

# Karate Academy

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Newsletter September 2023

The primary need in the New Term is to get into a routine of training. No amount of special events or visitors can make up for just being there in your regular classes. September traditionally forms the start of a new period of development, and this is something that we must apply ourselves to with vigour and enthusiasm. A strong foundation can be built upon, a weak one will crumble.

Now, with that said, there is a special guest and a special course this month. Sometimes junior grades will wonder whether they should attend these seminars, and the answer is "Yes". If you can cope with keeping attention on the training for a couple of hours then it is very worthwhile training with our guests. They are hand-picked to bring you different voices and different views on the martial arts and the world. You have all heard me tell stories about the teachers I have met and the things that I have seen. It's your turn now. The visitors could form part of your own dojo legend. So, yes, get yourself booked on to the seminars, and enjoy.

John Burke,  
Chief Instructor

## The Okinawan Guest

We are hosting **James Pankiewicz** sensei on **Thursday 14th September**. He runs a dojo in *Naha, Okinawa*, and has a very exciting lesson planned for us. There are people travelling from all over to come and train with Sensei James. He is a direct student of *Arakaki*

*sensei* in Okinawa, and he knows everyone else out there at the birthplace of Karate.

James sensei will be teaching Karate as it's taught in Okinawa, including many of the terms used in Uchinaguchi instead of the regular Japanese.

We have a short session for the Juniors (ages 7-12) to meet James sensei from 5.30-6.15pm. This class is at no extra cost. The teens and adults class starts at 6pm and costs £25 per person. It is suitable for all grades of adults and teens. High grade youngsters will be considered.

## Dan Grading

On **Friday 22nd September** we will have the technical **Dan Grading**. A Dan Grading is an exam that members take to qualify for Black Belt. The candidates have been invited, and the existing Black Belt holders will be there to encourage and support their fellows. The training is open to all brown belts and above, and will help with development and expectations for every member's own Dan Grading. The Grading will then continue during the Special Course on Saturday 23rd

September when we will announce any results.

## Special Course

Unfortunately we will not have the pleasure of training with Anthony Blades kyoshi this month. Instead we have a terrific opportunity for our members. On **Saturday 23rd**



**September**, after the Little Warriors and Juniors classes we will have a **special course** featuring instruction from the seniors of Keikokai. This course will be open to all ages and grades and is expected to last around 4 hours. For the first time we will have the Keikokai seniors teaching together. There will be 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 fee for this special training course is a bargain at only £15 per person. Those taking a Dan Grading will have the seminar included in their grading fee. This is not to be missed. It will cover technical matters of the martial arts and principles that underlie what we do, and it is only available to our members.

A promotional poster for a seminar by James Pankiewicz sensei. The poster features a black and white photo of James Pankiewicz in a white karate gi, performing a kata move. The text on the poster includes:

**James Pankiewicz sensei**  
**Thursday 14th September 2023**

Please book your places by emailing [info@KarateAcademy.co.uk](mailto:info@KarateAcademy.co.uk)

Places are limited.  
6.30pm onwards £20 each.

Venue:  
Karate Academy  
King Street Street  
Newton Abbot  
Devon  
TQ12 2LG

Nearest parking Cricketfield Carpark.

We are very pleased to offer a seminar with James Pankiewicz sensei at our dojo in Newton Abbot, Devon.  
Enjoy a masterclass in Tomari-te Karate.

**KARATE FOR SELF DEFENCE, SELF DEVELOPMENT**

JAMES PANKIEWICZ SENSEI

**ASATO DOJO**  
安里道場

Karate Academy

## Birthdays

The following students celebrate their Birthday this month (September)

- 1 Sam Schafer
- 7 Ted Kirsop-Taylor
- 22 Jason Liosatos
- 25 Nick Hawkes,  
Paulina Holubinka
- 28 Alexander Kelly

Happy  
Birthday  
to You



## More Travels

We tell you about the seminars taking place in other parts of the world because we wouldn't want you to think that you weren't welcome or weren't invited. If anyone wants to join in with the seminars that Renshi John travels to you are more than welcome.

**30th September** and **1st October** he'll be teaching in Schoonoven, **Holland**.

We're trying to confirm a seminar in Wales in **October** for a Kyokushinkai group.

**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 required where they are known.

## Clubs Day

Once again we have been invited to take part in Wolborough Primary School's "Clubs Day", where we showcase our club alongside many other groups and activities. It takes place during the school day, but any mem-

bers who would like to help out are very welcome. It starts at 1.30pm on Friday 15th September.

## Summer School

Summer School this year was a busy group. We had 19 people enrolled and on day one they told us what they wanted to achieve during the week of immersive Karate training. There was so much to do that we couldn't logistically fit it all in, and it might not have been practical to attempt to teach our youngest members sword skills. What we did achieve was quite enough anyway.

All ages and grades were represented, and we must have a very big thank you to Sensei Janet for helping out with the teaching and assisting. Our Summer School warm up is slightly different to the one that we use the rest of the year, and for the most part people managed to duplicate it very well. Then the solid training of basics, kumite, kata, and pair-work (including pads, applications, and it turns out, some very fine board-breaking). Each lunch-break was a relief from the exercise, but a trial in terms of the obligatory Summer School jokes. Our favourite of the week was from Stan Maunder: "I've made up a new word: plagiarism".

We hope that the progress you made is maintained, and put to good use in the coming months.

## Grading

The next grading is expected to take place on Sunday 17th September 2023.

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.

## Diary Dates:

### September 2023

14th	James Pankiewicz sensei
15th	Clubs' Day at Woolborough Primary School
16th	Little Warriors Stripe Test
17th	Kyu Grading
15th	Dan Grading Articles deadline
22nd	Technical Dan Grading
23rd	Keikokai Special Course

### October 2023

25th	World Karate Day
28th	100 Kata Challenge

## New Members

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

**Billy Lewis, Jacob Mperi**  
(*Newton Abbot Little Warriors*)

Recommendation is the highest compliment we can receive.

Welcome one and all!

## Last Word

In class I asked "Why would you want to train with a guest instructor on a seminar?" As usual the answers were widely varied. One answer that seemed a bit glib was actually very insightful; "because you told us to". At first it sounds like a dictatorship, but actually you have to see that if I bring someone to the dojo it is because I value what they will bring to us. If I say they are worth your attention then they are, for all sorts of different reasons. Let me put it like this: if my teacher was going out of his way to bring in another teacher and they said that this was something that I should do then I would want to be there. I want to see what my teacher is recommending. I want to learn what they learned. I want to gain experience and insight, and follow my teacher's advice. Now, this far along my Karate Path, I have seen much and learned some, and forgotten some. When we attend events like the UK Martial Arts Show and Kaizen I proudly tell my students "Go and train with this person—they're good". Not all of you get to travel to Nottingham or Doncaster to meet the people that I recommend, but here they are coming to you. It would be a mistake to miss out. We don't put these events on for any other reason than I want you to learn from them. We could hire anyone. We don't hire anyone, we book these particular instructors, and when you train with them you can see why.

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

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**Dedicated to Black Belt  
Excellence**