



## 新しい用語

Newsletter September 2024

immersive week of intensive training, and strides were taken in progress. We covered all kinds of topics and had attendees from white belt up to 4th degree black belt. Basics, syllabus, non syllabus, kata, kobudo, a little theory and philosophy alongside the odd game (and they were odd). Well done to everyone who took part.

On the last day we ran a kyu grading, and several of the attendees had made sufficient progress to be presented with their new ranks. Please congratulate the following:

### 2nd kyu

Jamie Blondell

### 4th kyu

Sora Thomson Tanaka

### 5th kyu

Dexter Beverley, Yovella Green

### 6th kyu

Oscar Sharpe

### 8th kyu

Maxx Quinn, Charlie Sharpe

Congratulations all. The next formal grading opportunity is taking place at the start of October, so naturally we are looking now to see who is eligible. Being ready to grade depends on ability, and that is honed and maintained in class with your instructors.

A New Term. Well, actually, we don't have Terms. Karate carries on and we did not stop over the School holidays. However, September traditionally marks a partition in the year, and young people are changing their year groups, schools, and sometimes locations. It seems, then, that we begin again in September. It's a great time to renew your dedication to practice and developing yourself through Karate. My advice is to start early. Get a boost now and get things locked in to make it less like hard work in a couple of weeks' time. You know you're going to be tired from school. You know there are going to be demands on your time, and that's why sectioning off some time for Karate now will make it easier to stay fit and mentally cope with the other challenges of the year. Waiting won't make it easier, so jump in now.

John Burke,  
Chief Instructor

## September Timetable Exceptions

This month sees some challenges with the timetable. We have the Brown Belt and Black Belt class on the 1st, but then there will not be Sunday classes *until October 6th*.

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

**Tuesday 1st** October there will be no Newton Abbot classes. Please use the Torquay classes as they will go ahead as usual.

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

There are a variety of reasons to do with seminars and events, and although we try to keep disruption to a minimum these dates and sessions just can't be covered. Don't miss out, make sure you use the huge number of other classes which are available.

## Clubs Day

Once again we have been invited to take part in the Wolborough Primary School **Clubs afternoon**. This is an event held to promote activities and clubs for children to educate and have fun and it's held on Friday 13th September 2024. It's a great way to put us in front of the pupils at the school. Any help with leafletting and holding pads etc is appreciated.

## Summer School

It seems like a long time ago, now, but at the beginning of August we once again held our Summer School. It was an

## The Best

As we start a New Term we'll be making sure of a couple of things.

Firstly, keeping our own **standards** high. Please remember that every correction is there to help make you better.

Secondly, rather than running a **Bully Buster** course we'll be integrating bully prevention methods into every class.

Thirdly, instead of running a single **Buddy Day** we invite members to bring along their friends for any lesson this month. This will help to ensure that the club has the right kind of people in it, because they will be people that you invite.

How can you help with these things? Invite your friends. Bring them to class. But more than anything else, make sure you get along to class yourself.

## Beach?

While our Sunday Brown Belt and Black Belt classes take a short break over September, it does present us with an opportunity. This is highly dependent on the good old English weather, so we'd urge members to keep an eye on Facebook and listen up in class on Saturday 14th September.

It's our intention, weather permitting, to hold a training session on the beach on Sunday 15th September. 10am start. Wear your gi. Wear a swimming costume underneath. You're going to get wet. We believe that training in nature has wonderful benefits and challenges, and training in the sea is a powerful experience. No-one has to go in deeper than they are comfortable with, but it's a good way to find out about your stance and stability (and dare we say—it's fun?)...

## Birthdays

The following students celebrate their Birthday this month (September)

- 1 Sam Schafer (*milestone*)
- 7 Ethan Green,  
Ted Kirsop Taylor
- 9 Lara Thompson
- 25 Nick Hawkes
- 28 Alexander Kelly
- 29 Jonathon Matheson

Happy  
Birthday  
to You



the Thornbury Leisure Centre on Saturday **21st September** 2024. There is a great line up of instructors including our very own John Burke renshi alongside perennial favourites Master Sken and Grandmaster Samuel Kwok of Muay Thai and Wing Chun respectively. You can see more details and the timetable at [www.SouthWestMartialArtsShow.co.uk](http://www.SouthWestMartialArtsShow.co.uk) and we would be very happy to have you there to make our seminar busy as well as enjoying all the other sessions.

## Members Resources

Our website:

[www.KarateAcademy.co.uk](http://www.KarateAcademy.co.uk) where there are events and timetable updates available.

The *members* site

[www.members.KarateAcademy.co.uk](http://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**.

## New Members

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

**Elsie Angell, Shawn Richards**  
(*Newton Abbot*)

And a warm welcome back to  
**Jonathon Matheson**  
(*Newton Abbot*)

Recommendation is the highest compliment we can receive.

Welcome one and all!

## South West Martial Arts & Wellbeing Show

The events that we travel to are sometimes a very great distance away. Travelling to Doncaster or Cambridgeshire might not be possible for many of our members. It is a great relief to see that there is a big event happening somewhat closer to home: The South West Martial Arts and Wellbeing Show is taking place in Bristol at



## Diary Dates:

### September 2024

- |     |                                     |
|-----|-------------------------------------|
| 7/8 | Shetland Seminar                    |
| 13  | Wolborough Primary School Clubs Day |
| 21  | South West Martial Arts Show        |
| 30  | No classes                          |

## Last Word

Although we don't have "terms" - Karate continues throughout the year—September always feels like a new start. There will be new people in the dojo, and people returning will be trying to recoup what they had before they took a break. It's a new start. In reality, any day can be a new start. Any minute. Just decide that things are different. A new school term gives people the opportunity to begin again. If you have always been looked at as someone who's a bit silly you can change that. If you have historically always opened your mouth to speak at inappropriate times, you can change that. If you want to be perceived differently then now is a great time. Kids going to school, you can be the one who befriends that shy child who doesn't look comfortable, and those who are already exuberant and try to take more notice of how others are feeling. The catch —up with friends after the holidays always seems like a bit of bragging about who went where and how exotic it was—we could just be pleased for them rather than jealous of their holiday if we didn't get to go somewhere hot. What someone else has is no reflection on you. The same is true of grades and kicking ability and everything else. Keikokai is 25 years old. There are bigger clubs. There are clubs with more medal winners. There are clubs who just repeat the same old dogma without critical thought. Well, we're interested in the development of this club and our members, and what others are doing has nothing to do with us. We know what we've got and we're working on making it even better.

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**