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Newsletter October 2022

Karate Academy

Already October? Who knew that this year would contain such momentous events, and so many prompts to live our lives and grab the moments and opportunities that we can? We simply never know when our situation will change. Sometimes those changes are for the better, sometimes not, and ever so rarely are they what we were expecting. So here we are with Halloween at the end of the month. The course with Kyoshi is looming on the horizon and we must be prepared. The best way is to get stuck in and train, regularly and persistently, in order to breed good habits. It shouldn't be about the special event, but "what we do", just a regular pattern of excellence with added bonus of training with Kyoshi.

Enjoy
John Burke,
Chief Instructor

The Passing of Her Majesty

Everyone will already be aware, but we must record here, that on September 8th 2022 Queen Elizabeth II passed away at the age of 96 after reigning for 70 years. May she Rest In Peace.

At the seminar in Cumbria we held a 2 minute silence in her honour. This was repeated once back in Devon at the Saturday morning Open class. On the day of the funeral, although designated a Bank Holiday, we *did* hold classes. Some people need to *move* and needed a way of dealing with the sombre occasion, and so for physical and mental health we provided classes for those who wanted them.

Wolborough School

Sensei Janet and Renshi John had a fine time at Wolborough Primary School on Friday 16th September. It was clubs afternoon, and each year group was paraded past a group of different activities which they could enquire about, from the Brownies and Crafting to football and Karate. They were also invited back to teach PE to the school across Friday 23rd September's lessons. We hope they inspired some young people to take up our martial art.

Ladies Self Defence

The Ladies Self Defence course was held once again on Sunday 4th September. The participants did very well, overcoming their fears and learning how to deal with an aggressor, hitting pads and going through scenarios of self protection with their partners. Renshi John took the class with the assistance of Sensei Janet and Sensei Deborah.

Cumbria Seminar

We had a great time in Cumbria. After a 9 hour drive to get there (with a couple of stops) John Burke renschi taught a busy hall of 26 participants from Cumbria and Scotland a gamut of techniques from multiple styles of kata, showing

how these things are linked and the commonalities which we all share. Deborah Needham sensei helped the participants to understand the sometimes complicated, sometimes simple concepts. Afterwards there was some sightseeing, catching Carlisle Castle, Hadrian's Wall, and many other local historical monuments.



Days Off

We'll continue throughout Half Term School holiday, the regular timetable is up and running, with just a couple of exceptions:

Sunday 23rd October NO classes



Black Belt grading with Kyoshi Blades

Fast approaching, and gaining in intensity, the prospect of a Dan Grading is always emotional. It's easier not to do it. It's easier to not put yourself through that test, but the results of taking the test are worth the ordeal. Our advice is to take part long before you have to—run a mock version and feel the vibe before the real thing. Our mock Dan Grading will take place on **Sunday 2nd October** with participants of Brown Belt and above warmed up and ready to move at 10.30am. The real thing is coming: **Anthony Blades 7th Dan Kyoshi** will be presiding, with John Burke Renshi, over a Dan Grading (black belt test) at the Newton Abbot dojo on **Friday 25th November 2022** at 6pm onwards. Candidates should have trained in a minimum of 60 lessons between May and November, and seek advice from the seniors as to their progress and corrections.

On **Saturday 26th November** there will be training sessions for coloured belt and then Brown belts and above with Kyoshi. We're really looking forward to hosting his unique lessons at the dojo again. All members should attend the Saturday sessions.

Prices

If you pay your membership by Standing Order please check that they are for the correct amounts. The current rates are:

Little Warriors

Per session £5 or Block of 10 £40 or Per Month £35

Karate classes

Per session £7 or Block of 10 £60 or Per Month £45 or Annual £450

Birthdays

The following students celebrate their Birthday in October:

- 1 Harrison Williams
- 2 Dexter Beverley
- 9 Lloyd Bennett
- 24 Kimba Avery
- 26 Oliver Joyce, Joseph Bulley
- 27 Lincoln Garrett
- 29 Liam Forbes
- 31 Hannah Ward

Happy
Birthday
to You



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**

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 re-commence their training with us then we'll happily add them back on.

Last Word

Does everything have to be shiny and new? I frequently use the fact that Karate is not a fad to advertise the club. I tell people that the shiny new clubs will go away. I have seen 4 Karate clubs come and go in Newton Abbot alone over the last 30 years. We have perspective. For someone new that can look like jadedness. They might believe that the old guard are not excited by Karate, by martial arts, or by their newest discovery. The truth is that we're happy that you found something exciting, but we've already been there. We can't deny you the experience of your discovery, but our perspective means that we see it for what it is; one small facet and one small step upon the journey. Don't get distracted. Don't get diverted. Don't lose the path. Members are often dismayed when I share that my idea of a great class is 100 Black Belts performing 1000 oizuki. Wouldn't they rather be doing advanced kata? Sparring? Some secret technique that only high grades know about? All those things are fun, yes, but there is also the joy of simplicity, of breathing, movement, mindfulness and losing yourself in the moment that can only occur when a group of people who know what they are doing get together and just do it. Not fancy. Not flash. Not new. These things are distractions. Diversions. When you're ready I'll be in line with you and we can do sen oizuki. Maybe on a beach somewhere, or in a field. One day. Don't wait too long, though, because we don't know what's around the corner. Proud to be the Keikokai. See you in the dojo.

Oss

Grading

On Saturday 24th September the following Little Warriors were recognised at the following grades:



Green Stripe

Edward Little, Tobiasz Mocek

Orange Stripe

Farryn English, Nina Kugathasan,
Lemmy Rogers, Harrison Williams



On Sunday 25th September a certain few tested by John Burke renshi, assisted by Janet Drew sensei, and Deborah Needham sensei at Newton Abbot dojo were found to be worthy of the grades listed:

4th kyu

Samuel Schafer, Madeleine Williams

7th kyu

Dominique Green, Yovella Green, Luke Walker

8th kyu

Erin Chambers, Louie Chambers,
Teddy Chambers, Jason Liosatos,
Sora Thomson Tanaka

Congratulations to you all on your achievement, and may you have continued success and improvement with your training

In order to be invited to the next kyu grading exams, members must know and be able to perform their grading syllabus to a high standard. They must have taken on board the corrections that they have been given in class.

Invitations to grade are given out when the instructor has assessed that these steps are in place, and the only place that can happen is "in class". Therefore we recommend training twice per week in order to make progress. The next

kyu grading is in October, and even if you are not grading you are very welcome to attend the training.

New Members

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

Pat Johnson, Lincoln Garrett, Willow Taberer, Liam Forbes, Dan Gregory, Jamie Blondell, Tobias Townsend, Jordan Barber
(Newton Abbot)

Eddie Rogers,
(Newton Abbot Little Warriors)

Isabelle Kelly
(Torquay)

Alexander Kelly
(Torquay Little Warriors)

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



**Dedicated to Black Belt
Excellence**