

Karate Academy

お帰りなさい

Newsletter June 2021

We're nearly there. Classes are back on and the restrictions are easing. May had two bank holidays, but apart from that we had classes every day. There's a palpable sense of relief from people training and the progress exhibited in the dojo is evident. We've still got work to do, but that has always been true.

Now we are reaching that time of year when people take holidays and do family things. We appreciate the need for breaks—the instructors are having some themselves—but please don't neglect your training. If you are away for a week then please do extra lessons in the other weeks to make up for lost time. Enjoy the sun, but don't slip backwards.

John Burke,
Chief Instructor

Great to See You

The cautious return to training is now in full swing.

We have watched the guidelines from the government and the various governing bodies and made sure that our "Return to Play" was conducted in an organised manner. In reality, Karate training is not a Sport (although it contains elements of sport) but we followed the guidelines anyway.

As you know, we have had classes for Under 18s since April 12th. Then on May 17th Adults were allowed to return to classes (even though it was at Phase 1 of the plan rather than the freedom of Phase 2 that children enjoyed).

Now, in June, we look forward to the announcements of 21st June and the lifting of social distancing restrictions.

Grading

Some members are ready, and others are not. The key is to take action on the corrections that are offered in class, and to let the instructors see that you are ready to grade.

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.

We realise that other clubs did Zoom gradings and no-contact gradings, but we don't believe that those grades reflect the standards that we should all hold dear. We have many lockdown habits to correct and grades get more stringent the higher we go, so high graded members are expected to work harder to attain their rank.

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 first step is to be in class. Preferably twice per week.

The next is to do the exercises that the instructor presents to the very best of your ability. And then, if you are offered correction, receive it with an open heart and gratitude that you have something that you can fix—and then fix it.

Grading notices will be handed out as the instructors see evidence of aptitude.

Timetable Exceptions

Tuesday **1st June**—no Torquay classes.

If you normally train in Torquay, please don't miss out, use the other classes which are available to get your training in.

Friday **18th June**—no classes

Saturday **19th June**—Little Warriors **9-9.30am** (15 minutes shorter lesson for that one session only)

New Members

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

**Edward Seth, Skyy Small, Harley Dowd,
Charlie McKeever**
(Newton Abbot)

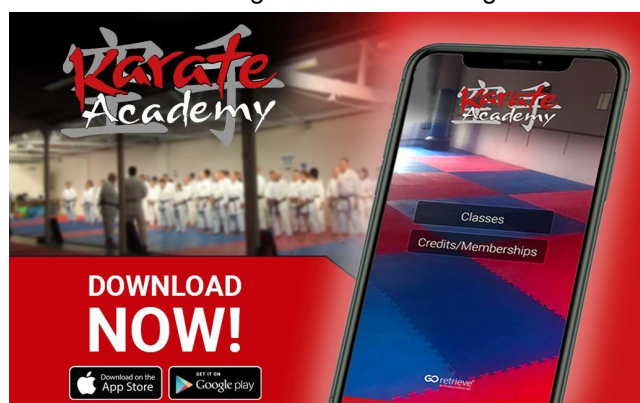
**Lilly Burela, Jack Churchill,
Edward Saunders, James Davies**
(Newton Abbot Little Warriors)

Theo Joseph, Otis Joseph
(Torquay)

Anthony Carpenter, Rubens 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!



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**.

Now

Now is the time to jump straight back into your training. Don't delay. The sooner we re-establish the training habit the sooner we head towards our goals. You might even treat yourself to a new gi...

Reminders

The rules of the dojo are all to do with common sense and keeping people (and the place) safe and hygienic. Due to the amount of time that Lockdown took away from us, we do need to remind members about some very simple things:

Prepare for class. Leave enough travel time and parking time to ensure you arrive early for lessons. Traffic can be unpredictable but we don't want you to be embarrassed by being late.

Come prepared. Make sure you have your clean uniform. Hair and nails are tidy.

Jewellery is removed, and if it can't be removed it is taped over to make sure there are no edges that can get caught.

If you are waiting for a class to start and another one is in progress, please don't disturb the class that's working.

Please use the lavatory before class. Obviously, anyone who really has to go during class will take a bow and leave the room, but it wastes lesson time.

We bow as we enter or leave the training area.

Entering or re-entering the training area while a class is in progress, we kneel at the side of the training area and wait to be invited in by the teacher, just to make sure we don't walk in on something that's already in progress and potentially dangerous to someone who hasn't heard the instruction.

The teacher is addressed as "Sensei".

Instructions and corrections are there to help you become better. Take them on board.

If you need to ask a question please put your hand up rather than just blurting out. If you need to get the instructor's attention to let them know about something you can do the same thing. Announcing things like "I'm tired" doesn't help anyone, least of all the person who says it. The instructor can tell if you are tired, and will provide adequate water breaks and comfort breaks for the length of the class and the participants in attendance.

We bow when we begin working with a partner.

We bow when we finish working with a partner.

We bow when we leave the dojo.

Manners and respect go beyond the dojo, out into our everyday lives.

The top rule? We give all our effort to what we do.

Summer School

Obviously, last year was not a good one for special events and scheduling courses, just because no-one knew whether things would proceed when they should. This year we seem to be heading towards the removal of restrictions and there is an atmosphere of not wanting to repeat the lockdown experience.

With that in mind we would like to run **Summer School** again this year. 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 intensity 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.

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.

We expect to run Summer School from 2nd August until 6th August.

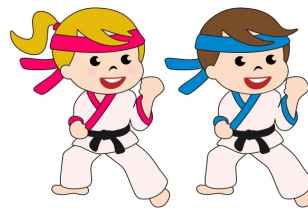
During Summer School week there will not be any morning classes, but evening sessions will run as normal.

Birthdays

The following students celebrate their Birthday this month (June)

4	Charlie Vince
8	Joseph Da Cunha
10	Alex Clulow
11	Mahalia Green
16	Kristina Tinker
17	Charlie Slade
20	Alistair McGill
21	Jake Thompson
22	Scott Elson
28	Bonnie Konchanthet, Ayrton Sharp Jacob Hill

Happy Birthday
to You



Last Word

We look forward to grading and new ranks being awarded. We enjoy the prestige that having a new belt gives us, and also the trepidation that there is whole new set of information to learn. Or is that excitement? It's a balancing act, isn't it? An instructor doesn't enjoy repeating themselves but does so because the bad habit hasn't been ironed out yet. A correction isn't an accusation, it's a prompt for us to take corrective measures to make sure that it can't be given to us again. As with everything in life, it depends upon how you wish to take it. A correction can be upsetting, but it should really be received with joy, as it gives us another opportunity to make things right, to improve, to be better...

With new people in the dojo we have seen a few faces turned down because they know that we'll be doing "white belt stuff". Those people aren't wrong. We definitely will be helping the new folk. What we mustn't do is fall into the trap of thinking that only the new folk benefit from that training, though. There is not one of us who can't be better at white belt basics. There's not one of us who couldn't do Kihon kata better. What matters in these situations is the attitude of the practitioner. Instead of "humph, white belt stuff" we can greet it with "yay, another opportunity to get it right". And, as well as anything else, we received that help and attention when we were white belts, so of course we would happily offer it to others in the same situation.

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

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**Dedicated to Black Belt
Excellence**