



明けましておめでとうございます

Newsletter January 2021

Tuesday 10-11am, 5-8pm
Wednesday 6-7pm
Thursday 10-11am, 5-8pm
Friday 5-6pm
Saturday 9am-12noon (with the exception of 9.30-9.45 when both rooms are in use).
Adult members can arrive at any time and leave at any time during these sessions. Adult members are reminded that in Tier 3 they are not to congregate or socialise either in the dojo or on their way to or from the dojo.
Our Brown Belt and Black Belt classes cannot take place, either. We will provide PIP space on a Sunday from 11am -12noon for feedback.
The waiting room/viewing room in Newton Abbot dojo is not available during Tier 3.
In the event that at the next Tier Review or at any time in between the government moves Devon into Tier 4 or in the event of a National Lockdown, we will immediately revert to Zoom classes.
Our interests in our members health and safety remains paramount, and if anyone has symptoms or is in close regular contact with anyone who is vulnerable to this terrible virus then please use your best judgement about whether you should attend physical classes. We are investigating putting on extra Zoom classes anyway for those who cannot make it in.
As always, if you have any concerns or suggestions we are happy to hear them. Please contact me by email 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.

Happy New Year!

Welcome to 2021 at the Karate Academy. What a year 2020 was! Despite everything that happened and the restrictions that were inflicted on us, there were some great triumphs to help balance out the other stuff. And here we are with a New Year in front of us. How shall we use it? What will we have achieved when we look back at this year? Who will we be? Whatever the answers you have, we need to work on them while we have the opportunity. We need to take steps, get things moving, and start to become who we are meant to be.

While we can.

John Burke,
Chief Instructor

Return of the Timetable

The training timetable will resume in 2020 on **Saturday 2nd January**. Members are reminded that training twice each week produces the best results. Consistency is key to development.
While last year has proved that we cannot predict what will happen in 2021, we can say that we will endeavour to provide the best quality Karate classes that we possibly can.
Once again there has been a government announcement that affects how we do things at the Karate Academy. This affects the first two weeks in January, with further changes possible at the next Tier Review on 13th January. It is hoped that we will return to Tier 2 at this point.
At the moment we are in Tier 3.
The good news is that in Tier 3 group classes for under 18s (anyone who was under 18 on 31st August 2020) can still go ahead. We will, therefore, continue to run our Little Warriors and Juniors classes as per the Timetable, in order to provide as much stability for our young members as possible.
Open classes in the evenings will continue to run, and may be attended by Under 18s. Any adult members wishing to help out at these sessions please clear it with me first. Adult assistants are allowed in classes for the Under 18s.
Torquay Little Warriors class will continue as per the timetable. The Open class is available to Under 18s and any adult helpers who might wish to attend.
In Tier 3 we are not permitted to run Adult group classes. Therefore we are not running any adult classes until the Tier is reviewed again.
Adults who wish to train are permitted to conduct private individual practice, without social interaction with anyone outside of their family or bubble. During timetabled Junior or Open classes we will provide space for private individual practice (PIP) and also from 10-11am and 7-8pm on Tuesday and Thursday. That means PIP is available: Monday 6-7pm

The App

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

Diary Dates:

January 2nd 2021- Timetable returns
January 13th—Next government Tier Review
January 24th— I'm Famous Photo Day.
10am-4pm. No normal lessons.



New Members

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

Darcy Clyne
(Newton Abbot)

Alfie Cude, Eleanor Key
(Little Warriors)

Welcome back to everyone who took time off with Christmas, isolation, and other restrictions.

Recommendation is the highest compliment we can receive.
Welcome one and all!

Awards

We gave out our Awards for 2020 during the Saturday morning sessions on 19th December. Each year we like to recognise those special individuals for their talents where grade is simply not enough. This year we had just one awardee for each category:

Most Dedicated Student 2020, Steve Sharp
Most Improved Student 2020, Sunny Weedon

Most Helpful Sempai 2020, Joe Magor
Student of the Year 2020, Jon Owen
Congratulations! Of course, the hunt for the 2021 recipients starts now...



2021

Happy New Year! It's here! 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 2021? We already have events that we intend to travel to, like The UK Martial Arts Show in Doncaster, the Budokwai in Shetland, and a seminar in Essex. 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.

Special Lesson

As 2020 ended with restrictions on contact and socialising we were unable to run our Karate Party for the first time in 21 Years. Sharing of food was not allowed, so there was no buffet table, but we still managed to get a few odd games and events into our class in that last week before Christmas. Well done to everyone who came along, supporting the club right up until we took our Christmas break. New members might not know, but we only stop our timetable for that week between Christmas and New Year and for Bank Holidays and special events. Other than that, we run our classes throughout school holidays, providing lots of opportunities to train.

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.

New Training Diaries

The 2021 Training Diaries are now being given out in class. 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.

Photography are travelling down to us, offering first class digital photography in front of a green-screen in our Studio 2. You can have photos, key-fobs, etc made with your best Karate poses. Wear your best gi and come along for a fun photo shoot. You don't have to buy anything but you might want to. Most importantly for us: everyone who gets their picture taken is included in the large banner that we will have made, so even if you don't want a photo of yourself, please understand that we want you included in our banner for the club. We start at 10am and finish by 3.30pm.

Travels

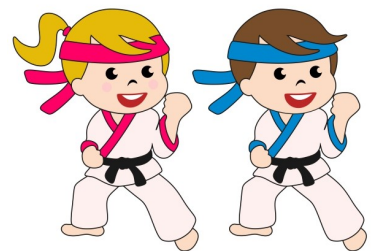
Seminars already set up for 2021 include travels to Doncaster, Essex, Shetland, and Sweden. If you fancy a road trip then get in touch.

Birthdays

The following students celebrate their Birthday this month (January)

2	Oscar Magor
4	Joseph Saunders
7	Sophia Newman
11	Sunny Weedon
20	Sonny Horton

Happy Birthday
to You



Last Word

This year holds so much potential. Don't they all? There are lots of "ifs" and "buts" to do with what we can achieve this year, but aren't there always? There are always excuses and there are always reasons why things didn't come about the way we would have liked. Some things are just beyond our control. However: if you want something to happen you'll find a way to make it happen. If you want something to work you'll make it work. It might need re-jigging from the way it usually happens, but we can make it happen if we work towards it. We need to know what "it" is, and what steps we're going to take to get there. That's how we achieve, even in bizarre circumstances. We take actions. So set your goals. Tell your instructors and ask them what you have to do to get there. Then start making those steps, however small they might be, because these things have momentum, and once the stone starts rolling it can set other actions in motion that can cause a landslide! Years can fly by if we're not careful. We need to enjoy where we are and we need to enjoy the journey to where we want to be.

The government might be arranging things without knowing quite what Karate does for people, and we understand that they can't possibly comprehend what it is we do, but we'll keep working on it.

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

Oss



**Dedicated to Black Belt
Excellence**