course, but so will your female friends and relatives. Please spread the word.

October Timetable

As you know, if an instructor is away we usually manage to get classes covered. Occasionally it's not possible. This first week in October is one of those times.

1st-3rd of October are **normal**.

Monday 4th October there is **no** Newton Abbot **5pm** Little Warriors class.

Tuesday 5th October morning class in Newton Abbot *is available*. Evening classes on the 5th in Newton Abbot are **not** available. Torquay classes *are* available and we encourage members who normally train in Newton Abbot to make use of these classes.

Wednesday 6th and Thursday 7th October there are **no 5pm** classes in Newton Abbot. Open classes and Adult classes *are* available.

Friday 8th October there are **no** classes.

Saturday 9th October Newton Abbot 9am Little Warriors class will finish at **9.30am** rather than 9.45am for this day only.

To reiterate: there are **no** Newton Abbot **5pm** classes in the first week of October. There are no Newton Abbot evening classes on **5th** October or **8th**.

Members are encouraged to use the classes which *are* available in the first week of October. The 6pm Open classes on Monday, Wednesday and Thursday are on. On Tuesday 5th **Torquay** classes are still available and members are encouraged to use these. You can also make sure you are not missing out by increasing training on the weeks following 10th October when the timetable returns to **normal**.

墮落する前にプライドが来る

Newsletter October 2021

Kyoshi

Please reserve the date for your diary: on **Saturday 13th November** we will be hosting special seminars with **Anthony Blades 7th Dan Kyoshi**. All members should be there. Make arrangements now to make sure that you don't miss out. We'll have more exact details of the times of the sessions in the near future, but we expect Little Warriors to go ahead as normal, then there will be classes based on grade for everyone over 8 years old.

Kyoshi means "teacher" and is a reference to the expert level of instruction that is given by the holder of the title. The closest we get to it in English might be "professor". Kyoshi Blades certainly fits the bill with his unique understanding of Karate. It's been a long while since we had a guest instructor, so it is right and fitting that Mr Blades, our technical director and external grade verifier, should be our first for 2021.

There will be a Dan Grading (black belt test) during the day, too.

Members in good standing are welcome at the seminar. Please make sure you are in regular classes during October in order to receive details of your session. These will be given out to people we see in class.

Book Your Place

Our classes are getting busier, so may we remind our members that booking a place in class is becoming more of a necessity. We have an app for that.

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 shop for free. Just search for **Karate Academy**.

Speaking of apps, the **Bujin.tv** app is now available on Apple and Android app stores. To get it for free for a month, please use the promo code **JOHNBURKE**.

Diary Dates:

Monday 4th-Friday 8th October—no 5pm classes.

Tuesday 5th October—No Newton Abbot evening classes.

Friday 8th October—no classes.

Sunday 17th October—Ladies Self Defence

Sunday 24th October—World Karate Day

Sunday 31st October—Kyu Grading

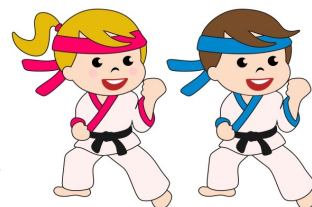
Saturday 13th November—Seminars with Anthony Blades 7th Dan Kyoshi.

Birthdays

The following students celebrate their Birthday this month (October)

- | | |
|----|--|
| 2 | Dexter Beverley |
| 17 | Jonathan Owen |
| 22 | Harley Dowd |
| 26 | Joseph Bulley,
Oliver Joyce,
Nathan Dungey |
| 31 | Hannah Ward |

Happy Birthday
to You



Pad Delivery!

We received the rest of our delivery of our new pads. There are the kickshields featured in last month's Newsletter. They feature our logo on them, and they are filled with "ethafoam" - a special type of packaging material that the high grades use to check transmission of power (rather than absorb it as most pads do). These kickshields are available for a limited time at £50 each.

We also now have our focus mitts. Sometimes called "hook and jab pads", these too feature our logo and the special padding material for better training. They are £25 for a pair.



Grading Results

On Saturday 18th September 2021, the following Little Warriors (4-7 year olds in our pre-martial-arts class) were recognised at the next stage of their development:

Green Stripe
William Hone

Red Stripe
Joseph Saunders, Erin Chambers,
Louie Chambers, Teddy Chambers

Orange Stripe
Hugo Roberts, Joseph Bulley, Edward
Little

Instructors nominate Little Warriors to graduate to the next stripe when the students have learned the appropriate part of the Little Warriors curriculum.

On Sunday 19th September 2021 we held a kyu grading at Newton Abbot dojo. The following people were recognised to have attained the required standard for new grades:

2nd kyu
Joe Magor

4th kyu
Leilanni-Rosa Mejias-Evered

5th kyu
Jakub Kubien

6th kyu
Oscar Magor

7th kyu
Dylan Hone

8th kyu
Sam Schafer

We were also able to recognise the progress of existing kyu grade **Robert Langworthy**.

In order to take a grading examination, the student must be nominated by an instructor. This happens when the student has proved competent in their regular lessons. On the day of the test they still need to demonstrate just why they should pass. The result depends on the student and their effort.

Members Only Facebook Group

We want to share information for and about *members* on the **Keiko Karate** Facebook Group. Some of the events that we have coming up 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 recommence their training with us then we'll happily add them back on.

World Karate Day

The annual celebration of Karate known as **World Karate Day** is celebrated in Okinawa—the birthplace of Karate—with training in the streets in mass-gatherings. In the spirit of unity and collaboration, our members are welcome to join us for training at 10am on Sunday 24th October 2021 for the **100 Kata Challenge**. In a trial of spirit and determination we will be performing 100 repetitions of *Tekki Shodan*, and even though it would normally be a Black Belt Training session on this special date all grades are welcome.



New Members

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

**Mary Laycock, Melody Aplin,
Chloe Prosser, Erin Robertson,
Fumiaki Tanaka, Serenity Edo**
(Newton Abbot)

**Amie Bagley, Rufus Tucker,
Tobiasz Mocek, Poppy Harwood**
(Newton Abbot Little Warriors)

Rosaleigh Stidson, Dillan Wiggall,
(Torquay Little Warriors)

Welcome back to everyone who took time off with the other restrictions. Recommendation is the highest compliment we can receive. Welcome one and all!

Last Word

Thank you, to the people who sent condolences and took time out of their lives to look out for me with the two funerals I have attended in September. I don't tend to broadcast these things very much, after all, you come to the Karate Academy for Karate, not tea and sympathy. I just hope it gave pause for thought that when a teacher or a fellow student is less than communicative it might be because of something that they are going through privately. They might not *want* to tell anyone and opening up can sometimes release such a wave of emotion that it can be hard for other people to deal with. If they want you to know they'll tell you. Your day and your training should be enjoyed and wrung out for experiences to the best of your ability. Seize the day, they say. Some losses are deep, and they mark us and become apparent for all to see. In one of these moments we might not respond with normal manners or conversation, we're just doing our best to get through the day. Just showing a person going through one of these events a little bit of kindness is very meaningful to them. It also gives them the time to recover their equilibrium and ability to deal with the pace that the rest of the world operates on. Given time, we find a way forward, even knowing that it's time that brings more of these events to us. Treasure the time you have, and whom you spend it with.

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

Oss



**Dedicated to Black Belt
Excellence**