

Karate Academy

Welcome to October at the Karate Academy. We have a monumental month ahead of us, and we're hoping to share the very best Karate training we can with you. As always, getting the benefit of the training is up to you. Sorry for the delay in getting the Newsletter out—we absolutely had to include the news from the Seminar that was held on 3rd October.

Still to look forward to are the 100 Kata Challenge and a whole month of regular classes with just a few exceptions.

John Burke,
Chief Instructor

Seminar

What a day! We were fortunate to host a special guest instructor on Saturday 3rd October 2026. The session was only for our adults and senior grade youngsters due to the nature of what we were being taught and the required concentration level to learn it. **Russell Stutely** is often called Master Stutely—we just call him Sensei. At one time he was a regular seminar instructor for us, but since his move to Cambodia it is shocking that this was the first seminar with him in Devon in 16 years! John sensei has known and appreciated Russell's teaching for nearly 30 years now.

With a very mixed group of our own members and some folks from outside, Russell went right back to fundamentals, building our understanding in a smorgasbord of information. We analysed how to negotiate people's balance and how to trick their minds into not moving when it would be easy or natural to do so. We looked at locks and we used pressure points to make strikes even more effective. Time flew by as we experienced the ability to throw people many meters, and

looked at how you can work out your own bunkai with some simple rules.

Russell sensei was accommodating, and gave freely of his time with any questions or people who wanted photos with him, sharing many reminiscences and the secret of which biscuits should *always* be dunked...

Too soon, he and Jo Cel had to leave to get to the next seminar on his tour, leaving us tired and perhaps a little overwhelmed. We would be happy to see him back in Devon if he ever comes this way again.

Many thanks to those who supported the event, some of whom travelled half the length of the country to be here.

New Timetable

We're making a couple of changes to the timetable, effective immediately.

Tuesday morning 10am class is moving to Friday morning at 10am.

Wednesday evening Little Warriors class is cancelled.

Friday evening 6pm class is redesignated as an Open class for all ages and grades. The Brown and Black Belt advanced training is reserved for the Sunday morning class.

That means that there are more opportunities to train for the majority of our members.

Timetable Exceptions

October has a new version of the regular timetable. There are a few odd things happening, however.

Friday 2nd October we have no classes.

Saturday 3rd October Little Warriors as normal, then our special seminar replaces the Juniors and Open classes.

Wednesday 14th October no Open class.

Thursday 15th October no 10am class due to JJs workshop.

Saturday 17th October Kyu Grading at 10.30. There will still be Little Warriors and Juniors classes that day, and anyone attending at 10.30 will have a lesson and the technical part of the grading continues into the afternoon.

Sunday 25th October 10am start—**100 Kata Challenge** replaces our regular class.

Make note of the interruptions, and train on the available days so that you don't miss out.





Karate Day

Members will be aware that October 25th is **Karate Day**. As usual, we will be taking part in the **100 Kata Challenge**, in a spirit of fellowship with the Karate-ka of Okinawa. The organiser, James Pankiewicz sensei, tells me that there are over 100 clubs already registered to take part. There is no extra fee to take part, and any member who completes the Challenge will earn a certificate.



Last Word

Seminars, courses, special events. No one *has to* do them. But why wouldn't you? Oh, there are extra costs involved, but rich experiences to be had. Your regular classes are for regular practice. The benefits are there for anyone who wants them. Train properly and it helps with your fitness, it helps with stress release. Regular classes keep us mobile and aid our flexibility. Like sweeping the floor, it must be done regularly in order for the effects to be maintained. Like brushing your teeth, there is not so much joy in the doing of it, but everyone can enjoy the effects. I sometimes envy the editor of Shotokan Karate Magazine. He has a club where a small group get together and just train. They're not bothered about grades or associations, and if someone is having a less functional week there's no criticism because they all know what that's like (they're mostly in their 50s). Just training is a key to success. Seminars are different. They're for the enthusiast. They shouldn't be about how to make a front stance or how to make a fist, therefore people who still need that tuition shouldn't be doing them. Seminars introduce us to different voices and different outlooks. They feature in-depth information broad subjects. The seminar at the start of this month was with an instructor who changed my technique and so much more nearly thirty years ago. If I want to train with him then you probably should too. In fact, my teacher wants to train with him as well, so that should tell you something. **Jim Harvey** sensei supplied the venue for our first seminar with **Russell Stutley** sensei in the late 1990s, and went with me to various seminars (including the infamous Yate seminar) in the years that followed. If he sees value in it then I know my training will benefit too. And yours.

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

Oss

Some of the members have quite a collection of these certificates as we have been involved with the 100 Kata Challenge for a good number of years.

As usual, instead of doing 4 of each of the Shotokan kata, we elect to do 100 of just one. The challenge is therefore one of endurance and stamina, as well as being good exercise. The kata we have chosen is Tekki Shodan in honour of Master Funakoshi, for whom the old version of that kata was the first kata he learned.

The Challenge takes place on Sunday 25th October and starts at 10am. All ages and grades are welcome. We'll be done by 12 noon and you will require lots of water and probably a towel.

Grading

Little Warriors stripe test will be on Saturday 17th October 2026.

The Kyu Grading for coloured belts who have reached the required standard will begin at 10.30 on the same day.

Website

Please use www.KarateAcademy.co.uk to check out what's going on and the timetable exceptions. We also put some extra information on the News page of Members.KarateAcademy.co.uk which is password protected.

Members pictures and updates

We have a members only Facebook

Group called Keiko Karate which is just for people training with us and their families. Anyone no longer training is removed so that they cannot access the pictures of our members training while current members can enjoy these and any updates or notes we have during the week. Please do not share/ copy and paste members' pictures.

Birthdays

The following members celebrate their Birthday this month (October):

1	Harrison Williams
5	Jasmine Fry
26	Oliver Joyce

Happy Birthday to You



New Members

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

John Ewbank
(Newton Abbot)

Recommendation is the highest compliment we can receive.

Welcome one and all!

Diary Dates:

October 2026

2nd	No classes
3rd	Russell Stutely seminar
14th	No Open class
15th	No 10am class
17th	Kyu Grading
25th	100 Kata Challenge
31st	Halloween

