

メリークリスマス



Newsletter December 2025

extra class. Little Warriors are welcome to join us for the first 30 minutes.

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

Friday 2nd January 2025 return to normal timetable. Use the lessons which are available to keep on making progress.

The Karate Party

Anyone who's only joined us in the past year won't have attended an event like this before... The Karate Party.

It's on Saturday 13th December 2025. Members will be aware; the price of entry is to bring some food and/or drink for the buffet table. What happens if everyone brings the same thing? Then we'll have a lot of *that* to eat!

The Little Warriors are welcome to join in with Juniors, Teens and Adults all having fun together. Sensei Janet will be on "Elf and Safety"...

It starts at **10am**. 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 2025 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 2025 will be voted for by the instructors.

Presents

If anyone requires hoodies, equipment, beanies, 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:

Tirzah Tony, Nwe Oo,
(Newton Abbot)

Recommendation is the highest compliment we can receive.

Welcome one and all!



Karate Academy

Merry Christmas!

There are lots of Karate classes before Christmas. There will be a small suspension of the usual timetable between Christmas and New Year. There are lots of fun things coming up. That's about it, that's the Newsletter.

As always, the festive period is very busy for you, with lots of demands upon your time, and you enjoy those special events more when you're not feeling guilty about missing out on other things. That's one of the reasons why we have so many training sessions—so that you can use the ones which suit your busy lifestyle. Then, pun intended, you can be **present** for them...

Getting back to training from taking a break can be hard: best option is don't stop, even when you have to slow down for a while. Then you can rev up again when it suits you. Training twice per week maintains momentum.

Enjoy the season.

John Burke,
Chief Instructor



December Timetable

Naturally, over the Christmas period we cannot run the 19 lessons per week which we normally do, but up until Monday 22nd we intend to run our normal timetable. Then that will go on hiatus until January 2nd 2026. In the meantime there will be two extra lessons to help stop us from seizing up.

Here's the summary:

Tuesday 16th Last Torquay class before Christmas.

Thursday 18th No 10am Open class due to a hall booking by JJs Arts and Drama

Saturday 13th Christmas Party at 10am. No ordinary classes that day.

Monday 22nd Last Newton Abbot class before Christmas.

Saturday 27th 10am-12noon





Diary Dates:

December 2024

13th Karate Party 10am everyone
18th No 10am class
22nd Last normal class before hiatus
27th 10am training
30th 2pm training

January 2025

2nd First class of the New Year
Tbc Kyu Grading

Karate Academy logo. They are available from your instructor at just £12.50 each.

Keep warm and represent your Karate club, all at once!

Congratulations!
We look forward to further growth in the NewYear.



Members Resources

Members Only Facebook Group:

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

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.

Stripe!

On Saturday 29th November 2025, Sensei Janet and Renshi John conducted a Stripe Test and were pleased to award the following grades:

Orange Stripe
Reef Fey



Birthdays

The following students celebrate their Birthday this month (December)

2 Joey Joyce
4 Janet Drew sensei
8 Deabra Stuart
19 William Hone
22 Joseph Magor

And in January:

2 Oscar Magor
8 Sora Thomson Tanaka
9 Oscar Sharpe
11 Adon Prince
20 Lokesh Balaji
21 Henry Saunders

Happy Birthday to You



Beanies!

We're very pleased to let you know that Karate Academy beanies are now available. These woolly hats have some lovely embroidery on the front with the



Last Word

Have yourselves a very Merry Christmas. It seems easier to do if you deserve the break; if you have worked and strived and give yourself the treat of a festive celebration. In other words—Earn those mince pies!!!

We'd like to take this opportunity to thank you for your support across 2025, and to wish you and your family well for 2026. 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 26 years of Keikokai. There's still a lot more to do, and we hope you will join us going forward. Get your kicks in 2026!



Dedicated to Black Belt Excellence

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

Oss

