

Karate Academy

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Newsletter June 2020

Just one page to our Newsletter this month. I didn't want to just repeat everything that we said last month, although it's all still relevant. 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 be once the situation allows for it to be relatively safe. Most of you are back at work, or going back in the next couple of weeks. Schools are going back now, but in a very 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

Current Situation

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".

Right now we are not allowed to train indoors, so there are no classes available at the dojo. As soon as the situation changes we will have a **new timetable** for you. If you have any suggestions about the class schedule, now is the time to let us know. Put it on the Keiko Karate Facebook Group or send it to me on Messenger, call 01626 360999, or email sensei@karateacademy.co.uk

Once we were allowed to meet outside for exercise, Sensei Janet and Renshi John began running Private Lessons for

Birthdays

The following students celebrate their Birthday this month (June)

4th Charlie Vince
10th Alex Clulow,
11th Mahalia Green
16th Kristina Tinker
17th Isabelle Havard-Edge
20th Acai Jennians, Alistair McGill
22nd Scott Elson
23rd Evelyn Goodyear
28th Ayrtton Sharp
29th Jacob Hill

Happy Birthday
to You



the Monthly Members and Annual Members. If anyone wants to book a 121 let us know and we'll make time for it.

Then, from **June 1st**, the Prime Minister has allowed groups of no more that 6 people to meet outdoors for exercise. So immediately we have made sure that there are classes available to you. Naturally, because there is a limit on the number of participants, you need to **book your place** with Renshi John in order that we do not exceed capacity. However, the more demand there is the more classes we will teach.

Please stay safe and stay well. No-one is forced to come to Karate. Only come if you are happy to do so. Anyone with family members who are more likely to be at risk of damage to their health if they catch the virus must do what they can to isolate and minimise their risks. It needs common sense rather than waivers and regulations. In a world where you can pick up a can of beans in a supermarket and potentially catch the virus there is no need to think that training is any-more dangerous from that perspective than going shopping. Keep watching the emails and Facebook, and as soon as there are any further allowances, we'll let you know. In the meantime, please enjoy the home training videos.

Keeping Up Your Training

Members who continue to pay for monthly memberships will receive the home training videos in lieu of having physical classes until such time as physical classes can resume. We thank you for your support to help the dojo continue.

Whilst 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 also video lessons available. 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 1-21 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 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. <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.

Events

Events, just like regular classes, are having to take a break.

Without saying "I told you so", it just confirms that we need to take advantage of training opportunities when they *are* available; you simply cannot tell when or if these opportunities will occur again...

27th & 28th June - Dan Grading and seminar with **Anthony Blades kyoshi**. We are still keen to have Kyoshi Anthony with us in June, assuming travel restrictions are withdrawn by then. It's not likely to have a Dan Grading at that time without people training in front of the instructors for prolonged periods. We want you to be proud of your grade, and that means that you have been on the mats with your instructor regularly. We will have a Dan Grading later in the year, when training is more stable.

4th & 5th July - **Patrick McCarthy hanshi** teaching Tegumi Renzokugeiko in Newton Abbot. We have had to postpone this event as well.

September - **Bunkai Bootcamp** weekend in Newton Abbot

We'll let you know more when we know more.

Poetry

"**Karate is Poetry**". That's the title. Your entry by email, please, to sensei@karateacademy.co.uk Little Warriors, Juniors, Teens and Adults. 3 brackets. Renshi John will discuss the entries with the other instructors, but his decision is final. We'll take submissions until 21st May. It's rumoured that the prize will be a private lesson with **Anthony Blades Kyoshi!**

Last Word

We hope you are staying safe. We hope you are well. We don't want to intrude into your homes with messages asking if you are okay, but we think about each and every one of you. Thank you to everyone who drops us a message letting us know how they are doing. be ordered to close, but Karate hasn't stopped. Keikokai might have had to change the way it is taught, but it has not stopped. We're still here.

We love seeing your videos, pictures, and tales of home-training. Keep up the good work.

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

Oss



***Dedicated to
Black Belt
Excellence***