

Karate Academy

メリークリスマス

Newsletter December 2022



Merry Christmas. 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 look forward to you continuing your journey with us in the New Year. 2022 has been a mixture of trials and tribulations, and each of you has had your own situations and battles to be fought. Together we are proof of dedication and drive that is testament to the Karate Spirit indeed.

John Burke,
Chief Instructor



Dan Grading

It gives us great pride to announce the promotion of

James Doran, Joseph Magor, Archie Pimley, and Kristina Tinker to **Shodan** (first degree black belt). It gave us great pleasure to officially recognise **Nick Hawkes** as **Nidan** (second degree black belt) and **Deborah Needham** sensei was graded to **Sandan**, **Janet Drew** sensei and **Neil Tappenden** sensei were both graded to **Yondan** (fourth degree black belt).

The test was held over Friday 25th and Saturday 26th November 2022. There were physical components and the seniors had to demonstrate their knowledge and understanding too.

Kyoshi Anthony Blades travelled from the far north to

officialate and **Renshi John Burke** was joined by **Sensei Jim Harvey** at the examiners table, too. The pressure was felt throughout the room, with even those there to support being called upon to step up. Josh Adams, for instance, did very well at calling the basics for the candidates. Some of the other attendees asked Kyoshi for his feedback on their own progress, and he was happy to lay before them challenges for future Black Belt tests.

Our yudansa and the candidates did very well. It was a hard-fought and well won event. Congratulations!

Kyoshi Seminars

Thankfully, our seminars with **Kyoshi Anthony Blades** were able to go ahead this year. In 2021 we were deprived of his presence by illness, but this year he was here in person and in fine form on Saturday 26th November. We'd actually already had the benefit of his experience the previous evening at the start of the Dan Grading, too. 26 white belts to purple-white belts attended the first session, with the focus on cutting out stomping and extraneous movement. Everyone from young children to adults managed very well with the simple but

elegant lesson. Congratulations to Madeleine Williams on her promotion to brown belt by special order of Kyoshi Blades.

The Brown belts and Black Belts featured a session on movement, efficiency, and lining up ushirogeri. The promotions were announced during this class. While we can all get better, all of our attendees did very well in these sessions.

We look forward to seeing Kyoshi Blades again whenever he can make it down to see us. It's a relationship we have had for 23 years, and one we cherish.





Birthdays

The following students celebrate their Birthday this month

(December)

- 4 Janet Drew sensei
- 7 Dr Nick Kirsop-Taylor
- 12 Louise Ashley
- 14 Alistair Pollentine
- 19 Matthew Key, William Hone
- 22 Joe Magor
- 24 Fumiaki Tanaka
- 30 Jack Jones

Happy Birthday to You



especially) important during the Christmas period. The normal timetable will take a break, only because we've found that there won't be enough attendance, from 24th December until 2nd January inclusive, returning on Tuesday **3rd January**. We will have TWO classes in the week between Christmas and New Year, they're just not the usual timetables classes. We will have classes on **Wednesday 28th** December **2pm-4pm** and on New Year's Eve, **Saturday 31st** December **10am-12noon**, which shouldn't disrupt your festivities too much.

Attending these classes makes sure we are not in terrible condition for the new year and keeps us flexible.

The Special Lesson

Festive silliness an extra "training session". On Saturday 17th December 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. On Sunday 18th December we have **The Special Lesson**. No longer referred to as *The Karate Party*, this is a manic session with exercises, games, and festive silliness. 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.



Christmas Presents!

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

There are a variety of sizes of Karate Academy **fleeces** and **Hoodies** at the Newton Abbot dojo. We also have some **focus mitts** and **kickshields** with our club badge on them. There's usually a stock of student weight **uniforms**, but if you require a heavy-weight 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.

December Timetable

Our classes will run as usual up until **23rd December**. We still need our exercise and we still need our routine, even during the festive period. Physical fitness and mental fitness remain (or maybe

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. 11am-12.30pm "training". 12.30pm Awards. 1pm-2pm food. Anyone left at 2pm can help us with the clean-up!



Kyu Grading

On Sunday 4th December 2022 the following individuals were tested and found to be worthy of the grades listed:

3rd kyu

Leilanii-Rosa Mejias-Evered, Sam Schafer

4th kyu

Matthew Key, Charlie Slade

6th kyu

Harrison Ball, John Chapman, Tommy Thompson, Luke Walker

8th kyu

Stanley Maunder, Ioni Luff, Paige Jones, Alex Constantin, Lloyd Bennett,

Limony Ashley-Liosatos

9th kyu

Dan Gregory, Simon Hamziz

Congratulations all. We look forward to more coloured belt gradings in the New Year.

Diary Dates:

December

- 4th Kyu Grading 10am
- 17th Little Warriors Festive Bash 9am
- 18th The Special Lesson 11am
- 23rd Last Timetabled Lessons before Christmas
- 28th 2-4pm Training
- 31st 10am-12noon Training

January 2022

- 3rd Return to Timetabled lessons

Last Word

2022 tumbles to it's natural end, but 2023 is just around the corner. Whether you have accomplished your goals for this year or not, you deserve some respite over the Holiday period. Train before Christmas—make some room for those mince pies. But don't sit still over the break; it's too easy to get addicted to doing nothing. 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. In 2023 there are already things scheduled and a path laid before us to increase our abilities and our enjoyment of our art. The seniors are a formidable group, brown belts and black belts who know what they are about, and they are there to help you to be as good or better than them! 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.
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Dedicated to Black Belt Excellence

