

Karate Academy

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Newsletter December 2024

Thursday 2nd January 2025 return to normal timetable (except Torquay classes which do not return until 14th January).

The Karate Party

We have done so many years calling it "The Special Lesson" to avoid people showing up in velvet dresses when we are going to be doing wheelbarrow races, that it has finally become the right time to just admit it is what it is—The Karate Party.

It's on Saturday 21st December 2024. For those who haven't been before, the price of entry is to bring some food and/or drink for the buffet table. (All the best people bring lasagne with no mushrooms). What happens if everyone brings the same thing? Then we'll have a lot of that to eat! The Little Warriors start theirs at **9am**. They'll have some mad exercises and then their mini buffet. We expect the Little Warriors to be done by 10am.

At **11am** everyone else gets their Karate Party. It will, as always, be sweaty, noisy, and extreme fun. There will be basics, there will be sparring (on piggy back) and there will be kata (on the spot etc). There will also be our usual range of mad games. Sometimes people dress up for this, but don't feel that you have to and don't wear anything precious as it will get wrecked. A gi is fine.

We will also be issuing the **Awards** for 2024 at the event. Each year we recognise progress throughout the year with belts and certificates for increases in skill, but our four awards are for recognising more than just those:

Most Improved Student, Most Dedicated Student, Most Helpful Sempai, and Student of the Year 2024 will be voted for by the instructors.

Presents

If anyone requires equipment, hoodies, DVDs, or books might we ask that they order them early? Production times increase close to Christmas and some of them weren't that quick to begin with. Syllabus DVDs, bunkai DVDs, and Renshi John's books are usually in stock, but hoodies are brought in to order. Sometimes wholesalers will run out of nunchaku or particular pads on the run up to Christmas and we hate to see members disappointed.

As for presents for the instructors, the best gift we can have is your development and effort in class.

New Members

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

James Prideaux, Gail Prideaux, Andrii Hrihoriev
(Newton Abbot)

Recommendation is the highest compliment we can receive.

Welcome one and all!



Merry Christmas! We know there's a lot going on. We know there are family obligations and social events. We also know that you enjoy them more when you are truly *present* at them. You want to make time for Karate so that your time doing other things is a *reward* for your efforts in the dojo. There are still many lessons to choose from, and you pick the times that *suit you* in this hectic period. Taking time off makes it more difficult to remember things in the New Year, that's why we remain committed to offering you classes throughout the Christmas period, even when other activities and clubs come to a stop. All you have to do is to use what's on offer

John Burke,
Chief Instructor



December Timetable

Naturally, over the Christmas period we cannot run the 20 lessons per week which we normally do, but up until Sunday 22nd we intend to run our normal timetable. Then that will go on hiatus until January 2nd 2025. In the meantime there will be two extra lessons to help stop us from seizing up.

Also affecting our timetable is the redecorating of the Torquay site. It means that we can't come back there in the

first week of the New Year but we will from the 14th January.

Here's the summary:

Tuesday 17th Last Torquay class before Christmas.

Saturday 21st Little Warriors Christmas Party at 9am, everyone else at 11am.

Sunday 22nd Last Newton Abbot class before Christmas. It's for Brown Belts and Black Belts only.

Saturday 28th 10am-12noon extra class. Little Warriors are welcome to join us for the first 30 minutes.

Monday 30th 2-4pm extra class. Little Warriors are welcome to join us for the first 30 minutes.





Diary Dates:

December 2024

15th Kyu Grading 10am
 21st Karate Party 9am Little Warriors, 11am everyone else
 22nd Last class before hiatus
 28th 10am training
 30th 2pm training

January 2025

2nd First class of the New Year
 7th No Torquay class

Birthdays

The following students celebrate their Birthday this month (December)

- 4 Janet Drew sensei
- 8 Deabra Stuart
- 14 Elliott Thomson Mount
- 16 Oakleigh Rose
- 19 William Hone
- 22 Joseph Magor
- 29 Austin Davies

Happy Birthday to You



Members Resources

Members Only Facebook Group: We want to share information for and about members on the **Keiko Karate Facebook Group**.

The App: if you would like to book your places just set up an account. It's free.

For iPhone users please use this link— <https://apps.apple.com/gb/app/karate->



[academy/id1542741931](https://play.google.com/store/apps/details?id=com.goretrieve.karateacademy)

For Android users please use this link— [https://play.google.com/store/apps/details?](https://play.google.com/store/apps/details?id=com.goretrieve.karateacademy)

[id=com.goretrieve.karateacademy](https://play.google.com/store/apps/details?id=com.goretrieve.karateacademy)

It should also be available in your favourite app store for free. Just search for **Karate Academy**.

Our website:

www.KarateAcademy.co.uk where there are events and timetable updates available.

The *members* site

www.members.KarateAcademy.co.uk where you can access all the syllabus materials for free.

Syllabus DVDs are available from your instructor, as are John Burke renshi's range of books and DVDs on the subject of **kata applications**. You could get them on Amazon, but members receive a discount from their instructor.

If anyone requires equipment (pads etc) please see your instructor as we would hate for you to have the wrong thing.

Bassai Dai Seminar

On **Saturday**

23rd November

at 1pm. We held the last seminar of the year at our dojo in Newton Abbot. The subject was Bassai Dai Applications. As usual, the time sped away as we tried to get in practical applications to each of the moves in the advanced kata.

Attendees were mainly those of our own brown and black belts. Those who were in the process of learning the kata just learned loads of cool techniques and have a basis for understanding it going forward. Those who did know the kata started to appreciate just what they had their hands on.

Anyone who missed out will find much of the information covered in Renshi John's book **Fortress Storming** and on the DVD **Kata & Application Vol 8—Bassai Dai**. These resources will also help attendees to remember everything that was covered.

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Last Word

Enjoy Christmas. It's there for family time and thankfulness and celebrating faith as well as it's historical practical aspect of surviving half of the winter. Stay safe, and don't let it get on top of you. We've all seen Christmas before and we enjoy it for what it is, knowing that in 5 weeks' time it is all over bar the leftovers.

We'd like to take this opportunity to thank you for your support across 2024, and to wish you and your family well for 2025. The instructors have done a great job this year with helping each member to develop and grow, and we have enjoyed reminiscing about where we have come from over the past 25 years of Keikokai. There's still a lot more to do, and we hope you will join us going forward. 2025 is just around the corner.



Dedicated to Black Belt Excellence

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

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