

Karate Academy

You all need to be there. Our special guest is coming down from the far north to teach us. Low grades: meet and train with the man who does the Black Belt gradings. High grades: get feedback on your progress and goals. I mean, you should be training regularly anyway, and you'd want to support our event, and you'd want to get the feedback, but apart from anything else, you'd just want to train, wouldn't you? We've been talking about it for months. Take a day off work, get cover, what ever you have to do... Just don't miss out.

John Burke, Chief Instructor

Travels

Renshi John is due to be travelling again in the near future. He is asked to teach in other parts of the UK, and abroad, because of his ability to share practical applications to Karate kata moves. There are at least three applications to every move in kata, and for you to really know your kata you must be able to demonstrate them. That's why we go back and look at old kata all the time in class. There's a seminar weekend in **Finland** in October (after Mr Blades's visit). And there's a seminar weekend in **Scotland** in November (on the subject of *Chinte kata*). Any of our students are welcome to come to these events.

The trip to Holland went very well, thank you. Practitioners travelled from different countries and different styles to come and learn from "The Bunkai Guy". With a whole morning on the subject of low-X-block and another on Gedan Barai, as well as the hundreds of other applications that were requested, it became a long weekend of brain-melting detail that leaves even very senior instructors wanting more. The picture is of 4 instructors from 4 different styles, all authors, at the seminar.

Newsletter October 2019

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New Members

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

Mahalia Green, Yovella Green, Dominique Green, Kezia Green, Oliver Joyce, Aaron Bennett, Xylo King, Lily Chambers
(Newton Abbot)

Riley Tucker
(Torquay)

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



Saturday 12th October
Keiko Karate Special Guest
Seminar

Kyoshi Special Seminar

We've been waiting for months to have our special visitor come and teach for us again. The time is upon us: train with Kyoshi Blades on **Saturday 12th October 2019**. It will be a special training session challenging us both physically and mentally.

Mr Blades is a 7th Dan and has the title "Kyoshi". His expertise is in biomechanics for Shotokan Karate. He comes to our dojo regularly to teach and verify our standards.

There's a session from 10am-11am for White belts to brown belts (just £7.50 per person). This is specially for the coloured belts to get to know the head honcho. This session is followed by 11.30am-1pm for the Technical Dan Grading and a 1.30pm-3.30pm session for Brown Belts and above (just £20 per person).

The Dan Grading (Black Belt exam) will, of course, be taking place over the whole day. Those of you not taking a Dan Grading on this occasion should definitely come and train with the examiner before meeting him in exam conditions.

Technical articles final submission date is 4th October 2019. Of course, the instructors will be happy to proof read and advise as early as you care to get them a draft.



Grading Results

On Saturday 28th September 2019, the following Little Warriors (4-7 year olds in our pre-martial-arts class) were recognised at the next stage of their development:

Orange Stripe

Thomas Mann, Ceren Sultan Sen

On Saturday 28th September we held a kyu grading at Newton Abbot dojo.

The following people were recognised to have attained the required standard for new grades:

1st kyu

Ethan Kirkbride

2nd kyu

Joe Budd, Amelia Hinds

3rd kyu

Korben Simpson

4th kyu

Christopher Flannery, Elliot Speer

6th kyu

Steve Sharp, Hannah Ward

7th kyu

Oscar Williams, Jorja Williams

8th kyu

Peter Flannery, Kristina Tinker

Congratulations, all! Now onwards and upwards. Training regularly brings dividends.

To receive a Grading Notice, students must show in class that they have learned their syllabus and are able to demonstrate it to the required standard.

Diary Dates:

Friday 11th October, no 6pm Newton Abbot class.

Saturday 12th October Seminar with **Anthony Blades Kyoshi**. No Juniors class. No Open class due to the seminars. Little Warriors as normal.

Tuesday 15th October **no 10am class** due to Drama Workshop. Evening classes are on as usual.

Friday 25th October no 6pm class in Newton Abbot

Sunday 27th October no Brown & Black Belt class.



Birthdays

The following students celebrate their Birthday this month (October)

2nd Dexter Beverly
4th Jonathan Ward
15th Brody Simpson
17th James Drake sensei, Jon Owen
18th Zack Morgan sensei
19th Sayed Mohammed Alqarooni
20th Ethan Kirkbride
21st Isabella Mendez-Chombunchuay
23rd Lucas Kirkbride
26th Nathan Dungey, Oliver Joyce
29th Scarlett Contrasti
31st Hannah Ward

**Happy Birthday
to You**

**Apologies to
Pete Flannery.
Last month we said his
birthday was the 19th, it
was actually the 17th**



Hall Hire

If any of our members know of any instructors or coaches who need space to run their classes or activities, please ask them to ring John on 01626 360999 as there are plenty of empty slots at **King Street Studios**, our full-time centre in Newton Abbot, particularly during the day (evenings are pretty busy but there are occasional gaps).

We already have Pilates, Yoga, and toddler Ballet using the centre, and so other activities that would complement our own Karate classes are welcome.

Last Word

The "koto waza" on the front page is the Japanese maxim "ten people, ten colours". This saying means that everyone is different. If you get 10 people in a room there won't be any two the same. Even twins have differences. Judging then, how someone is worthy of a Black Belt (or any belt for that matter) is a difficult thing. No two are the same. There's a standard. There's the will to do one's best. There's the internal battle and whether we overcome our own demons. No two black belts are identical, and yet there is something that makes them the same. There's a quality to them that speaks louder than the announcement of a rank.

You have political differences, opinion differences, tastes in art and food etc. That's as it should be. We don't want to be identical in every way. What we do want is for everyone of us to be working our best, with the support of the others. Respecting the efforts and achievements of others. Respecting their right to be different, even though we are on the same path.

Who has the courage to examine these standards that we try our best to uphold? Your instructors. And to make sure that their judgement is sound, the instructors count on the opinion and judgement of Anthony Blades, 7th Dan Kyoshi. And if they believe in his judgement you should see it for yourself so that you can see why.

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

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**Dedicated to Black Belt
Excellence**