

Karate Academy

Newsletter December 2019

メリークリスマス!



Diary Dates:

December 15th- The Special Lesson 11-3
December 21st - Last Timetabled lesson of the year
December 27th- Training 10-12 in Newton Abbot
December 30th- Training 2-4 in Newton Abbot
January 2nd 2020- Timetable returns to normal



Merry Christmas!

This month will be hectic, won't it? You have all the preparation to do, all the presents to buy, all that socialising to do.

Don't get a present for me. The best present I can have is your presence in the dojo. Your effort and your achievement is all the reward that this Karate teacher requires. I can't possibly get all the loyal students a present so it's embarrassing when I receive one. Just give a little bit of time to training during December, you know that you need the break from everything else. And maybe raise a glass to me on Christmas Day.

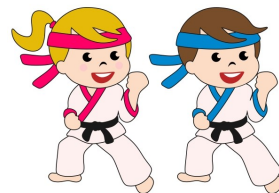
John Burke,
Chief Instructor



Birthdays

The following students celebrate their Birthday this month (December)

2nd Oscar Williams, Jorja Williams
4th Janet Drew sensei
7th Jack Zheng, Finlay Russell
8th Isaac Hinds,
Deabra Stuart
19th William Hone
22nd Joseph Magor,
Tom Potham



Happy Birthday
to You

Christmas Timetable

Normal class times continue through December right up until **Saturday 21st**.

No Brown and Black Belt class on Sunday 15th.

The normal timetable will resume in 2020 on **Thursday 2nd January**.

We will have training between Christmas and New Year, just not the regular classes. With all the family things to do there's no way we'd have attendance at the 30+ classes that we run each week.

Instead we'll just have 2 classes. **Friday 27th December** 10-12 and **Monday 30th December** 2-4pm. These sessions are especially for those of us who need to keep limber during the Christmas excesses, ready for the New Year.

Special Lesson

It's almost legendary. We have a class, it used to be called "The Karate Party", but we're going to sweat and have fun and party dresses don't do so well during wheelbarrow races... So it's The Special Lesson.

It's on **Sunday 15th December** from 11am-3pm. We're going to have basics and kata (on the spot, backwards), and kumite (piggy back sparring) and lots of traditional exercises (who invented "Take Down Sensei" anyway?). All our members are invited.

And there's a fee. You need to bring something to go on the buffet table, because we're going to sit and eat together after the madness, and if you want the food to be good then you need to bring good food.

We'll also give out our Awards for 2020. Each year we like to recognise those special individuals for their talents where grade is simply not enough: **Most Dedicated Student 2019, Most Improved Student 2019, Most Helpful Sempai 2019**, and our **Student of the Year 2019**. Come and enjoy.

Presents

Anyone wishing to order punch-bags, kick-shields, heavy-weight uniforms etc., please do so in plenty of time for Christmas. We hate to disappoint with availability and delivery times being what they are.

Also, please note that the official Karate Academy hoodies are due in stock any day, but once they are gone we are not sure we will be able to get any more before Christmas.

The kata applications books and DVDs and the syllabus DVDs should be in stock all the time, though.



2020

The New Year lies just around the corner, and we have some fantastic training lined up for you. It's already looking like a packed year. What would you like to see

included in our events for 2020? We already have travel events, the Self Defence Seminar, the Bunkai Bootcamp lined up. Are there special guests that you would like to train with? Are there seminars that you want us to put on? Let us know keikokarate@aol.com and we'll see if we can include them.





Grading Results

On Saturday 23rd November 2019, the following Little Warriors (4-7 year olds in our pre-martial-arts class) were recognised at the next stage of their development:

Green Stripe

Tommy Thompson, Dexter Beverley

Yellow Stripe

Lucas Kirkbride

Red Stripe

Thomas Mann, Oliver Russell, Evelyn Goodyear, Sophia Duddy

Orange Stripe

Holly Sanders

Instructors nominate Little Warriors to graduate to the next stripe when the students have learned what they have to do from the Little Warriors curriculum.



On Saturday 23rd November 2019 we held a kyu grading at Newton Abbot dojo. The following people were recognised to have attained the required standard for new grades:



4th kyu

Archie Pimley

7th kyu

Joseph Magor, Olivia Martin, Ayrton Sharp, Theo Shepherd

8th kyu

Oscar Magor, Brody Simpson, Jon Owen



9th kyu

Dexter Allen, Sunny Weedon

And Dave Lagda was awarded an **Orange Stripe** on his White Belt.



In order to take a grading examination, the student must be nominated by an instructor. This happens when the student has proved competent in their regular lessons. On the day of the test they still need to demonstrate just why they should pass. The result depends on the student and their effort.

Hall Hire

If any of our members know of any instructors or coaches who need space to run their classes or activities, please ask them to ring John on 01626 360999 as there are plenty of empty slots at **King Street Studios**, our full-time centre in Newton Abbot, particularly during the day (evenings are pretty busy but there are occasional gaps). Wednesday morning on the mats has just become available. We already have Pilates, Yoga, Dance and toddler Ballet using the centre, and so other activities that would complement our own Karate classes are welcome.

Travels

In November, Renshi John got to teach in Scotland at Steve Gordon sensei's dojo. It was freezing (literally), but the kata Chinte with all the possible wonderful applications that it possesses proved to be enough to keep the participants warm. Some people had got on a plane from Shetland to be there for the weekend. Seminars already set up for 2020 include travels to Doncaster, Essex, Shetland, and Sweden.

Last Word

Not a grouch. You really should spend time with family, visit friends, and enjoy the seasonal excesses. You really should. We need those releases from the rigmarole of day-to-day living. We need to laugh and celebrate our accomplishments of this year and all of those before. And, as a theme running alongside and beneath all of those celebrations, we also need to know that there is Karate to be done. We have classes and we don't stop, and the people who "wait" until they're a bit fitter in the New Year will have the most problems getting back in the swing. What we need is a little regular training. A little maintenance of our condition. That's why I carry on teaching when there are 3 people in the room. That's why I carry on teaching when there are 30 people in the room. We need it. I know I need it. So please, relax, enjoy, kick back and let the season take you where it may. Eating too much and the giving of presents are part of the celebration. And on top of all that, come and get some training. Karate is on. Even during the break we have something, and you might just need it by then...

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

Oss



Dedicated to Black Belt Excellence