

Karate Academy

新しい用語

Newsletter October 2024

(black belt tests) we are dedicating Sunday 20th October 10-12 to a pre-grading. This is each candidate's opportunity to get advice from the seniors and instructors and anyone taking a Dan Grade will need to be there.

100 Kata Challenge

October 25th is World Karate Day. This year it falls on a Friday and we'll be running our usual classes. On Sunday 27th, however, we'll be partaking in the 100 Kata Challenge. It's a physical test in honour of World Karate Day, to perform kata 100 times. Participants will receive a certificate, and some of us have 8 of these in our collection now.

Clubs Day

Following two days of teaching PE classes at Wolborough Primary School we were once again presenting at their **Clubs afternoon**. This is an event held to promote activities and clubs for children to educate and have fun. It was a massive effort and so many thanks are due to Sensei Janet for helping throughout.



Beach!

We like training in a natural environment. Fields, forests, and beaches all bring something extra to our training. We hadn't managed to get out much in 2024, and as the weather was on the cusp of turning to autumn we bit the bullet and ran a class at Dawlish Warren beach on Sunday 15th September. We practiced on the sand with basics and kata and a flow drill, and then into the water for kicks and kata—all the while becoming more aware of our environment and how it affected our performance. Training out doors is very valuable, and some of us think it's fun too! There were some great photos taken, which have been shared on the Facebook Group **Keiko Karate**. This one was by Jack Churchill's dad.



No sooner have they gone back to school than the children are looking forward to Half Term Holidays. Some have a week, some have two weeks (where inset days have been combined to form a full week off). Halloween is coming and Bonfire Night is just around the corner. For our own safety our awareness has to be keen as the nights draw in and no matter how sensible we are around dangerous situations we still have to mitigate for the actions and intentions of others. As we head towards winter, Karate again takes on more importance for our physical and mental health.

While we carry on throughout the school holidays with our regular timetable, there are some exceptions to take note of early in the month.

John Burke,
Chief Instructor

October Timetable Exceptions

This month sees some challenges with the timetable. We have the Brown Belt and Black Belt classes returning on the 6th October, but before then there are some classes that are unavailable.

Monday 30th September there will be no Little Warriors class.

Tuesday 1st October there will be no Newton Abbot evening classes although the morning session will be available. Please use the Torquay evening classes as they will go ahead as usual.

Wednesday 2nd October there will be no Little Warriors class.

Thursday 3rd October is on as usual.

Friday 4th October there are no classes.

On **Saturday 5th** October we return to our normal schedule.

Don't miss out, make sure you use the huge number of other classes which are available.

Black Belt Test

No-one wanders into a Black Belt. It takes massive preparation and commitment. In order to assess and advise those who are taking Dan Grades

Birthdays

The following students celebrate their Birthday this month (October)

- 1 Harrison Williams
- 2 Dexter Beverley
- 10 Maxwell Carr
- 15 Rufus Beverley,
Philippa Beverley
- 26 Oliver Joyce

Happy
Birthday
to You



New Members

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

George Rose, Oakleigh Rose
(*Newton Abbot Little Warriors*)

Recommendation is the highest compliment we can receive.

Welcome one and all!

South West Martial Arts & Wellbeing Show

The Show took place in Bristol, and **William Hone** is to be congratulated on taking part in a mammoth 90 minute kicking lesson from Tang Soo Do instructor **Gus Rogers** as well as taking part in **Renshi John's** Bunkai Workshop. Attendees got to see **Master Sken** of Muay Thai, a lovely demo by the Shaolin WuShu school along with many others. Movie stars **Mark Strange** and **Lee Charles** gave talks and taught and it was a very nicely presented event. We wish the hosts the best of



Last Word

Humility is an interesting concept for martial artists. At one and the same time we are to be confident and still realise that there is always someone better. We shouldn't brag/boast and we don't show off our skills. At the same time we do want to let people know that we train in Karate and we do want to invite our friends to train with us if we are proud of our club. And we should be proud of our club. Keikokai is 25 years old. It has endured much and our instructors have proven themselves in dojo across the UK and internationally. Is it bragging if we let you know about our accomplishments? Is it still pride if it's our members who are proud of what we have? There are no other clubs in the South West where two of the instructors have taught in Okinawa. There are no other instructors with such extensive knowledge that they have released more than 50 DVDs and 5 books. No other Westcountry martial artists are featured on Bujin.TV in Okinawa. Maybe they measure success differently, but for us it's about ability and understanding rather than how many kids are on the mats. Our members receive tuition that only gets deeper with more experience, not more shallow. Our seminars across the country are finished for this year, but we're thinking of putting one on at the Newton Abbot dojo because it is frightening how few of our members have actually experienced what we are best known for. Look for details in the November Newsletter. For now, enjoy October. We have a lot to celebrate and even more to teach going forward. We hope you'll join us for the ride.

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

Oss



**Dedicated to Black Belt
Excellence**

luck with next year's Show, which they say they already have big plans for!

Members Resources

Our website:

www.KarateAcademy.co.uk where there are events and timetable updates available.

The *members* site

www.members.KarateAcademy.co.uk where you can access all the syllabus materials for free.

Syllabus DVDs are available from your instructor, as are John Burke renshi's range of books and DVDs on the subject of **kata applications**. You could get them on Amazon, but members receive a discount from their instructor.

If anyone requires equipment (pads etc) please see your instructor as we would hate for you to have the wrong thing

Members Only Facebook Group:

We want to share information for and about *members* on the **Keiko Karate** Facebook Group. Some events 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.

The App: It's always nice to know who's coming, so if you would like to book your places just set up an account. It's free.

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

Kyu Grading

The next coloured belt test (kyu grading) will take place on Sunday 3rd November 2024 at 10am.

Naturally, we're checking the students over the next couple of weeks to see who's eligible.

Only training in class with our instructors can inform the decision of who's eligible. We help you to get things right.

Diary Dates:

October 2024

- 1st No Newton Abbot evening classes.
- 2nd No Little Warriors
- 4th No Newton Abbot classes
- 20th Black Belt Pre-Grading
- 25th World Karate Day
- 27th 100 Kata Challenge
- 27th Clocks go back.