

Karate Academy

夏休み

Newsletter September 2026

Timetable Exceptions

As September begins we are running our full regular timetable. There are a few odd things happening, however.

Friday 11th September we have no classes.

Sunday 20th September we have no classes.

Monday 21st September the Little Warriors class will start at 5.30pm instead of 5pm.

Tuesday 22nd September the morning class will take place with Sensei Janet, and the Torquay class will take place in the evening, but there will be no Newton Abbot evening classes.

Wednesday 23rd September Little Warriors will start at 5.30pm instead of 5pm.

Thursday 24th September will be normal.

Friday 25th September there will be no classes.

Saturday 26th September will be as normal.

On **Saturday 3rd October** there *will* be the regular Little Warriors class, but the Juniors class and the Open class are replaced by our special guest's seminar (details over-leaf).

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

Welcome to September at the Karate Academy. Schools start a new term this month, and although we didn't stop for a summer holiday we might consider it to be "fresh start" time as well.

Commit to training; it's not too late to make progress before Christmas, but don't have regrets in December, put the work in now to feel proud of your accomplishments later.

On the other side of this sheet is some exciting news. It's important and historic. Believe me, you'll be talking about this one for years to come.

John Burke,
Chief Instructor

Summer School

Summer School came and went. It was hot, but that didn't stop us from running classes Monday to Friday 10am-3pm. We covered everything from fundamentals, through sparring, and kata, to foot-work and grappling. The members who tried hard will have got the most out of it. Our warm up was subtly different, requiring the members to concentrate on the changes, and then we would begin with some solid basics. Each day would have a mixture of partner work and solo work, and even time for some to figure out applications for themselves. We also had time for some fun and games.



Last Word

While we are covering the koto waza, there's one on the wall of the dojo. The maths might not work for those of us who are pedantic, but the idea is very important: Fall down 7 times, get up 8 times. 七転び八起き (Nanakorobi yaoki) It's a simple idea. You get knocked down and you get up. You are resilient. Without it I wouldn't still be involved in Karate. We've been knocked around physically, and there is a toll to pay mentally, but that message, that essential message, is that when you get knocked down you get back up. And you have the opportunity. What's the other option? You get knocked down and you stay down? You are beaten? Never. Martial arts teach us to get back up. We're never finished. Every day there things that don't go right, and yet we get on with it. We're going to make mistakes but we can't rectify them unless we get back up. One step forward at a time. We get pushed back and we take another step forward. There are so many people that we bump into who "wish they'd never quit" - well, you have the opportunity to set that right by not quitting in the first place. And even if you did quit, you can just get up again.

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

Oss

Birthdays

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

1	Sam Schafer
5	Ada Offord
7	Ted Kirsop-Taylor
9	Lucas Cooper
22	Diyon Prince
25	Nick Hawkes sensei

Happy
Birthday
to You



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SATURDAY 3RD OCTOBER 2026

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Diary Dates:

September 2026

11th Clubs afternoon
at Wolborough Primary
School
11th No classes
20th No classes
21st Little Warriors at
5.30 not 5
22nd no Newton Abbot
evening classes
23rd Little Warriors at
5.30 not 5
25th No classes

October 2026

3rd Russell Stutely
seminar



Who's Russell?

Master **Russell Stutely** is a martial artist and coach to the Cambodian Boxing team. He is often proclaimed as World's #1 Pressure Point Expert. We first met him in the late 1990s and we owe him and his teachings for much of what we have. If the seniors and instructors want to train with him, you should too.

Why Go To Seminars?

Training with guest instructors can broaden your horizons. They show us aspects of our art that our regular teachers might put differently. They help us to get more appreciation for what we do and show us other points of view. Our dojo legends often come from seminars and courses, and going to them yourself helps you to live your very own dojo legends. A "yoga retreat" is £100 minimum. A PT at the gym is now £40 per hour. This seminar, with the experience and ability of its instructor, is amazing value.

Who's it for?

All adults. Some senior grade teens. Good attitude is a must, but it will be new material to all of us whatever grade we have. Don't miss out. The last time we had Russell in Newton Abbot was 2010. It's been **16 years** since we've managed to have Master Stutely teaching in Newton Abbot. This could be your only opportunity to train with him on home ground. All too often people say "I'll come to the next one" when the next one might not happen. Grab this opportunity while you can.