

# Karate Academy

メリークリスマス

Newsletter December 2021



## December Timetable

Our classes will run as usual up until **23rd December**. The normal timetable will take a break, then, returning on Tuesday **4th January**. Over the Christmas period we will have classes on **Tuesday 28th December 2pm-4pm** and on New Year's Eve, **Friday 31st December 10am-12noon**, which shouldn't disrupt your festivities too much.

Merry Christmas. With all that's happened over the past year or two, we hope that this December finds you happy and healthy. There is much to be grateful for, and much more that we can still accomplish; and so we hope that you will continue your journey with us in the New Year. We have lost good friends and family members this year, and each of you has had your own situations and battles to be fought. That we are still fighting our corner is testament to the Karate Spirit indeed.  
John Burke,  
Chief Instructor



## Dan Grading

It gives us great pride to announce the promotion of **Joshua Adams** to **Shodan** (first degree black belt). Josh battled through an arduous morning of training followed by the technical grading and did not once falter. Josh was the only candidate for Black Belt on this occasion, though he had the support of a number of the Brown Belts and Black Belts throughout his test. **Kyoshi Anthony Blades** supervised and advised (via Zoom due to his Covid situation), and **Renshi John Burke** was very happy to hand over the certificate and belt once he knew that Kyoshi was happy with the standard. Some of the other attendees asked Kyoshi for his feedback on their own progress, and he was happy to lay before them the challenge of being up to scratch to take the Black Belt test next year. We were also happy to have Mr Blades formally recognise Neil Tappenden sensei as a Sandan with our organisation. Neil has been training with us for a good while now, but not had the opportunity to meet Kyoshi. It might not have been ideal circumstances, but it was a hard-fought and well won event. Congratulations!



## The Special Lesson

Saturday 18th December sees an extra "training session". On that morning the Little Warriors are invited to wear something festive (that you don't mind getting ruined) for a games morning. That session will go on until 10am. The other classes that morning will go ahead as scheduled. At 1pm we have **The Special Lesson**. No longer referred to as *The Karate Party*, this is a manic session with exercises, games, and festive silliness which we were not able to hold last year. The kata is done backwards (or lying down). The sparring is done piggy-back-style. And we won't even mention "Take Down Sensei" or "Sensei's Revenge"...

There is an entry fee for this lesson: **bring something** for the buffet table. Once we are done with our training and handing out the **Awards** we will share the table with each other, and have the opportunity to sit, chat, and relax. Maybe tell a few dojo legend stories. Our Awards are nominated by the instructors, and they reflect the values that we treasure which are not necessarily reflected in grades/ranks. Our Little Warriors **Star of the Year**, and in Junior and Senior categories we have our **Most Dedicated Student**, **Most Improved Student**, **Most Helpful Sempai**, and the **Student of the Year**. Help us to cheer on and appreciate their efforts.

The morning sessions on that day will run as normal for the Juniors and Open classes, meaning we have a Karate-filled day!

1pm-2.30m "training". 2.30pm Awards. 3pm-4pm food. Anyone left at 4pm can help us with the clean-up!





## Birthdays

The following students celebrate their Birthday this month

(December)

- 1 Edward Seth
- 2 Oscar Williams, Jorja Williams
- 4 Janet Drew sensei (milestone)
- 10 James Davies
- 12 Louise Ashley
- 19 Matthew Key
- 20 Henry Pengilley
- 22 Joe Magor (milestone)
- 24 Fumiaki Tanaka (milestone)

Happy Birthday to You



## Seminar Travels

After a quick but tiring round trip, Renshi John made it to **Shetland** to teach for 12 hours and back in the course of a weekend 20-21st November. The timing was fortuitous, because no sooner was he back in Devon than Force 10 gales hit Shetland making flights in and out very risky. Although there's not a crowd of martial artists in Shetland, two flew in from Scotland just to join in the seminar. They've booked Renshi for next September in Oldmeldrum!

The seminar covered practical applications from Bassai Sho and Seiyunchin kata, and of course the principles were relevant to everyone who attended, as a quick tweak showed how the same move was used in the requested kata but also in Heian Sandan, Heian Godan, and the like. Not every club has instructors that are asked to teach at the other end of the British Isles—it's nice to have our instructors appreciated. As you know, our members are very welcome at these events, not only do they get extra training but they find out just how much they know, as well. 2022 events include Doncaster, Cumbria, Oldmeldrum, and probably Essex.

sizes of Karate Academy fleeces and Hoodies at the Newton Abbot dojo.

We also have some focus mitts and kick-shields with our club badge on them. There's usually a stock of student weight uniforms, but if you require a heavyweight it's best to give us some notice that you need one. **Nunchaku**, **bo staff**, **tonfa**, etc are also available, not to mention the **books** and **DVDs** produced by our own John Burke Renshi. Please email or use the Facebook Keikokai group to let us know how many and what sizes you'd like.



## New Members

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

**Sophia Guzel, Jason Liosatos, Limony Asley-Liosatos, Louise Ashley**  
(Newton Abbot)

**Naomi Szikszai**  
(Newton Abbot Little Warriors)

Welcome back to everyone who took time off with the other restrictions.

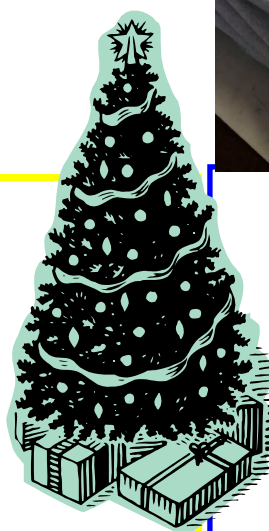


Recommendation is the highest compliment we can receive.

Welcome one and all!

## Christmas Presents!

If you were requiring Karate-themed Christmas presents it's a good idea to order early. There are a variety of



## Last Word

Whether you have accomplished your goals for this year or not, you deserve some respite over the Holiday period. That's why we have those two sessions between Christmas and New Year—just enough to keep us moving without being a demanding schedule. We invite you to join us for those Open classes and give ourselves the best chances for the New Year.

However you are spending the festive season, we wish you well and hope you have a good time. **Merry Christmas!** We look forward to training together in the future.

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

**Oss**



**Dedicated to Black Belt**

## Diary Dates:

### December

- 11th Little Warriors Stripe Test 9am
- 12th Kyu Grading 10am
- 18th Little Warriors Festival Bash 9am
- 18th The Special Lesson 1pm
- 23rd Last Timetabled Lessons before Christmas
- 28th 2-4pm Training
- 31st 10am-12noon Training

### January 2022

- 4th Return to Timetabled lessons