

あけましておめでとう

Newsletter January 2025

Karate Academy

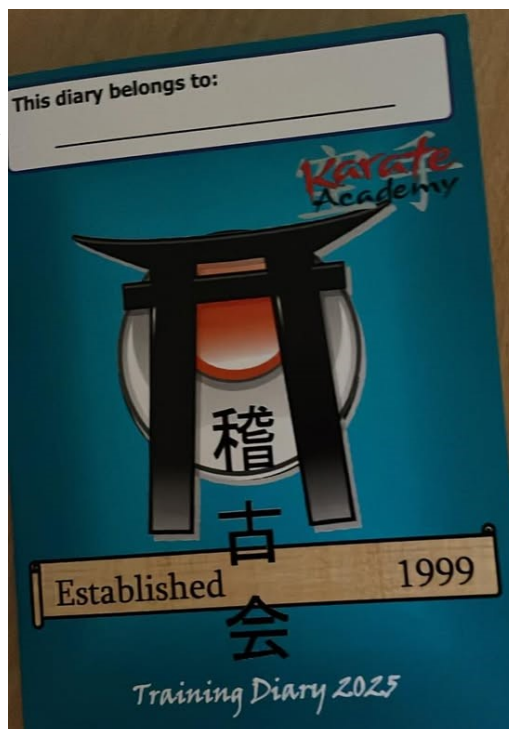
Happy New Year! Welcome to 2025 at the Karate Academy! What will this year bring? Well, that's really up to you. The effort and enthusiasm for our art is what yields the results that you require. Start the year off right by getting in two lessons per week. Make it a habit rather than a special effort. It shouldn't be a shock to see that you have trained, but rather a part of your normal day-to-day existence. That's when you get results that last instead of the frequent fad results that people enjoy in January. Wow, they dropped a load of weight—yes, because they stopped eating the Christmas food and got moving again. One time I asked **Hokama sensei** why the martial artists enjoyed long life but the royal family of Okinawa did not last as long. His reply was that the King spent long periods *sitting* while the Karateka were on their feet. Use your training diary to show you how frequently you train. That's what it's there for. It's a whole New Year. Let's get moving.
John Burke,
Chief Instructor

January Timetable

Straight back into action on 2nd January. Unfortunately, our Torquay venue is not available for the first Tuesday back due to being redecorated. Torquay classes will be active again from the **14th January 2025**. Instead of having a month off, (since 17th December) Torquay members are very welcome to come and join in with Newton Abbot classes.

Training Diaries

With the New Year comes the new 2025 Training Diary! These can now be obtained from your instructor in class. It has pages for all the months of the year, pertinent etiquette reminders and pages for you to make notes for your development and to review in the future. If you present a Training Diary at your lessons then your instructor will stamp it with their *hanko* to show your attendance.



Members Resources

Members Only Facebook Group: We want to share information for and about *members* on the **Keiko Karate** Facebook Group.

The App: if you would like to book your places just set up an account. It's free.

For iPhone users please use this link— <https://apps.apple.com/gb/app/karate-academy/id1542741931>

For Android users please use this link— <https://play.google.com/store/apps/details?id=com.goretrieve.karateacademy>

It should also be available in your favourite app store for free. Just search for **Karate Academy**.

Our website:

www.KarateAcademy.co.uk where there are events and timetable updates available.

The *members* site

www.members.KarateAcademy.co.uk where you can access all the syllabus materials for free.

Syllabus DVDs are available from your instructor, as are John Burke

renshi's range of books and DVDs on the subject of **kata applications**.

You could get them on Amazon, but members receive a discount from their instructor.

If anyone requires equipment (pads etc) please see your instructor as we would hate for you to have the wrong thing.

Diary Dates:

January 2025

1st No classes
2nd First class of the New Year
7th No Torquay class
14th Torquay classes resume

February 2025

1st Little Warriors Stripe Test
2nd Kyu Grading

New Members

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

Lucas Cooper, Sylvia Noel
(Newton Abbot Little Warriors)

Recommendation is the highest compliment we can receive.

Welcome one and all!

Birthdays

The following students celebrate their Birthday this month (January)

2 Oscar Magor
8 Sora Thomson Tanaka
9 Oscar Sharpe
11 Sunny Weedon

Happy
Birthday
to You





The Karate Party

We survived! The Karate Party took place in two parts on Saturday 21st December. Kicking off at 9am the Little Warriors had their Special Lesson with Sensei Janet and Renshi John involving all sorts of madness, from tug-of-war to wheelbarrow races and Ninja-Ninja-Turtle. Their manners were impeccable as they shared the treats on the buffet table and went on their way.

The rest came in for 11am. There was the special warm up and the special basics, and the special kata practice before it turned to festive chaos with the piggy-back-sparring and Take-Down-Sensei. Take-down-Bulldog involved some very competitive adults and then we were dodging flying fists before Ninja-Ninja-Turtle.

Before you know it the time had run out and we got to hand out our Awards for the Year. Many thanks to everyone who

contributed to the buffet table. There was a rich array of food this year with some elegant home-made goodies and exotic offerings. A real treat. Thanks to everyone who helped clean up and put the dojo back into working order.

Awards

Each year we make four special awards. Most of our reward is attached to the joy we get from training and the physical and mental benefits as shown by grades/belts, but some things need recognition that are not necessarily to do with kicking and punching. On Saturday 21st December, after careful deliberation amongst the instructors,



we made our awards for 2024.

They were as follows

Little Warriors **Star of the Year** Tilly Thomas

Most Improved Student, Elsie Angell
Most Dedicated Student Maxx Quinn

Most Helpful Sempai Oliver Joyce
and **Student of the Year 2024** Jamie Blondell

Of course, we are now making notes about each of you for the 2025 awards. Everyone is in the running.



Last Word

One Year. *This Year*. So much potential available. Of course there will be trials. Of course we will not hit everything we aim for, but that doesn't mean we shouldn't try. In fact, that quote that's on the wall at the Newton Abbot dojo, the one with the eagle flying high, is about deliberately aiming high in order that you hit high targets even when you fall short of the ultimate aim. We set high standards then try to live up to them. Each of us is only human, and we need to forgive ourselves when we don't achieve everything we could have, but we should use that to spur us on to even greater efforts for just as great rewards. Master Russell Stutely, writing on his birthday (2nd January) noted that if you aim for a precise target and miss you'll hit something that isn't far away from it, but if you aim for a broad target and miss then you'll miss by a long way.

We'd like to take this opportunity to thank you for your support across 2024, and to wish you and your family well for 2025. We have our work cut out for us, going forward. There's still a lot more to do, and we hope you will travel with us on the journey that is 2025.

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

Oss



**Dedicated to Black Belt
Excellence**