

# Karate Academy

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*Newsletter February 2021*

Well, no sooner was January's Newsletter in the post than an announcement from the government completely changed everything that was in it. As the next review of the situation isn't until the February Half Term Holidays, we are fairly confident that this, February Newsletter will be accurate. The trouble is, there's not a lot to tell you. We're in Lockdown. So I'll just say that I hope you are all well, staying healthy, and coping with the situation as well as you are able. Have some sympathy for the people who are suffering, not just with disease but also mentally or financially during these restrictions which have changed just about everything we thought we knew about the way the world works.

John Burke,  
Chief Instructor

## Lockdown Restrictions

Once again, the Government has thrown us into Lockdown. Announced at the beginning of the year, straight after we had published the Newsletter for January and thus making it null and void, the COVID situation has meant that we are unable to teach classes in person. This situation is unlikely to change in February. The next review of the restrictions will take place at Half Term. At the moment the plan seems to be for schools to return on March 8th. We'd like to think that dojo will be soon after. Rest assured that as soon as we are allowed to teach classes in person we will. Martial artists look for solutions to problems rather than dwelling on the unhappy state of affairs. Our solution, as before, is to teach classes via Zoom. We realise that this is not perfect, but it is something rather than nothing.

## Zoom classes.

Please contact us if you require the details of the Zoom Lessons. We sent out an email to all the members whom we had email contact details for. The Passcodes and Meeting IDs were also shared on the Facebook Group. "Attending" classes should be as much like being in the dojo as possible. Please have as few distractions as you can, turning off TVs and making this little bit of time all about the Karate. Parents and visitors are urged to keep all advice and encouragement until after class. Of course, parents who wish to train alongside their children may do so.

Please book your place like a normal class. The timetable on the Booking App is up to date.

Put on your keikogi and warm up before class. There is a video of the Warm Up on the "Online Lessons" page of the website. Work alongside this so that the order and timing of the warm up is maintained and no part is neglected.

This allows us to use the Zoom class to teach and practice rather than going over the Warm Up again.

Little Warriors will have a short Warm Up during their Zoom lesson.

Training at home is more difficult. We understand this and make allowances when teaching, for the strange situation and delays in transmission/reception. That's why concentration at home is essential. Teaching via a camera is even more difficult. There is a lot of information that we could simply "feel" and test if we were allowed in the room together.

We apologise if the "time runs out" during a session. We try to time our classes, but might accidentally overrun. If we happen to "switch off" before you have finished then please know that we have taken a silent bow to end the session and we hope you will do the same.

As always, if you have any concerns or suggestions we are happy to hear them. Please contact me by email [info@KarateAcademy.co.uk](mailto:info@KarateAcademy.co.uk) or call 01626 360999. We wish you all the best for 2021 and will try to provide the tuition that we know makes a difference to the health and development of the individual, even during these trying times.

Keep your eye on the **Keiko Karate** Facebook Group for any news.

## The App

Please note that our Booking App is now available on Apple App Store and Google Apps. This enables us to monitor who's in class and make sure we're not over-subscribed. Please book places for classes.

## Memberships

Thank you to everyone who is continuing to keep up their memberships. Your continued support helps us to pay the bills which continue even though the government prevents our use of the building.

We understand that some families are suffering financial issues with the Lockdown. Please contact us because we would rather you were training than not. We can sort leafletting etc in lieu of fees.

Paying for Zoom classes, shorter and less content-filled than in-person classes might seem like a poor substitute. What we would say, though, is that paying was never about "how many minutes you get" but rather about the building and maintaining of skills, values, and being part of our club. Those things continue even in this strange phase of our existence. Paying for lessons, paying for the month, buying a block of 10 sessions: whichever way is easiest for you to support our endeavours. When the dojo reopens there will, of course, be more minutes available to enhance your training, get feedback etc.

## Contact

Some of our members are not on Facebook. And, as we discovered at the start of January, emailing every member is time-consuming. It would be a great help if you would join our email mailing list. There's a "pop up box" for it on the news page of [www.members.KarateAcademy.co.uk](http://www.members.KarateAcademy.co.uk) and we promise not to use it to send spam messages. It's just there to let us get in touch with everyone at the same time for Newsletters and urgent news.

## New Association

For a long while now, our group, the **Eikoku Karate-do Keikokai** has been large enough to have “association” status. We have also been members of the British Association for Martial Arts. With many of our links being to martial artists in other countries rather than having many clubs in the UK, it has become necessary to recognise that fact by founding a new association with international links. The **Traditional Karate Study Group International** (TKSGI) was created to foster these links and provide recognition for our members across the globe. Initially we have received interest from our friends in the Netherlands, Finland, USA, Sweden, Cyprus, and Japan.

Both John Burke renshi and Anthony Blades kyoshi will continue in guiding our martial arts development with this new group.

## New Training Diaries

The 2021 Training Diaries are ready to be given out in class. If anyone is desperate for theirs then let me know and we'll work out a way to get it to you. Please use yours to record your regular training, your private lessons, and your seminars and workshops that you attend, plus any notes you care to make about your training. And, of course, the number of press-ups and sit-ups that you do every day.

## School Photos

Naturally, the planned event for January: the photo shoot by the folks from “I'm Famous” Photography could not take place.

Like most things at the moment, we don't know when it will be possible, but when it is possible we will get it re-arranged to a time when we can all get together.

## Travels

Will our travelling seminars go ahead? We really don't know. Seminars already set up for 2021 include travels to Doncaster, Essex, Shetland, and Sweden. If these things are allowed and you fancy a road trip then get in touch, they are not dependent on grade, anyone can join in with them.



## Grading

As you will understand, the art of Karate contains sparring and application of all those movements performed in thin air. We are aware that some groups are offering “Covid Gradings” via Zoom, to reward members for their participation and support. We believe that in the long term, an individual's self esteem is damaged by being awarded grades that they did not win through passing a test. As we cannot spar together, test applications, or see basics and kata from all angles at the moment we will simply wait before we do any more gradings. Patience, is, after-all, a skill

we should encourage. This means that when we do conduct a test the members who pass will know that they have earned their grade, not been given a participation award.

When it is time for a grading, however, we will issue the grade that the member has achieved, whether that is the “next one” or higher. Which one that is, of course, will depend on the individual.

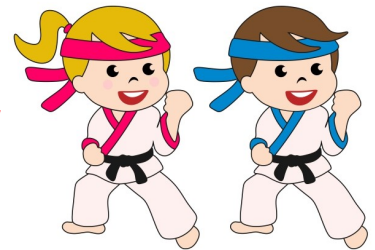
Members cannot request a double grading, they must do the training and earn a double grading by being able to perform at the required standard for a higher grade. The emphasis, then, is back on the member and their ability to learn and absorb the training. This means getting in front of the teachers, even if it is by Zoom.

## Birthdays

The following students celebrate their Birthday this month (February)

- |      |   |
|------|---|
| 4th  | Katie Dickinson                               |
| 7th  | Dylan Hone                                    |
| 8th  | Ruth Dungey                                   |
| 9th  | Jakub Kubien                                  |
| 12th | Leilanii-Rosa Mejias-Evered, Ceran Sultan Sen |
| 17th | Azenette Lagda                                |
| 18   | Teddy-James Chambers                          |
| 22nd | Garry Hewings, Anna Hinds                     |

Happy Birthday  
to You



## Last Word

Stay healthy. We're told to keep our distance from other human beings so that we do not catch this terrible disease. Yet we need contact. Isolation is a terrible thing, and so whether it is by telephone or social media or Zoom, please make sure you have contact. We need movement. Please make sure that our days are not limited to screen time, sedentary Netflix is not going to keep us healthy. Please move, correct your posture, get your heart pumping. Please be careful about what you put in your body. Our food and drink are always important, and during a lockdown we might not be burning as many calories as we used to, so please be careful about what you put in. That's not to say “No Treats”, just watch the quantity and frequency. Please get some sunlight. It is hard enough to get enough sunlight at this time of year without locking ourselves away from it. That daily outdoor exercise, even if it is only a walk is really necessary.

You know, even without the pandemic we would frequently discuss how there was no “right time”. You don't wait until you nearly drown to get swimming lessons. To learn to drive you must take lessons, and such is the case with martial arts skills. Our fitness is not a prerequisite for taking part. Fitness comes about because we participate. “I'll do it once I've lost weight” is like saying “I'll learn to drive once I've passed my test”.

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

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**Dedicated to Black Belt  
Excellence**