

Karate Academy

早い者勝ち

Newsletter August 2020

Thank you all for your support during the difficult period we find ourselves in. You have enabled the dojo to continue.

It feels great to be back in the dojo, teaching classes. It feels great to see so many people enjoying their training. Of course, I'm concerned about the ones we haven't seen, but I understand that there is still a lot of concern about the pandemic, and, also, it is Summer Holiday time, which means that some people are able to go away. Enjoy this season. Enjoy the British Summer as long as the weather will let you. Just don't forget about training.

We're experimenting with the timetable a bit, so that we have time for the extra sanitisation and enough lessons to make sure that no single lesson is over-subscribed. If there's a time you'd like to train that we don't currently cater for, please let us know.

John Burke,
Chief Instructor

Open

Classes resume... hooray! On Saturday 25th July we recommenced indoor training at **Newton Abbot dojo**.

It was a great relief to be able to use our building again.

Torquay and Ashburton classes will return once the halls have confirmed that it is possible at those venues.

using the residents bays on King Street. It will only take a complaint made against us and classes will have to stop again.

We need to know which class you will be attending. There cannot be more than 15 students in each of our dojo. Please use the **booking** app, or contact sensei John and he will book your child into class.

Please **arrive** for class just 2 minutes before it is due to start.

Please leave training diaries open at the right page, on the desk for stamping.

Please use **hand-sanitiser**. Proceed directly to the training rooms. Go in to the one that is not being used. In the event that both rooms are being used, queue with social distancing measures in place.

Use the dojo with social distancing measures in place (the mats have been laid out with **2m squares**, do not occupy the same square as another student).

Please use the lavatory before coming to the dojo. If you absolutely have to use it during the session then you must wash your hands, and use the hand sanitiser upon return to class. Your instructors will wipe down the lavatories between uses.

Training will consist of warm-up, basics, and kata with supplementary exercises. Some parts of our training will have to wait until other restrictions are lifted.

Any equipment will be **wiped down** with antibacterial wipes after use.

The floor will be wiped down after use.

At the end of class, students must proceed to the door without delay, where they must be **met** by parents waiting in a social-distanced manner.

We appreciate that there is a degree of over-kill, here, but we know that it is better to be prepared and to make people aware of the situation. Hopefully more restrictions will be lifted in the near future.

Job

We require a leaflet distributor who can cover Newton Abbot, Torquay, and Ashburton. The job entails putting leaflets in letterboxes. Hours are to suit. We pay £45 per 1000. Do you know someone reliable who could do this for us? If so, please have them call 01626 360999 for a chat.

Timetable Exceptions

Having a timetable, once again, there were undoubtedly going to be occasions when it doesn't hold together. Please note the following

dates where there are differences to our regular timetable:

Friday 28th August—No classes.

Saturday 29th August—Little Warriors finishes at 9.30am for one day only.

Sunday 30th August—No classes.

Monday 31st August—Bank Holiday Monday, no classes.

Tuesday 1st September—timetable resumes.



What Happens Now?

Under the new guidance, at least for the next few weeks, we will **not** have the use of the waiting room. This will make things very difficult, because we must maintain social distancing when parents drop-off or pick up their children and there will not be any space for that to happen. We cannot have cars waiting outside and we cannot have parents

Grading

The ranks awarded in our club are for knowing and being capable at the correct level for that stage of the syllabus. That includes kumite and oyo. At the current time we are unable to train and/or check kumite and oyo (except *virtually*—we pretend to do it). Little Warriors don't do sparring at the moment, so we can continue with their stripes, but full coloured belts and black belt grades must be practiced for, observed and corrected. It's only by earning a grade fair and square that we can feel proud of that grade.

Due to the length of time that will occur before a full grading can take place, Renshi John has reiterated in class that he will award the grade that the student has worked for, not just the next one in the sequence. That means that if the orange belt is ready to be a yellow belt they could potentially jump red belt. This is not a promise that double-grading will happen for everyone. Each student must do the work and attain the standard. It might, however, ease concerns for some of the people who have had to wait a long time for an examination to become available.

As always, if you have any concerns, speak directly to the instructor.

Social Media

Please join the **Members Only Keiko Karate** group on Facebook where we share information and notices that are **only** for our members: <https://www.facebook.com/groups/172704136120339/> or search **Keiko Karate**. There is a "security question" to answer as we don't want just anyone on this group. Just tell us where you train and with which instructor (parents: use the details relevant to your child).

The public information is on the **Karate Academy** and **The Karate Academy** pages. <https://www.facebook.com/theKarateAcademy/> & <https://www.facebook.com/KarateSensei/>

You can help the club by sharing information that you see on the public pages, you never know who will be inspired to join us by your post. The Keiko group, however, features photos of our members, including children, and **must not** be shared publicly.

UKMAS 2021

When lockdown happened, all the planned events got cancelled or postponed. The **UK Martial Arts Show** in Doncaster has taken the step of announcing that their new

dates won't be this year; they are going straight to 2021. Some events and instructors rely on the ability to have contact training or pair work in their seminars, so it makes sense to allow this event to go straight to next year to avoid disappointment. May 1st and 2nd at The Dome. Anyone who already had tickets to the 2020 dates will have them honoured for 2021.

Renshi John has once again been asked to teach at the show (4 workshops over 2 days).

Little Warriors



You may have noticed that the

Saturday morning Little Warriors class is a little bit longer. There are usually a few more children in this class and we want to make sure that they get the attention and progress that they require, so Sensei Janet is making a little bit more time for them. The exception to this will be Saturday 29th August, when the class will only be 30 minutes, just like the other Little Warriors lessons. That's a one-off because Sensei Janet is covering the morning classes on her own that day.

Extra Black Belt Training

We have an additional class on Friday evening now 6-7pm for those who want to be good Black Belts. Open to students 3rd kyu and above. This class will not be available on Friday 28th August.

Birthdays

The following students celebrate their Birthday this month (August)

2	Tommy Thompson, John Drew
5	Rhys Havard-Edge
10	Henry Slipszenko
11	Neil Tappenden
15	Thomas Flannery
16	Richard Carrick tasshi
22	Henry Duddy
24	Freya Wallwork
27	Thomas Mann

**Happy Birthday
to You**



Last Word

It's not like it was. That's true, and it will always be the case, because Change is the one thing that is certain. In fact, we should expect change, and endeavour to make it happen, too. Every situation is temporary, and this one, too, shall pass. Some people are actually enjoying "no-contact" training. It provides the exercise and allows them to proceed with confidence. Some of us realise that we cannot be certain of ourselves until we have tested, to at least some small degree, our abilities; put ourselves on the spot; performed under pressure. Each cycle that we go through should leave us better and more capable than before. We're going through another cycle right now. There is another cycle to come. And while we would like for the next cycle to be less disruptive than the pandemic, we know that there will always be challenges to be overcome; what matters is how we deal with them. We might have been feeling low during the shutdown. We might not have enjoyed our enforced rest. We might have thrived during the shutdown. We might have used that time to reshape our lives and our health. Whatever happened, we cannot and must not compare ourselves to others. They have their issues and situations to deal with. We have ours. They are themselves and we are ourselves. We are not each other and cannot have the same outcomes because we do not have the same circumstances. So we learn to stop beating ourselves up, to move on, and to deal with the next challenge. Occasionally our mental strength waivers, and when that happens we acknowledge that it has happened and then we move on from there. Natural positivity is a wonderful thing, and those people who are not troubled by life's events are truly gifted. Most of us have to deal with our strife and battle towards a positive outcome, and this, too, is a gift, as we learn from our struggles.

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

Oss



**Dedicated to
Black Belt
Excellence**