

# Karate Academy

あけましておめでとう

Newsletter January 2023

Happy New Year! We hope you had a great Christmas and are now looking forward to a wonderful 2023. As always, people will make Resolutions about what they want to accomplish in the year, and in short order many of them will be put aside as the real world kicks in. Maintaining a goal is hard work, and that is why we think that creating a habit of moving forward and small successes is more worthwhile than making great strides which are soon lost. As such it is imperative that Karate is regular practice— a part of your life that doesn't go away or rest. It can go through phases of increased or decreased activity, but it should always be "what we do". It's just what we do. Join us for an exciting programme of events moving forward this year. It's what we do.

John Burke,  
Chief Instructor

## The Special Lesson

There was a small preview for our smallest members on Saturday 17th December, when the Little Warriors had their pre-Christmas fun session. It was held during their normal morning class, although it over-ran a little as we shared cakes with the group.

The main event was on Sunday 18th December. Members attended with strange adjustments to their uniform—tinsel belts and strange hats, etc. - and we had a sweaty time running through a warm-up, basics, kata, and kumite. Of course, being Christmas silliness our basics got very weird and our kata was done lying down, and our sparring was on piggy-back. Other traditional games were also played,



with the usual array of Ninja Ninja Turtle and Knock Down Sensei...

Thanks to everyone who contributed food and drink to the buffet table. It was quite a

spread. Thanks too, to everyone who helped tidy up afterwards. We appreciate it.

## The Awards

At the end of the silliness of the Special Lesson we took a moment to present our annual awards. These are in recognition of members who went above and beyond the call of duty this year. Normally a grade or belt is all that is required to recognise someone's ability in Karate, but these awards are there for those things that are harder to define. There were numerous nominations, many of whom were worthy enough to hold the title, but the instructors reached their decisions anyway. Our winners, one Junior and one senior in each category, were:

**Little Warrior of the Year:**  
Harrison Williams

**Most Improved Student:**

Jack Churchill, Maddie Williams

**Most Dedicated Student:** Theo Shepherd, Jamie Blondell

**Most Helpful Sempai:** Archie Pimley, Joe Magor

**Student of the Year:** Luke Walker, Sam Schafer



Congratulations to you all.

Of course, now we are looking to see who will win the awards this year...



## Diary Dates:

January 2022

3rd Return to Timetabled lessons

21st 12.15pm onwards

29th Kyu Grading

## Birthdays

The following students celebrate their Birthday this month (January)

- 2 Oscar Magor
- 8 Sora Thomson Tanaka
- 9 Oscar Sharpe
- 10 Luke Walker
- 11 Sunny Weedon
- 16 Thia Lake

Happy  
Birthday  
to You



## Christmas Presents!

Many thanks to those who gave the instructors presents at Christmas. You really don't need to do things like that, but we are touched that you did. Thank you, we appreciate it.

## January Timetable

Our classes return on Tuesday **3rd January**.

Getting a solid start on your training in the New Year is essential for progress and getting rid of any bad habits from the Christmas break.

Make sure you collect your 2023 Training Diary from Sensei and then, more importantly, make sure you use it. The training diaries exist as a visual reminder for you, as to how many lessons you've attended. The instructors have a register, so they can tell, but sometimes we feel like we're "always at the dojo" when in fact we've missed weeks through trips, workload, illness, etc, and so it is no surprise that we aren't getting the results we seek. The training diary shows you quite vividly whether you have managed to get in 8 lessons in a month. If you can't make your usual session please feel free to use one of the others. We have 20 classes per

week spread across 7 days; it's pretty certain that there's something for everyone. You can also use your training diary to record the training you do at home, your daily press-ups and sit-ups, and any notes or technical details that you want to remember and refer back to (that's why there's a "notes" page for every month).

## Kyu Grading

Naturally, as the year begins people will look at when they might expect to grade. Even if you were starting from scratch it is possible to go up four grades in the coloured belts over the course of the year. A white belt could, theoretically, finish 2023 as a green belt. It's not promised, as every student learns at a different rate, but it is possible. It's best accomplished by working hard, attending regularly, and taking on board the instruction from the teachers. For each grade you need to know and be able to perform your basics, kumite, kata, and oyo.

We will be holding a kyu grading on Sunday 29th January at 10am. Even if you are not ready to grade, it is still advisable to join in and have a good lesson that serves as a "heads up" as to how a grading is conducted. It's also good to support the people who are grading.

We run grading exams regularly in the sure knowledge that not everyone will be in them at the same time. When you are ready to grade you will be given a Grading Notice. This is our permission to take the test and does not guarantee a pass. If you are in any doubt as to your eligibility please see your instructor.

## Looking Forward

We are always willing to consider adding in events and having guests that the members suggest. We already have some ideas for

additions to your regular classes: Kyu Gradings, 121s, a Ladies Self defence seminar, a Bunkai Seminar. April—visit from Anthony Blades kyoshi to check on our progress prior to any Dan Gradings. May—Training on the beach August—Summer School And we are also getting requests for John Burke renshi to teach in Holland Cambridge, and Warrington this year. Our members are always welcome to attend these events and they help to broaden our horizons and experience.

## Terminology

We have run out of Syllabus Books (although the DVDs and downloads are still available).

There will be a new syllabus book as part of our 2023 publishing schedule, but in the meantime here are some elements of terminology which might be of interest:

**O Soji**—the big clean. To end the year and see in the new with a deep clean of a house or dojo, getting rid of rubbish and starting afresh.

**Hatsu geiko**—first lesson. Usually refers to the first training of the New Year.

**Kagami biraki**—"opening the mirror". A ceremony for opening a new project involving mochi and sake, but also referring to a New Year at Karate.

## New Members

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

Jack Guy, Charlie Northwood,  
Riley Cresswell,  
(Newton Abbot)

Recommendation is the highest compliment we can receive.

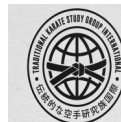
Welcome one and all!

## Last Word

Happy New Year! And what will 2023 bring to you? Well, truthfully, no one can tell what the future will bring. What we can govern is how we will respond to the challenges and the triumphs. For some that will always be to blame others for their situation. For others it will be to pick themselves up and get on with things while always striving to better their situation. Most of us over-indulge at Christmas; some accidentally and some deliberately. Whatever your situation, getting back into the dojo and working to better your situation is the only logical route. None of us are perfect, but the people who succeed in Karate are the ones who work towards a goal of being better today than they were yesterday. The instructors forgive your mistakes and hope that you will forgive theirs, as no-one is infallible. We, of course, have big plans for 2023, and putting in place some things ready for 2024—that's the 25 year anniversary of our club. It would be great to have you along for the ride. If there are any suggestions for events or guests that you would like to see in the calendar, please get in touch. Email, phone, suggestions in person, and we'll see what we can do about including them in our schedule. How will you end 2023? Well, the answer to that won't be found in making resolutions and plans, but only in the actions that take place between now and December. Do what you have to do, and we'll be there to support you, help you, guide you, and correct the course deviations that occur along the way.

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

Oss



**Dedicated to Black Belt  
Excellence**