

Karate Academy

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Newsletter April 2021

We're Back! This month!

It seems like a long time since Christmas, when we had in-person classes, but the Lockdown is easing. We can have classes again. We can see people again. We still have to take precautions, and we're doing all we can to make sure you feel confident in your return to the dojo. Those of you who are worried about your decayed fitness or ability: don't. We're all feeling a bit less capable than we were previously, so let's improve together.

John Burke,
Chief Instructor

Celebrate the Return

Right now we are at the stage where we can have outdoor training, so keep an eye open for warm weather days where we will have to announce at fairly short notice that sessions are on, and their location. Then, on 12th April, we can begin classes in the dojo again. Grab your gi out of the wardrobe and make sure it fits, some of you will have grown in the last year (and some of us have grown in directions we will be doing something about now that we have classes again).

Monday 12th April will see the recommencement of Little Warriors at Newton Abbot dojo. The Open class at 6pm will be for Under 18s until May 17th. Adults however, may come and use the dojo for Private Individual Practice at the same time. Please have a look at the website for the timetable. Juniors classes are on. We are allowed to have adult volunteer helpers. We are also allowed to use pads at this point, with proper precautions.

From **May 17th** Adult classes will resume. Before then, we will make sure that the 7pm slots are available for *Private Individual Practice*. This is what is known as "gym protocol". The gyms are open, training indoors is allowed, but mixing outside of your family/social bubble is not yet permitted. So come on in and start the fitness process even though we will still have some restrictions.

We expect **Torquay** dojo to reopen on Tuesday 13th April. Ashburton will likely wait until May 17th.

Until April 12th we will continue to provide classes via Zoom.

People are eager to know Grading dates: we'll let you know when we've seen that you are up-to-scratch in the dojo.

Concerns

If anyone is worried about returning to training, please don't be. It's understandable. There are many concerns about the virus, and we will do all we can to mitigate the risks. There are also concerns about fitness and what we'll remember, as some people have been away from the dojo for a year or more. We appreciate members wanting to perform perfectly, but none of us are perfect. Most of us have put on weight and forgotten a thing or two during the Lockdown and restrictions we have faced. Being patient with yourself is important, and shows a level of maturity that we hold in esteem. We all have work to do to become the martial artists that we dream of being.

Returning will feel strange. Understanding that will help you deal with it, and knowing that other people feel the same way. We have to remind people about expectations in the dojo, and naturally this will help with concentration and awareness outside the dojo, too. We'll need to remind people to be on time, to allow for traffic and parking (there's no parking on King Street). We'll need to make sure that uniforms and safety issues like fingernails are up to scratch. Of course no one would deliberately have dirty or ragged nails, but some habits may have crept in during the Lockdown.

As always, if you have any concerns or suggestions we are happy to hear them. Please contact me by email info@KarateAcademy.co.uk or call 01626 360999.

We wish you all the best for our return to training and will try to provide the tuition that we know makes a difference to the health and development of the individual, even during these trying times.

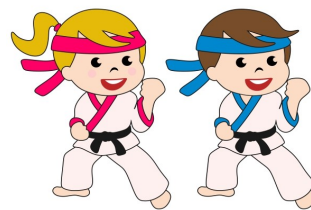
Keep your eye on the **Keiko Karate** Facebook Group for any news.

Birthdays

The following students celebrate their Birthday this month (April)

4th	Dominique Green, Kezia Green
6th	Ethan Wooldridge
9th	Deborah Needham sensei
12th	Henry Watts-Hawkins
17th	Jacob Price
20th	Joshua Adams

Happy Birthday
to You



Last Word

I was asked in a recent interview about Karate being a lifelong study, and as well as the time it takes to master the physical and mental skills, I answered that it was "just something we do". We don't ask musicians whether they have had enough of playing music. We don't ask gardeners if they would like to stop gardening. There might be a time where you can't get into the garden, or an injury where playing the piano is not possible, but you don't cease to love what you do and you do it to the best of your ability. What will happen after Lockdown? We'll get back into doing Karate. We'll give it our best effort and regain the skills we've lost proficiency in. We'll get fitter again. We still have a lot to do and we have the ability to do it. We'll ease the restrictions on our activity gradually, in line with government advice, and you can benefit from the range of classes available. Jump straight back in, because the sooner we get on with training the better,

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

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**Dedicated to Black Belt
Excellence**