

Karate Academy

Newsletter September 2019

花は桜木人は武士 !

New Members

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

Acai Jennians

(Newton Abbot)

Jacob Hill, Dexter Harvey

(Newton Abbot Little Warriors)

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

Back to School. Even for adults this time marks the start of a new term. Traffic changes, schedules change, and we seem to be on a "let's get organised" kick. Getting stuck into your Karate schedule early in the new term is hugely beneficial. The people who say they will start back in a couple of weeks' always lose out. They find it more difficult than just turning up and getting training. How do you find the time? The confidence to walk into the dojo? You just do it. You get stuck in and accept that you will make mistakes. We all make mistakes. Now we work on them
John Burke, Chief Instructor

Summer School

Well done to the people who made **Summer School** part of their Summer Holidays. From Monday to Friday (5th-9th August) we had training 10-3 each day in addition to our evening classes.

We covered basics, kata, kumite and oyo as you would expect. We also got into history, padwork, nunchaku, and even found time for some Ninja Ninja Turtle, Circle Sparring, and Dodge Fist!!!

The lunchtime jokes this year were quite a lot better, too. Great to have had the pleasure of your company, I just hope that we have built the right habits through the week.

Bully Proof

Instead of running a seminar that costs you extra, we are making the first week of September all about making students **Bully Proof** in our **Little Warriors** and **Juniors** lessons. Every class will feature advice on how to look after yourself and present yourself so that Bullies just don't feel you are a potential victim. Practical advice will be given in every lesson, so please ensure that you are in class for this vital week of training. Essential advice on posture, both physical and mental; and what to do with verbal and physical aggression will be included.

Changes

Back in action. As we charge headlong into the new school term, please note that there are timetable changes for the month of September as we relaunch our term-time schedule.

Essentially, this means that in Newton Abbot we will have our 5pm **Juniors** and 6pm **Open** classes again, not just one 5.30pm class like we had over the holidays.

There will be no classes on Friday 20th September or Sunday 22nd September due to the course in Holland.

The timetable is on the website www.KarateAcademy.co.uk

Kyoshi Special Seminar

You should make arrangements to train with Kyoshi Blades on **Saturday 12th October** 2019. It will be a special training session challenging us both physically and mentally.

There's a session from 10am-11am for White belts to brown belts (just £7.50 per person), 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.



Saturday 12th October
Keiko Karate Special Guest
Seminar



Bully-Proof Your Kids

Kick-A-Thon 2019

We now need to make sure that all the funds are in for the Kick-a-Thon. If you have any funds outstanding please get them to us as soon as possible so that we can get the funds out to the charities. It's not too late to add to the sponsorship funds.

At the moment it looks like we have pledges of over £1,400. Monies raised will be split between two very worthwhile charities, **Devon Air Ambulance Trust** who provide a valuable service to local residents and **Down's Syndrome Association** who help families and supply services for children and adults with Down Syndrome, who many of you know is a charity very close to our hearts.



Travels

Renshi John is due to be travelling again in the near future. There's a seminar weekend in **Holland** in September.

There's a seminar weekend in **Finland** in October (after Mr Blades's visit).

And there's a seminar weekend in **Scotland** in November. Any of our students are welcome to come to these events.

The Bunkai Seminar

On Saturday 17th August we had a Bunkai Seminar with Renshi John Burke. The workshop had a few attendees, and for the level of tuition offered that was exactly what was needed. Too many and we couldn't have delved so far into the subject matter. We looked at techniques from Heian Godan, Heian Yondan, Heian Sandan, Kanku Dai, and numerous other kata, all taught as principles that could then be applied to any kata.

Visitors came to train from Cornwall and the midlands, recognising the quality of the information on offer.



Diary Dates:

Friday 13th September: Clubs **Afternoon** at Wolborough School in Newton Abbot, 1.30pm-3.45pm. Any help welcome.

Saturday 21st & Sunday 22nd September: **Bunkai Seminar** with Renshi John in Holland 10am-4pm.

Tuesday 15th October **no 10am class** due to Drama Workshop.

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.

Birthdays

The following students celebrate their Birthday this month (September)

1st	Sam Schafer
6th	Emily Dungey, Carl Withers,
7th	Luke Elliott
11th	Milo Hunt
13th	Steve O'Brien, Tom Sanders
16th	Alfie Pow
17th	Peter Flannery
20th	Harry Andrews
24th	Christopher Flannery, Delphi Schwab
26th	Nathan Rowe. Ollie Imeri
27th	Robin Davey
29th	Jack Parton

**Happy Birthday
to You**



Last Word

The "koto waza" on the front page is the Japanese maxim "of flowers, the cherry blossom; of men, the warriors". This saying means that we hold in high esteem these things. Not because warriors are flowers, but because they are the ultimate form of each category. You know the phrase "practice makes perfect", but the truth is that practice makes permanent. If you practice poorly then you make poor performance permanent. That's why we need correction. It's why even your chief instructor is still learning. No-one is perfect. Perfection is something to aim for, not something that we claim we are. That's why we practice until Sensei moves us on to the next thing, not doing something a couple of times and then looking for the next thing, but practising until we are told to stop. There's always another step, another way to do it better, faster, stronger, with more effect. With three quarters of 2019 already passed, we have just a short time to get to our goals, and that requires work. We need to get stuck in. We need to throw ourselves into it. We can say we'll start next week or next month, but we really know that the best time is now. The only time we have is now, and so we must live today the best way we can. That probably includes some Karate. Just a little time helping you to be the best you that you can be...

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

Oss



**Dedicated to Black Belt
Excellence**