

# Karate Academy

早い者勝ち

Newsletter July 2020

Apologies for the delay in getting the Newsletter out to you. We wanted confirmation of the government proposals before we released the information...

Your safety, and that of your loved ones is the most important thing, and although we want to see you all again in the dojo, it must be only when you are ready. Be confident that we will do all we can. Nearly everyone's back at work. Schools are back now, but in a staggered manner. Shops are reopening, so there is light at the end of the tunnel. When you can come back to the dojo we will endeavour to make sure that you are as safe as possible, but we also understand that there is risk in everything in this world, so we hope you agree that we should take our time and do things in the right way. In the meantime, train at home, ask for guidance, stay safe, and we'll get through this together.

John Burke,  
Chief Instructor

## Open

**Classes resume...** hooray! Under new guidance from the Government regarding leisure facilities and gyms, indoor classes with social distancing restrictions have been given the go-ahead from Saturday 25th July. So you know what that means? Our classes at **Newton Abbot dojo** are **back** on from **Saturday 25th July**.

If the weather holds up I dare say that we'll have some outdoor training before then. I'm currently looking at Tuesday 14th July 10am, Saturday 18th July (3 classes including Little Warriors) and Tuesday 21st July at 10am.

Please check the website for timetable details, as we've added a class and changed some times.

**Torquay** and **Ashburton** classes will return once the halls have confirmed that it is possible at those venues.

## The Road to Opening

We didn't actually stop. We had video lessons available when we couldn't meet in person. Then we had 121s when training together became possible. Then we had outdoor training once they were allowed. Our Karate classes haven't stopped, but we do know what you mean when you say "re-opening".

There was great hope that 4th July would mark the return to training at the dojo. Unfortunately the government announcement of which businesses were allowed to reopen specifically excluded indoor exercise, gyms, and leisure centres. While we could argue that the dojo is neither a gym nor a leisure centre, has the social distancing regulations in place, and is no more likely to spread any virus than being present in a shop, we also understand that other people just don't see it that way.

Thanks to everyone for their patience. We know you understand that this situation is not of our making. We would be open now, given the chance. Keep watching the website for the new timetable, because there will be some small changes to accommodate the regulations, temporarily.

Like sports halls and gyms, we've been deep cleaning the dojo. Cleaning not just the floor and equipment, but door handles, frames, and walls—basically everything we can think of to make sure that when we are allowed to train together in the dojo that you will be confident in your environment. There are antibacterial handwash dispensers in the toilet facilities and there is a hand gel at the front desk of the Newton Abbot dojo. The dojo has been divided into "social-distancing training areas".

Please also watch the **Keiko Karate** Facebook Group or for information contact Renshi John on Messenger, call 01626 360999, or email [sensei@karateacademy.co.uk](mailto:sensei@karateacademy.co.uk)

Please stay safe and stay well. We know that some will still feel the need to isolate. Only come to Karate if you are happy to do so. We all need to take into account our own health and that of other people that we come into contact with. It needs common sense rather than waivers and regulations. In a world where you can pick up the virus literally anywhere there is no need to think that training is anymore dangerous from that perspective than going shopping.

## What Will Training Entail?

Under the new guidance, at least in the first few weeks, we will not have the use of the waiting room. This will make things very difficult, because we must maintain social distancing when parents drop-off or pick up their children and there will not be any space for that to happen. We cannot have cars waiting outside and we cannot have parents using the residents bays on King Street. It will only take a complaint made against us and classes will have to stop again.

We need to know which class you will be attending. There cannot be more than 15 students in each of our dojo. Please use the **booking** app, or contact sensei John and he will book your child into class.

Please **arrive** for class just 2 minutes before it is due to start.

Please leave training diaries open at the right page, on the desk for stamping.

Please use **hand-sanitiser**. Proceed directly to the training rooms. Go in to the one that is not being used. In the event that both rooms are being used, queue with social distancing measures in place.

Use the dojo with social distancing measures in place (the mats have been laid out with **2m squares**, do not occupy the same square as another student).

Please use the lavatory before coming to the dojo. If you absolutely have to use it during the session then you must wash your hands, and use the hand sanitiser upon return to class. Your instructors will wipe down the lavatories between uses.

Training will consist of warm-up, basics, and kata with supplementary exercises. Some parts of our training will have to wait until other restrictions are lifted.

Any equipment will be **wiped down** with antibacterial wipes after use.

The floor will be wiped down after use.

At the end of class, students must proceed to the door without delay, where they must be **met** by parents waiting in a social-distancing manner.

We appreciate that there is a degree of over-kill, here, but we know that it is better to be prepared and to make people aware of the situation. Hopefully more restrictions will be lifted in the near future.

## Keeping Up Your Training

Training at home cannot replace training with an instructor at the dojo, it is the next best thing. Please use our online resources: the **Keiko Karate** Facebook Group just for our members: <https://www.facebook.com/groups/172704136120339/> or search for

**Keiko Karate**. That's where you can hear about new videos and the outdoor lessons. You can also share your training and get tips and help from the instructors and fellow members.

There are video lessons available, and we'll keep producing them this month. Put your *gi* on, play the video, and train just as if you were standing in front of your teacher.

**Little Warriors Lessons** 1-8 are available.

**Juniors Lesson** 1-3 (Juniors can also use the Open Classes).

**Open Class Lessons** 1-32 are available.

The online training videos have been made in such a way that the instructors are teaching you as if you are there in front of them. Literally "train along with us" style.

Members who pay monthly or annually have them included in their membership. Members who pay-as-you-go will need to purchase each download. The links are on the Members Only website.

There are free resources on the Members Website. Go to [www.members.KarateAcademy.co.uk](http://www.members.KarateAcademy.co.uk) and use the password **excellence**. Free background material and kata by pictures and written instructions on the **Syllabus** page.

Also, don't forget the DVDs and downloads for each belt are available, plus Bunkai DVDs, downloads and books.

If we can help in any other way please let us know. Feel free to message us with video footage of your training for us to review and comment on.

## Social Media

As soon as we print the Newsletter something else comes up. Or we want to let you know about a success in class. Or an event. The Newsletter is still useful as many people keep it on the fridge to remind them of events, but phones and electronic devices stay with us nearly all the time, and so social media has become the way that people communicate.

Please join the **Members Only Keiko Karate** group on Facebook where we share information and notices that are **only** for our members: <https://www.facebook.com/groups/172704136120339/> or search **Keiko Karate**.

There is a "security question" to answer as we don't want



just anyone on this group. Just tell us where you train and with which instructor (parents: use the details relevant to your child).

The public information is on the **Karate Academy** and **The Karate Academy** pages. <https://www.facebook.com/theKarateAcademy/> & <https://www.facebook.com/KarateSensei/>

You can help the club by sharing information that you see on the public pages, you never know who will be inspired to join us by your post. The Keiko group, however, features photos of our members, including children, and **must not** be shared publicly.

## Outdoor training

We've been meeting up in the Park and training outdoors. If you would like to attend these sessions then just let us know when you are available. We'd love to put more of them on, but they are, as always, subject to the weather.



## Birthdays

The following students celebrate their Birthday this month (July)

- 10 Timothy Riggs
- 17 Georgia Winsor,  
Jax Digby
- 28 Mark French
- 29 Jack French
- 31 Erin Chambers



**Happy Birthday  
to You**

## Last Word

It's been difficult, these past few months. We all hope that our strong will and good attitude from Karate training will keep us sane. We hope we are disciplined and dedicated. We also know that the dojo is a special place, and when we are not at the dojo we sometimes feel disconnected from our art. Training at home is difficult. Training on your own is difficult. Who corrects you? Who spots the mistakes building up and becoming habits? What use is a teacher without any students? We have tried to enjoy the break. We have tried to use our time productively, even if it was differently. We know that something was missing. Well, we now have the opportunity to train together again. It's still going to be a little different, a little restricted. But we'll be in the dojo. We'll be back into a routine. We can rebuild our ability level and improve on it going forward. Will we treasure our training once it recommences? Will we value it because we were deprived of it for so long? There are some stages of normal that we don't want to return to. The dojo is not a gym. It's not somewhere that you turn up, pay for your session and then think no more of it. Karate-do, the Way of the Empty Hand, is a way of life. It's something that we do and something that we are. Like when the gentleman with MS came to pick up a printer that I was giving away, and upon entering the dojo he bowed. No longer able to train due to his debilitating condition, he bowed because he had been a Karate-ka. Oss. Once a Karate-ka always a Karate-ka. I would say that not everyone who does Karate is a Karate-ka. Those of us who treasure our art and everything that it has done for us, those of us who learned more than kicking and punching through our efforts in the dojo, those are the people who became Karate-ka. They didn't know that was what they were going to be, but they became Karate-ka through their own efforts. They reap the rewards of their training.

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

**Oss**



**Dedicated to  
Black Belt  
Excellence**