

# Karate Academy

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Newsletter March 2021

We're looking forward to the future. We can see a time where we are in the dojo, training with each other, and where the restrictions are finally lifted. It's not quite yet. Essentially, nothing has changed for us regarding March, and yet April is very soon. Training is very soon. That means that preparations must be made in earnest, to make sure that the best training is available to you in terms of lesson content and facilities. Easing the restrictions and opening in the safest way possible.

We'll be ready and we hope you are too.

John Burke,  
Chief Instructor

## Roadmap Out of Lockdown

The Prime Minister has announced the government's plans for easing the Lockdown Restrictions. Schools are set to return on 8th March. On the 29th March people will be allowed to socialise outside in groups of six. Karate classes in March, however, will have to remain on Zoom. On the bright side, in April we can begin classes again. **Monday 12th April** will see the recommencement of Little Warriors at Newton Abbot dojo. The Open class at 6pm will be for Under 18s until May 17th. Adults however, may come and use the dojo for Private Individual Practice at the same time.

From **May 17th** Adult classes will resume. Before then, we will make sure that the 7pm slots are available for *Private Individual Practice*.

We expect **Torquay** dojo to reopen on Tuesday 13th April. Ashburton will likely wait until May 17th.

Until April 12th we will continue to provide classes via Zoom. People are eager to know Grading dates: we'll let you know when we've seen that you are up-to-scratch in the dojo.

## Zoom classes.

Please contact us if you require the details of the Zoom Lessons. "Attending" classes should be as much like being in the dojo as possible. Please have as few distractions as you can, turning off TVs and making this little bit of time all about the Karate. Parents and visitors are urged to keep all advice and encouragement until after class. Of course, parents who wish to train alongside their children may do so.

Please book your place like a normal class. The timetable on the Booking App is up to date.

Put on your keikogi and warm up before class. There is a video of the Warm Up on the "Online Lessons" page of the website. Work alongside this so that the order and timing of the warm up is maintained and no part is neglected.

This allows us to use the Zoom class to teach and practice rather than going over the Warm Up again.

Little Warriors will have a short Warm Up during their Zoom lesson.

Training at home is more difficult. We understand this and make allowances when teaching, for the strange situation and delays in transmission/reception. That's why concentration at home is essential. Teaching via a camera is even more difficult. There is a lot of information that we could simply "feel" and test if we were allowed in the room together.

We apologise if the "time runs out" during a session. We try to time our classes, but might accidentally overrun. If we happen to "switch off" before you have finished then please know that we have taken a silent bow to end the session and we hope you will do the same.

As always, if you have any concerns or suggestions we are happy to hear them. Please contact me by email [info@KarateAcademy.co.uk](mailto:info@KarateAcademy.co.uk) or call 01626 360999.

We wish you all the best for 2021 and will try to provide the tuition that we know makes a difference to the health and development of the individual, even during these trying times.

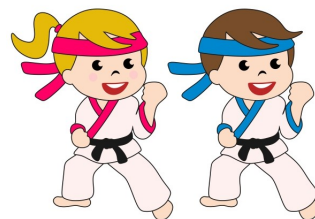
Keep your eye on the **Keiko Karate** Facebook Group for any news.

## Birthdays

The following students celebrate their Birthday this month (March)

2nd	Theo Shepherd
4th	Jayden Baillie
6th	Lee McClelland
8th	Sophia Duddy
21st	Jim Harvey sensei
26th	Hannibal Lyon-Lees
27th	Louie Chambers
28th	Luca Carasco, Olivia Martin, Henry Slipszenko
29th	Yovella Green

Happy Birthday  
to You



## Last Word

Where will you be on April 12th? Will you be ready? Will you come to class bemoaning the state you are in because you haven't had training in a year? Will you be up-to-scratch and ready to roll? Whichever it is, the good news is that there are training opportunities now. We might not be in the dojo yet, but we are holding classes on Zoom. Join in now to make sure that stepping back into the dojo isn't too daunting. Remind yourself about the community that you are a part of. Remind yourself of all the things that you should know for your grade. Get stuck in and get fit enough that you won't be embarrassed on April 12th. Leaving it until April will be too late. Do the training in March and feel the benefit in April. With restrictions lifting we might actually need those beach bodies after all...

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

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Dedicated to Black Belt  
Excellence