

# Karate Academy

Newsletter December 2020

メリークリスマス!



## Diary Dates:

December 23rd - Last Timetabled lesson of the year

December 29th- Training 10-12 in Newton Abbot

December 31st- Training 2-4 in Newton Abbot

January 2nd 2020- Timetable returns to normal



Merry Christmas!

Who knew, this time last year, just what you would have been through in 2020? It's been quite a roller-coaster, hasn't it? Things like this just serve to remind us that we have to take our joys where we find them. We have to make the most of the freedoms we have because there's no telling what's around the corner. The best present I can have is your presence in the dojo. Your effort and your achievement is all the reward that this Karate teacher requires. Just give a little bit of time to training during December, you know that you need the break from everything else.

John Burke,  
Chief Instructor



## Lock-down

The dojo is permitted to **reopen** on December 2nd, so that's just what we do. Classes are back and we'd urge you to get to the Dojo while you can. Being in Tier 2 means we will have to run socially distanced classes once again, but basics and kata always need work. Our area of Devon is actually very low on the "case count", and there is an argument for being in Tier1, so hopefully that will get recognised soon. Let's make what progress we can, while we can.

## Christmas Timetable

Normal class times continue through December right up until **Wednesday 23rd** inclusive.

The normal timetable will resume in 2020 on **Saturday 2nd January**.

We will have training between Christmas and New Year, just not the regular classes. With all the family things to do there's no way we'd have attendance at the 30+ classes that we run each week.

Instead we'll just have 2 classes. **Tuesday 29th December** 10-12 and **Thursday 31st December** 2-4pm. These sessions are especially for those of us who need to keep limber during the Christmas excesses, ready for the New Year.

## Karate Party

With the rules in place about contact and social bubbles it is impossible this year to run our normal "Special Lesson". We just couldn't get everyone in all at the same time. So watch out, because that means we have to spread out the mayhem across the **week** before Christmas. Every lesson will include at least some small element of our legendary "Karate Party"! From **Saturday 19th December** each of our

lessons will be themed. We're going to have basics and kata (on the spot, backwards), and kumite (piggy back sparring, at the end of a 2m belt...) and lots of traditional exercises (who invented "Take Down Sensei" anyway?). All our members are invited, and even though we are not allowed to have a buffet table this year there might just be a few sweets around... We'll also give out our Awards for 2020. Each year we like to recognise those special individuals for their talents where grade is simply not enough: **Most Dedicated Student 2020, Most Improved Student 2020, Most Helpful Sempai 2020**, and our **Student of the Year 2020**.

Come and enjoy.

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## Presents

Anyone wishing to order punch-bags, kick-shields, heavyweight uniforms etc., please do so in plenty of time for Christmas. We hate to disappoint with availability and delivery times being what they are.

Also, please note that we still have some of the official Karate Academy **hoodies** left (youth

large, adult small, medium, extra large) but once they are gone we will not be able to get any more before Christmas.

The kata applications **books** and **DVDs** and the syllabus DVDs should be in stock all the time, though.



## 2021

The New Year lies just around the corner, and we have some fantastic training lined up for you. It's already looking like a packed year. What would

you like to see included in our events for 2021? We already have seminars and travel events. Are there special guests that you would like to train with? Are there seminars that you want us to put on? Let us know keiko-karate@aol.com and we'll see if we can include them.





## Photo Op

It was supposed to happen in November. And then there was Lockdown... So we have re-arranged the visit from "I'm Famous Photography" for **Sunday 24th January 2021**. You

will have seen their wonderful photography around the building in Newton Abbot where we use them as posters etc.

All members are invited to take part, and you can bring children and siblings, too (especially if they have other "uniformed hobbies", like brownies etc). There is no obligation to buy anything, but you might want to as it marks a place in your history and development as the folks who had theirs done two years ago are now finding out as they look at their pictures and reminisce about their time at "that grade". Big pics, little pics, magnets and keyrings, all with the cool background that I'm Famous add digitally to bring it that sense of art that makes your picture a bit more special.

The other reason, even if you personally don't want your picture taken, for coming along, is that we get a banner made up for the dojo. It will have everyone on it, and we want your picture even if you don't. So come and take part, 10am-4pm on that Sunday, best haircut, best gi, and we'll have some fun.

## 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, Dance etc using the centre, and so other activities that would complement our own Karate classes are welcome.



## Travels

It's quite unpredictable at the moment. We don't really know if contact and seminars are going to return to normal in the New Year. We do hope so, though. This is just a note to say that although

we have been deprived of travels in 2020, there are already things lined up for 2021 and you might want to consider coming along to them.

May 1st & 2nd there is the **UK Martial Arts Show** at the Doncaster Dome. Tickets are available at a discount from Renshi John.

There's also usually a **Bunkai seminar** in Essex in May.

The **Shetland** trip has been rebooked for May 22nd & 23rd.

These events are not exclusive to any particular rank and anyone who wants to come is welcome.



## Training

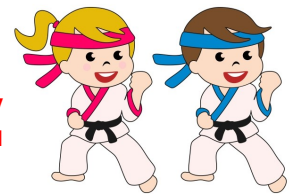
New members are given a Syllabus book. We also produced Training Diaries. It's frightening how few people actually take the time to read them. There is information in there about conduct and expectations for taking part in our martial art. Simple things like the "no jewellery" rule for your safety, and the advice that the best results come from training twice per week. There will always be those who cannot get to two lessons in a week (in which case they do what they can), but progress and retention of information comes to those who train frequently.

## Birthdays

The following students celebrate their Birthday this month (December)

- 2nd Oscar Williams, Jorja Williams
- 4th Janet Drew sensei
- 7th Jack Zheng
- 8th Deabra Stuart
- 19th William Hone, Matthew Key
- 20th Henry Pengilley
- 22nd Joseph Magor
- 23rd Ethan Eyre

Happy Birthday to You



## Last Word

Our goals and progress has been limited this year. Most of us had a situation that we were aiming for and due to the Lockdown(s) we haven't quite ended up where we wanted to be. 2020 has been a very strange year. We hope that you are well and coping with it all. We have, of course, continued in whatever limited way we could. And we'll continue to do so. You need something reliable, and Karate is there for you. Get sweaty, get rid of frustrations, improve physically and mentally.

Every year we see people disappear over December. They have "other things on" and they tell themselves that they'll "get back to it" in January. Well, the club only exists through the support of the members, so I hope you can find some small part of your schedule for a little bit of Karate. There's so many classes each week that there must be something that you can get to. Apart from supporting the club, you need your release. And with a little bit of "sweat equity" you can afford to indulge in a few treats over the festive period. And then in 2021 we'll have a little bit of a head start on those who did nothing in December. We'll know that sacrificing those couple of hours per week has given us fitness, strength and stamina to do better than we would have if we had cruised through Christmas. Enjoy the festive period, just make sure there is balance and get a little bit of Karate in there too.

Have a great celebration.

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

Oss



Dedicated to Black Belt Excellence