

Karate Academy

Newsletter July 2021

Book Your Place

Our classes are getting busier, so may we remind our members that booking a place in class is becoming more of a necessity. We have an app for that.

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 shop for free. Just search for **Karate Academy**.

Speaking of apps, the **Bujin.tv** app is now available on Apple and Android app stores. To get it for free for a month, please use the promo code **JOHNBURKE**.

Grading

We are already getting questions about a Dan (Black Belt) Grading. As you know, while members cannot do free-sparring we are unable to test the criteria that make up being a Black Belt, so there is some delay to those who are nominally ready. It will be depends on the government as to when it will be, but we haven't forgotten about it.

As for the coloured belts: members who are ready to test will receive a grading invitation from their instructor. The only way to get one of those is to be in class, working on the things you have to work on and demonstrating progress (also not forgetting your old stuff). Some members are ready, and others are not.

With this in mind we have scheduled the next two kyu gradings:

Sunday 11th July 2021

Sunday 8th August 2021

Anyone who is *not* invited to take part in the first date should make it their mission to take part in the next. Not because grading is the be-all and end-all, but because you want to make progress and getting a new grade will show that you have made progress.

If you want to know what you need to work on, please don't hesitate to seek clarification from your instructors, but rest assured, they have already told you in class.

The **Little Warriors Stripe Test** will take place on Saturday **10th July** within their regular class, beginning at 9am promptly.

On **Sunday 11th** July we will begin our test with a short lesson at **1pm**. All other lessons that weekend will continue as normal. We anticipate finishing around 3.30pm. Anyone not grading is also welcome to attend to have a lesson and see how we run the test even though they are not actually testing.

It's July already. British Summer time! As always, our advice is to enjoy the sunshine but keep a little bit of time for Karate. We don't want you to miss out and it's always more difficult coming back after a break than it is just starting in the first place. That's why now is a good time. There are plenty of people coming back right now, and we're all a little bit the worse-for-wear because of the Lockdowns so we're all trying to recover the ability and fitness levels that we once had. Join in. Join us for the journey. We may all be individuals but we are all travelling, at our own speed, towards our destinations. It's good to have company for the journey.

John Burke,
Chief Instructor

Summer School

Our intensive training week is back this year! We are running **Summer School** again. It's a week-long course, from 10am-3pm, Monday to Friday, where we manage to get in a month's training in a week. This can be hugely beneficial— a kind of "immersion training" that brings familiarity with technique due to the regularity and repetition of the training. There are breaks, but that's 5 hours of training every day. On the last day we might even be able to have some fun and games if we manage to get all the work done.

We realise it's called Summer "School", and that means that people associate it with children, but adults attend the week too. So if you're not working come along. Get stuck in and take a leap forward.

Members would need to bring a packed lunch, and the fee is £95, but people who book before 3rd July can have it for just **£70**. Individual days can be booked at £20 each.

Summer School runs from **2nd August until 6th August**.

During Summer School week there will not be any morning classes, but evening sessions will run as normal. That means you can get your regular sessions in, too.

Restrictions lift

The government did not go ahead with the easing of most social distancing rules in June. The final restrictions are due to lift on the 19th July. In truth, this doesn't affect very much of what we do, but the Black Belts will be happy to have some free sparring practice. Under the "Return to Play" plan for martial arts, we are already allowed partner work and pad work, and naturally we are still being cautious with extra cleaning of equipment etc.

For us, the timetable is back on; with **Little Warriors** (classes for 4-7 year olds), **Juniors** (for 7-12 year olds), **Open** classes (for all ages and grades), and **Adult** classes (adults only) back on the timetable. Our **Brown and Black Belt** classes are on, but without free-sparring.

We will, of course, update you should the situation change.

Birthdays

The following students celebrate their Birthday this month (July)

6 Skyy Small
17 Georgia Winsor,
Jax Digby
27 Edward Little
31 Eleanor Key,
Erin Chambers



Happy Birthday
to You

Summer Holidays

Towards the end of this month is the end of the school term. For many of us, nothing changes, but for some it's a time of figuring out what you can do with the children (we have Summer School) and working out who's covering our shifts at work.

Karate Academy classes continue throughout school holidays. A lot of people are looking forward to getting away, after the recent restrictions on travel. Please have a good time and stay safe.

If you are away, it's polite to let your instructor know. Otherwise they worry about you. Monthly payments should be continued, just use more sessions before you go and after you return to ensure that you get value from your membership. Twice a week training, or 8 lessons across a month means that monthly membership is the best way to pay.

Each year, historically, some members would disappear for the month because it "wasn't worth it" for the weeks when they were around. There's no need for that. Come anyway, and if you really have to change to pay-per-session or buying a 10 Lesson Pass then just do that instead. Having you as a monthly member is best for the club, but best for you is to have as little time off from training as possible.

Over the Summer Holidays we try to include activities and exercises that we don't always get time for in "term time". Smaller class sizes (with people away) mean that we can also spend a little more time with each person.

We do realise that everyone's circumstances are different and will accommodate individual situations wherever we can.



New Uniforms

There is a delivery of new uniforms due in the next week, so if you were waiting on a size that we are currently out of stock of, then don't fret, they are on their way.

Our uniforms are made for us specially, embroidered with our badge and labelled with our group name. They are student-weight for lightness while training and the cut of them is specific to our group. We like the legs a little shorter than most (to help with kicking) and the jackets sufficiently long to give a little room for growth.

Getting your uniform from your instructor helps to support the club and is much appreciated.

Members Resources

We hope all members know about the website www.KarateAcademy.co.uk where there are events and timetable updates available. You should also know about 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.

New Members

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

Alan Ou, Libby Pike, Robert Langworthy
(*Newton Abbot*)

Lemmy Rogers, Hugo Roberts
(*Newton Abbot Little Warriors*)

Peter Biggs
(*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!

Last Word

Grades are interesting, aren't they. We should be happy to just train. New belts shouldn't be necessary. They do, however, act as a useful tool. They tell the instructor what you should already know. They allow lower grade members of the class to show respect to senior grades, even when that person might be less physical or boisterous than the newcomer. What sometimes gets missed, though, is that those of us upset not to get a grading notice, not to get the grade we want (*not to double-grade...?*) usually blame the wrong person. They think it is the instructor's fault. They think it is that examiner's fault. Actually, the great thing about a meritocracy is that the only person to blame is the one doing the training. They earned the grade or they didn't. There is no comparison to the person next to you. They do their work or they don't. You do your work or you don't. It's all about what you are capable of and how you are living up to it. We feel slightly embarrassed when a grown man complains that he is better than a child because he is stronger—that's not the case. If the grade was just about strength then it wouldn't reflect all the aspects of the art. We help you to be the strongest you can be, but there will always be someone stronger. Now we have to learn how to cope with that.

We want to be proud of our grades, and that's why you can't compare them to other clubs/groups/associations. Our standards are what they are. Theirs are their standards and not necessarily equal. What we do know is that our members go on courses, attend seminars, and if they say they got their belt from John Burke sensei then there will be an expectation that they can do a thing or two and they didn't get their grade as a Christmas present.

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

Oss



***Dedicated to Black Belt
Excellence***