

Karate Academy

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Newsletter October 2023

We're already looking at Half Term, Halloween, and then of course it will be the run up to Christmas...

What does that mean? The year is flying by, and only with a concerted effort and deliberate determination can we still achieve our goals for 2023. Take steps now rather than commiserating that it's "too late" in December. The instructors and I are here to help. Let us know what you want to achieve and we'll show you what you need to get there.

John Burke,
Chief Instructor

World Karate Day

World Karate Day is officially the 25th October, celebrating the date of the "Meeting of the Masters" when the top martial artists in Okinawa agreed to use the name Karate instead of Toudi or simply Te.

We'll be celebrating by taking part in the **100 Kata Challenge**, as produced by James Pankiewicz sensei and the *Challenge Okinawa* team on Sunday 29th October. Any members who complete the 100 Kata Challenge will be awarded a certificate. It starts at 10am.

Special Course

On **Saturday 23rd September**, we had a **special course** featuring instruction from the seniors of Keikokai. This course featured lessons from **Deborah Needham** 3rd Dan sensei, **Janet Drew** 4th Dan sensei, **Neil Tappenden** 4th Dan sensei, **John Burke** 6th Dan renshi, and, for the first time in a long time, **Jim Harvey** 4th Dan sensei. The



Dan Grading

We began the Black Belt test on Friday 22nd September with the technical **Dan Grading**. Our candidates were driven through their basics, sparring, multiple repetitions of kata, applications, and pressure testing to see if they were of suitable standard. The test continued on Saturday during the Special Course. The examination was conducted by John Burke renshi, with the assistance of Jim Harvey sensei, Neil Tappenden sensei, Janet Drew sensei, and Deborah Needham sensei. We are pleased to announce:

Pass, Shodan

Sean Sliney and Hannah Ward.

Congratulation to you, now the hard work begins.

The next Dan Grading will be in 2024. Anyone wishing to test will need to be assessed now for inclusion.

sessions were well received and covered everything from stance transitions to keeping your knee still, from balance taking to complicated combinations.

The Okinawan Guest

We had a great session with **James Pankiewicz** sensei on **Thursday 14th September**. He was visiting the UK and was invited to come and teach for us as he runs a dojo in *Naha, Okinawa*. The children got to meet him first, with background and counting in Okinawan rather than Japanese, and then we got stuck in with a session involving a different form of three step sparring, some body conditioning, and applications with balance taking. We were pleased to have support from our members, and also from Exeter, Plymouth, Penzance, and Newquay.

Holland

On Saturday 30th September and Sunday 1st October John Burke renshi taught his Bunkai course in Holland. Once again the town of Schoonoven welcomed our Chief Instructor back to teach the local Tang Soo Do club's members and guests who travelled from Belgium and all over Holland just to learn from him.



Birthdays

The following students celebrate their Birthday this month (October)

- 1 Harrison Williams
- 2 Dexter Beverley
- 10 Max Carr
- 26 Oliver Joyce
- 29 Liam Forbes
- 31 Hannah Ward, Jordan Barber

Happy
Birthday
to You



Grading

On Saturday 16th September 2023 the Little Warriors had their Stripe Test. The following members were found worthy of the grades awarded :

Red Stripe

Alistair Pollentine, Lemmy Rogers

Orange Stripe

Jacob Mperi, Eddie Rogers

On Sunday 17th September 2023 the Grading examination for coloured belts took place under the eyes of examiners Deborah Needham sensei, Janet Drew sensei, and John Burke renshi. The following grades were awarded:

4th kyu

John Chapman, William Hone

6th kyu

Jamie Blondell, Henry Slipszenko

- 7th kyu**
Jordan Barber, Liam Forbes,
Heath Lake
- 8th kyu**
Thia Lake, Oscar Sharpe,
Rufus Tucker
- 9th kyu**
Md. Iman Ayaz Khan

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.

On Grading Day, even if you are not grading you are very welcome to attend the training.

We frequently tell members that grades have 3 phases:

- 1) learning the syllabus
- 2) Being corrected
- 3) Polishing practiced performance

These phases can be a month each, or they can last longer. Essentially, if you are still being corrected then you still need an equal amount of time where you just practice your polished performance. Being ready in three weeks' time means that phase three begins then. You must be in phase

three *now* to be considered for participation in the test.

Clubs Day

Once again we were invited to take part in Wolborough Primary School's "Clubs Day", where we showcase our club alongside many other groups and activities. It took place during the school day on Friday 15th September, and it followed a day of Janet Drew sensei and John Burke renshi teaching each individual class at the school (on Monday 11th September).

More Travels

We tell you about the seminars taking place in other parts of the world just in case you wanted to attend. If anyone of any grade wants to join in with the seminars that Renshi John travels to you are more than welcome. **25th and 26th November** Renshi John is teaching a weekend of Bunkai and Pressure Points in **Wrawby** in the far north.

Next year there are already plans for **Oldmeldrum** in Scotland (1st and 2nd June), **Shetland** and others.

Of course it's sad when he's away from us, but we can take heart that our instructor is in demand and his skills are recognised and in demand.

Diary Dates:

October 2023

25th World Karate Day
29th 100 Kata Challenge

November

5th Kyu Grading



New Members

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

Arthur Bennetts
(Newton Abbot Little Warriors)

Recommendation is the highest compliment we can receive.

Welcome one and all!

Last Word

There have certainly been some opportunities for your own dojo legends this year. We have had visits from **John Correlje** of TangSooDo, **Katsu Tiru** sensei, and **James Pankiewicz** sensei. We have had monster training at Summer School, Kyu Gradings, and now the Dan Grading and Special Course. And these were in addition to the regular classes, any of which might have provided a story for you to remember and share. Dojo legends are those stories that stay with us, that taught us something or underlined something or set us free from a misapprehension. They are happening all the time, and just occasionally we are awake and aware enough to catch them as they occur rather than in hindsight. I'd urge you all to get the training and the courses and the events while you can, because you just don't know when these things will not be available or the people no longer around. Enjoy them. Seize the day. Your regular classes should be regular, and they form the foundation for everything else.

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

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**Dedicated to Black Belt
Excellence**