

Karate Academy

あけましておめでとう

Newsletter January & February 2022

The Most Helpful Sempai 2021

Sunny Weedon

Kristina Tinker

Student of the Year 2021

Joshua Adams

Hannah Ward

Happy New Year! We delayed the Newsletter, fearing that like last year we would make announcements and then find them "locked down" by the government, and because we're now three weeks into January and everything seems to be rolling forward we'll consider this a "January and February Newsletter". It's already great to see so many people back in the dojo this year, and we have much we can accomplish if we put our minds and bodies to work.

As usual, at the start of the year we have to remind people about removing jewellery while training and the habits and manners required in the dojo, but this is just to make sure that we get everything off to a good start.

John Burke,
Chief Instructor

The Special Lesson

Well done everyone who survived. Saturday 18th December was our Christmas Party. On that morning the Little Warriors were invited to wear something festive for a games morning. They had their own event so that they didn't get crushed with the adults and older children in the afternoon.

At 1pm we had **The Special Lesson**. It used to be called *The Karate Party*, and as always it was a manic session with exercises, games, and festive silliness. The kata was done backwards (or lying down). The sparring was done piggy-back-style. And members also indulged in Ninja Ninja Turtle and various other activities...

Thank you to everyone who contributed towards the buffet table. You made a lovely spread once again. Once we were done with our training and handing out the **Awards** we were able to share the buffet and have the opportunity to sit, chat, and relax.

Awards

The Special Lesson on December 18th also featured the Awards for last year, as voted for by the instructors.

For the most part, a member's rank tells us what we need to know about what they have achieved and what they are expected to be able to do. Our Awards fall outside of the ranking system, for qualities which exemplify good Karate. As in years gone by, the 2021 Awards had a Junior and Senior winner in each category.

The Most Improved Student 2021

Jorja Williams

Charlie Slade

The Most Dedicated Student 2021

Dexter Beverley

Matthew Key

Of course, we are now looking at who will get the Awards *this* year. The only place to earn them is in class.

January Timetable

Our classes started on 4th January. Last year no sooner had we published the Newsletter and mailed it out than we were stopped in our tracks. In the event that the government imposes restrictions, we will run classes with limited numbers and social distancing if that is necessary, and should there be a lockdown we will immediately revert to Zoom lessons. It will be important to watch the email and the Facebook Group for details. Members notice considerable erosion of their abilities when they do not get their training, so it must continue even if it is through a screen.

Ladies only
Self Defence

No Nonsense Course which shows simple ways to:

- Escape
- Avoid
- Control

the most common forms of attack against women.

Essential information which does not rely on a woman's size, strength, or fitness.

Call NOW 01626 360999 to reserve your place

Could you defend yourself against an attack?

Saturday 19th February 2022
1-4pm, Only £12.50 per person
Karate Academy, King street Studios,
King Street Newton Abbot TQ12 2LG
Call 01626 360999 or email info@KarateAcademy.co.uk
www.KarateAcademy.co.uk

Ladies Self Defence

Once again, this essential course returns. It's a no-nonsense training session for people with no martial arts ability in how to look after themselves in violent confrontations. While Karate classes deal with this and so much more, some of our female friends and relatives could do with a few skills that does not have any of the Karate language or formality attached. Please let your friends know and get them booked in as places are limited.

It's on Saturday 19th November 2022 1-4pm and still just £12.50 per person.

Bunkai Seminar

Bunkai is the usual term for kata applications. John Burke renshi teaches practical uses for the moves from your kata, from the Shetland Isles down to Cornwall and has even taught in Okinawa. His special brand of teaching has led to the publication of books and DVDs, and yet in our own classes here in Devon we get a drip feed of information.

Here, then, is an opportunity for you to get kata application tuition directly and in-depth.

The seminar will be run from 1pm, with Juniors finishing at 3pm and Adults carrying on until 4pm. Juniors £15, Adults £20.

Bring your questions so that the material learned can be as relevant to your level as possible.

Private Lessons

Members who pay monthly or annual fees were invited to have a private lessons with the instructors on Saturday 22nd January. These half hour sessions can be themed around whatever each student requires to help them develop. Pay-as-you-go members are sometimes invited on a case-by-case basis. Please watch the Keiko Karate Facebook Group for the next opportunity.

Birthdays

The following students celebrate their Birthday this month (January)

- 2 Oscar Magor
- 4 Joseph Saunders
- 8 Sora Thompson-Tanaka
- 10 Luke Walker
- 11 Sunny Weedon
- 19 Octavian Munea

And February:

- 6 Alex Constantin
- 8 Ruth Dungey
- 9 Jakub Kubien,
John Chapman
- 12 Leilanni-Rosa Mejias-Evered,
Ceran Sen
- 17 Azenette Lagda
- 18 Teddy-James Chambers
- 19 Hugo Boyle
- 22 Garry Hewings
- 23 Hugo Roberts
- 25 George Jones, Rufus Tucker
- 26 Poppy Harwood

Happy
Birthday
to You



New Members

The Karate Academy is pleased to welcome the following new members who joined during December and the first two weeks of January:

Kitto Farmer
(*Newton Abbot Little Warriors*)

**Oakley Maghaireh, Zachary Newman,
Luke Walker, Jake Wilreid, Luke Walker**
(*Newton Abbot*)

Tyne McClean-Glass
(*Torquay Little Warriors*)

Welcome back to everyone who took time off with the other restrictions.

Recommendation is the highest compliment we can receive.

Welcome one and all!

Diary Dates:

January 2022

- 1st Happy New Year
- 3rd Bank Holiday. No classes.
- 4th Return to Timetabled lessons
- 22nd 121s from 12.30pm

February 2022

- 12th Little Warriors Stripe Test
- 13th Kyu Grading
- 19th Ladies Self Defence 1pm
- 26th Bunkai Seminar 1pm

Grading Results

On Saturday 11th December 2021 the Little Warriors were examined by John Burke renshi and Janet Drew sensei and the following grades were awarded:

Green Stripe

Erin Chambers, Louis Chambers

Yellow Stripe

Joseph Saunders, Teddy Chambers

Red Stripe

Joseph Bulley

Orange Stripe

Ioni Luff, Anthony Carpenter,
Edward Saunders, Tobiasz Mocek

On Sunday 12th December the following students were tested by John Burke renshi, assisted by Janet Drew sensei and Deborah Needham sensei at Newton Abbot dojo and found to be worthy of the grades listed:

1st Kyu

Joseph Magor, Archie Pimley,
Steve Sharp

3rd kyu

Hannah Ward

4th kyu
Ayrton Sharp

7th kyu
Azenette Lagda, Sam Schafer

8th kyu
Sophia Duddy, Georgia Winsor

9th kyu
Jack Churchill, Jacob Hill, William Hone, Dave Lagda, Richard Laycock,
Fumiaki Tanaka, Sora Tanaka

Congratulations to you all on your achievement, and may you have continued success and improvement with your training.

We are often asked what people have to do to be invited to grade. The answer is that they have to know and be able to perform their grading syllabus to a high standard. They must have taken on board the corrections that they have been given in class. Invitations to grade are given out when the instructor has assessed that these steps are in place, and the only place that can happen is "in class". Therefore we recommend training twice per week in order to make progress.

Christmas Presents!

Many thanks to those of you who took the time and effort to give your instructors presents and cards at Christmas. It's not necessary, but we really appreciate the gesture, especially in these difficult times. Thank you.

Training Diaries

The 2022 Training Diary is available through your instructor. Please collect one at your first lesson this year and then use it to log your lessons, put in place your aims and ambitions, and take notes on what your instructors tell you.

Last Word

What will you accomplish in 2022? The year will undoubtedly bring its own trials and barriers to the progress that you would like to make, and that's why it is necessary to have a plan, take action on making it happen, and forge ahead. Training twice per week, logging your lessons in your training diary, and using the notes page for listing your goals and feedback on things you need to work on are essential. Grades are a good measure of how we are doing, but they are not the be-all and end-all. A grade reflects the progress you have made. The aim is to make progress, so the grade is a by-product, and should come along naturally if the student is intent on getting better. We all have off-days (some of mine have lasted months), but becoming the best that we can be is always on our radar. Our efforts in class move us towards our goals. Practising our mistakes at home just makes us good at making them. Turning up at the dojo but failing to involve mind and body in what we are doing is fruitless. Even injured members can turn up and make notes; even injured people can learn. There is a trend for people to try less "because they're tired" or because it's "that again" but we don't get better by sitting in our comfort zone. A muscle has to be pushed beyond its previous safe parameters in order to grow, and so do we, but in the end each person is responsible for their own "pushing".

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

Oss



Dedicated to Black Belt