

Karate Academy



A New Term. Back to School for most, and a new level of involvement for all of us. We hope you had a great summer, and we were thrilled to see pictures of members practicing in exotic places around the globe.

It's important at this time to get your routine in place and establish the habits and standards that we plan to live by as the months go by. There are just four months of training available and there is still time to achieve a few goals before the end of the year. Get those training patterns embedded early to make the most of the time we have.

There are a slew of special events coming up, but they're not really relevant or useful if you don't get your regular sessions done,

Enjoy
John Burke,
Chief Instructor

Ladies Self Defence

The Ladies Self Defence course has been re-scheduled to Sunday 4th September. This is essential self defence information. No gi, no Japanese language, not martial arts; just practical no-nonsense stuff that women need to know in order to protect themselves.

The techniques shared on this course do not rely on strength, size, and they are not complicated. Every woman should know these things, and we'll also bust a few myths. It's £12.50 per person. 1-4pm on Sunday 4th September. Please enrol your female friends and relatives. Whether it's their first time or they need a refresher/reminder, let's make sure we've done all we can to make sure the ladies in our lives are as safe as they can be.

Summer School

Our intensive programme of training—one month's experience in one week—was a roaring success this year. Well done to everyone who took part.

We managed to get in the usual basics, kumite, kata, and oyo practice as well as designing short kata, playing with kobudo tools, and lots of background information.

The dreaded "Joke of the day". Made its annual appearance too!



A Very Special Guest

An energetic and challenging class was what we expected, and we weren't disappointed. On Saturday 6th August we were fortunate to host Katsu Tiru sensei in Newton Abbot. His tour of South West dojo had us as his final session before a well-earned holiday. Guests arrived from deepest Cornwall to Plymouth, brown belts to 7th Dans coming to learn from Kanazawa sensei's godson. Well done to everyone who attended, and the signature in your training diaries will become a treasured memory of your time in the historic "first session" the Katsu sensei taught for us. There's a rumour that he'll join us "on the beach" next year...

Days Off

School holidays are over, the regular timetable is up and running, with just a couple of exceptions:

- Friday 9th September** NO classes.
- Saturday 10th September** NO classes
- Sunday 11th September** NO classes
- Monday 12th September** No Little Warriors. 6pm
Open class is on as usual.
- Tuesday 13th September** No Newton Abbot evening classes. Members are encouraged to train in the Torquay classes on this day.
- Wednesday 14th September** No Little Warriors. 6pm
Open class is on as usual.
- Thursday 15th September** No Juniors. Members are encouraged to use the Open class at 6pm.
- Friday 16th September back to normal.

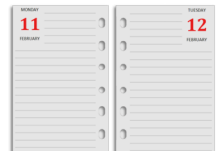
To put it another way: Friday 9th September-Thursday 16th September we have no 5pm sessions in Newton Abbot. Black Belt training is off, and Tuesday classes should join in at Torquay. These are in order for Renshi John to teach at the Cumbria seminar. You are very welcome to join him there.

Sunday 25th September Kyu Grading.

Black Belt grading with Kyoshi Blades

It's been a long while since we have had the pleasure of learning from Kyoshi in person. **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**. 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.



Birthdays

The following students celebrate their Birthday in September:

- 1 Sam Schafer
- 7 Ted Kirsop-Taylor
- 22 Jason Liosatos
- 25 Nick Hawkes
- 29 Austin Smith

Happy
Birthday
to You



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.

Grading

During Summer School a certain few tested by John Burke renshi at Newton Abbot dojo were found to be worthy of the grades listed:

1st kyu

Hannah Ward

5th kyu

Charlie Slade

7th kyu

Harrison Ball

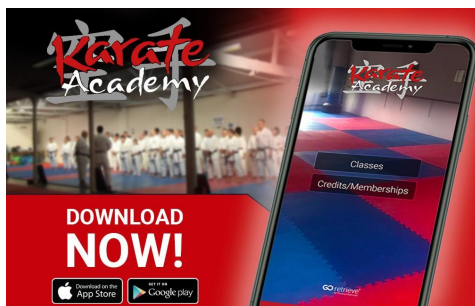
8th kyu

Joseph Da Cunha

9th kyu

Stanley Maunder, Rufus Tucker

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 September, and 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.

New Members

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

**Simon Hamzij,
Ted Kirsop-Taylor,
Samuel Webster**
(Newton Abbot)

**Charlie Sharpe,
Oscar Sharpe,
Farryn English**
(Newton Abbot Little Warriors)

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

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
Block of 10 £40
Per Month £35

Karate classes

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

Those who use Stripe to pay will note that the "Legacy" rates are no longer available.

Those training twice per week are still best served by monthly membership rather than pay-as-you-go.

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**

Last Word

We can usually decide how people perceive us. We affect the way people behave towards us with how we behave. One of the things we're covering in class this month, in an effort to allay bullying at school, is how we present ourselves. In the martial arts we teach how to do tough things, like kicking and punching, and then spend a lot of time telling people not to show off the skills they have. This can occasionally lead to martial artists looking weak in their efforts to be humble. As schools return and children change classes inevitably there will be some jockeying for position within their peer hierarchy. Simple things, like how we hold our posture and how we are "triggered" by others can create a lasting impression on the peer group and affect how we are perceived. That's why we kick off this month with establishing the posture and manners that we expect from martial artists. It takes lots of repetition and reinforcement to make sure that our tribe are not victims of the less careful members of society. We'll be reinforcing our anti-bullying training in every class so that our members can then enjoy their time in education and thrive rather than just survive. Rather than a seminar or course we're integrating these things into the regular lessons so that everyone can benefit.

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

Oss



**Dedicated to Black Belt
Excellence**