

# Karate Academy

メリークリスマス

Newsletter December 2023



Merry Christmas! December rolls around once again and we have much to celebrate. Please note that we have classes this month and your support of our club is a sign of your dedication to growing within our martial art. It's easy to get distracted, so let's use some of that Karate concentration to keep just some time for training in amongst the work and school and family events that will be taking place. You deserve your festivities, but let's make sure we get our regular training, too.

The dojo is rarely a place for silliness, but we do have The Festive Lesson to look forward to. Enjoy December, but let's earn those mince pies...

John Burke,  
Chief Instructor



## December Events

As long term members know, we carry on with our regular training throughout school holidays, just stopping for Bank Holidays. As well as our regular training, there are some out-of-the-ordinary events happening in December.

On Saturday 9th at 9am the Little Warriors will be having their last **Stripe Test** of the year.

On Saturday 16th we have **The Festive Lesson**.

On Sunday 17th we have a **Kyu Grading** beginning at 10am.

## The Festive Lesson

What do you think of the name? We've called it **The Special Lesson** for a long time, that name might need to go to a little event coming up in *May*. **The Festive Lesson** lets people know that it isn't just a party, but it's still a bit special...

**Little Warriors** will have a session of extra Christmassy activity on **Saturday 16th December**. It begins at 9am and will cease at 10am. They're going to be run ragged with some serious exercise. The fee for taking part in this session is that they bring something for the buffet table. At the end of the training and the presentation of the Award for **Little Warrior of the Year** we will share in the



buffet table contents with them. Then there's just enough time to Hoover before the main **Festive Lesson** begins.

At **11am** on Saturday 16th everyone from the Juniors, Open, and Adult classes is welcome to 90 minutes of madness with Kata-on-the-spot, piggy-back-sparring, ninja-ninja-turtle and lots more.

Sometimes members dress up for the party, but beware, you are going to get hot and sweaty and pulled around, so don't wear anything precious. Wearing a gi is absolutely fine.

Again, the entry fee is that something is brought in for the buffet table. Once we have made it past the presentation of our Awards for 2023—**Most Improved Student, Most Helpful Sempai, Most Dedicated Student**, and the **Student of the Year** we will be happy to chat while members and their families share in the delights of the buffet table.

Anyone left in the building at 2pm can help us to clear up ready for the next day.

## December Timetable

We carry on with training in December, and whether you train for *fitness* or *self defence*, for an interesting *hobby* or to get a little "*me-time*", there are classes available on our regular timetable all the way up until and including **Thursday 21st December**.

As we regularly run 20 lessons in a week it isn't viable or desirable to run that many

between Christmas and New Year—our members have too much going on with family events and such like. We will, however, have some classes during the break. These are long sessions to enable us to take our time and get moving even with the Christmas excesses. Without these sessions to keep us flexible some of us would end up completely spherical. These sessions also stop the usual January fitness drive from being too much of a culture shock as we ease our way towards it.

These extra classes will be on Saturday 23rd 10am-12noon, Wednesday 27th 2pm-4pm, and Saturday 30th 10am-12noon.

The Schedule, then, looks like this:

Thursday **21st** December—normal lessons.

Friday **22nd**—no lessons

Saturday **23rd**—10am-12noon Open class

Sunday **24th**—Christmas Eve, no classes

Monday **25th**—Christmas Day, no classes.

Tuesday **26th**—Boxing Day, no classes

Wednesday **27th**—2pm-4pm Open class

Thursday **28th**—no classes

Friday **29th**—no classes

Saturday **30th**—10am-12noon Open class

Sunday **31st**—New Year's Eve, no classes

Monday **1st January** 2024—New Year's Day, no classes

Tuesday **2nd** January—normal timetable resumes





## Birthdays

The following students celebrate their Birthday this month (December)

- 4th Janet Drew sensei
- 8th Deabra Stuart
- 12th H Louise Ashley
- 14th Alistair Pollentine
- 19th William Hone, Matthew Key
- 22nd Joe Magor

Happy Birthday to You



thread on the **Keiko Karate** Facebook Group or see your instructor. The sessions are 30 minutes long, and Sensei Janet is donating her time, so if you book a session make sure you show up.

## Looking Forward

2024 begins with a return to the normal timetable on January 2nd. That means that both the Newton Abbot dojo and the Torquay dojo have classes on the first active day of the New Year.

2024 is the year that Keikokai turns 25 years old. We have some exciting projects and events, with guests and announcements to make.

## Hoodies

Christmas is here, and the official Karate Academy hoodies that were pre-ordered for Christmas presents will be available on Tuesday 5th December.

We have a small amount of stock, so anyone requiring a size not in stock must be prepared to wait for delivery. We can confirm that prices will be £24.95 for a child's hoodie and £29.95 for an adult hoodie.

Remember, books, DVDs, uniforms, equipment, pins, badges are available and also make great presents.



## Kata Intensives

Sensei Janet will be offering students **private lessons** on **Saturday 13th January 2024** to help with their kata practice. These loaded sessions will initially be for the white belts, orange belts, red belts, and yellow belts.

On **Saturday 27th January 2024** Sensei Janet will be working her magic with the green belts, purple belts, purple-white belts, and the 3rd kyu brown belts.

We hope to offer sessions for higher grades in the months to come, and also to cover other subjects. These sessions are being offered for free in order to help our members. Please book your time slot using the



## TKSI Badge

As you will be aware, we are members of and licenced by the **Traditional Karate Study Institute** under the guidance of **Anthony Blades** kyoshi and **John Burke** renshi.

The Institute's badge has now become available. This can be sown onto the gi on the right shoulder. It's available from your instructor at £5. We expect to see members, especially the seniors, proudly displaying their badges.



## Diary Dates:

### December

- 9th Little Warriors Stripe Test
- 16th The Festive Lesson
- 17th Kyu Grading
- 21st Last timetable lesson of 2023

### January 2024

- 2nd Timetable resumes

## New Members

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

**Myla Wright, Daniel Bennetts**  
(Newton Abbot)

**Rufus Beverly, Pippa Beverley**  
(Newton Abbot Little Warriors)

Recommendation is the highest compliment we can receive.

Welcome one and all!

## Last Word

Merry Christmas. Happy Holidays. Whatever you are celebrating at this time of year, it's iconic and timeless. The nights have got darker and the days colder, and the wheel begins to turn again. The nights will be drawing out. The seasons will roll around, and we have much to do. It's easy to put Karate on a back-burner over Christmas. We promise ourselves that we'll give it our time and dedication in the New Year. We'll use Karate when we need to get fit in January. It's true, you can do that. But here's a thought: if you can do just a little bit of training each week then you won't sacrifice the progress you've already made. Do nothing and you'll go backwards. If Karate can't be everything to you then let it be something—a small part of your life; something that you do for stress-relief; something that you use for release from the pressures that this time of year brings. Your refuge. Make time. Schedule it in. All the options are available to you. There are 8 Open classes each week which are available for all grades. One of them fits with your lifestyle. Then you can enjoy the festivities, without feeling guilty that you have neglected your training. It might be in *maintenance mode*, but that's better than not getting any training at all and going backwards.

It's been a long year, and we've got the scars to prove it, but we wish you a very Merry Christmas and best wishes to your and your family for the New Year,

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

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**Dedicated to Black Belt Excellence**

