

Karate Academy

I delayed putting out the Newsletter. I had hopes that there would be some positive news to share. It didn't happen on the 1st May. Perhaps Sunday 3rd? Didn't happen. Now we're looking at Sunday 10th for an announcement of a schedule for returning to some sort of normality. So the Newsletter goes out anyway, even though we might be opening the doors on Monday 11th and I can't include that information because it might not happen. In Ireland there is a schedule. "Dance schools, gyms, and close-in sports like boxing and martial arts" are not returning until August. Ridiculous, because as soon as WH Smith's is open we can operate with just as much distance between people at the dojo as they will have there. Keep breathing, folks, and we'll get the doors open as soon as it is possible.

John Burke,
Chief Instructor

Covid 19

We need to let people know that this is just not a normal situation. We don't normally just have no classes available. Our version of normal is to have classes every single day. Apologies that we don't have/can't have physical classes at the moment, here in the dojo.

Please stay safe and stay well. It can be frustrating, being confined to home except for essential journeys (we think Karate is essential, but the general consensus does not concur) but the sooner the infection and death rate drops the sooner we can be back in action.

Right now, we don't know when those classes will be allowed again. There has been talk about the 18th May. There has been talk about 1st June. There has also been talk about not allowing schools and gyms until September. We really want to have our classes back on, and if that initially means doing so with no contact and social distancing measures in place then so-be-it.

Keep watching the emails and Facebook, and as soon as we have a definite date, we'll let you know.

In the meantime, please enjoy the home training videos.

Memberships

It bears saying again:

If you *need* to cancel a Standing Order you must do that with your bank.

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.

Huge thanks to all the members who have said "carry on" with their payments. You are helping the dojo to continue.

When we return we will be running a special event day to help members catch up/remind them of anything they might have missed.

Support

Our furloughed instructors have not been eligible for government aid. Our application for the Business Grant is in and being processed, but has not been approved or received yet.

Home Training

We don't just stop. Karate-ka (one who does Karate) need their training, and whilst training at home cannot replace training with an instructor at the dojo, it is the next best thing. There is a Facebook Group just for our members: <https://www.facebook.com/groups/172704136120339/> or search for **Keiko Karate**. It's on there that you hear about new videos and share your training for tips and help from the instructors and fellow members.

To help with this trying time, we have put together videos for you to download so that you can train whenever it is convenient for you. Put your *gi* on, play the video, and train just as if you were standing in front of your teacher.

So far, **Little Warriors Lessons 1-7** are available.

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

Open Class Lessons 1-13 are available.

We're releasing two Open classes each week, just as if you were at the dojo, each end of the week has a different emphasis. These are backed up by grade-specific and subject-specific videos.

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 details are here <http://www.karateacademy.co.uk/on-line-training.html>

We've gone with downloads rather than streaming because we're used to running 30 classes a week, but teaching people in person is very different to facing a camera and talking to people watching at home. Let us know if you would prefer streaming classes.

There are free resources on the Members Website. Go to



www.KarateAcademy.co.uk



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...

2nd & 3rd May - **UK Martial Arts Show**, Doncaster. The event is postponed. We'll let you know when it is re-scheduled. All tickets purchased already will be valid.

10th May—**Bassai Dai Bunkai** Seminar in Essex. This event will take place later in the year.

23rd & 24th May - Shetland Budokwai 40th Anniversary Seminar will be postponed.

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.

21 Years Old

May 14th is the **21st Anniversary** of the Keikokai under John Burke renshi.

Will we be able to train on that day? Definitely. Even if it's not together. We don't know what form it will take, but we will definitely be celebrating because it's a real achievement.

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!**

Birthdays

The following students celebrate their Birthday this month (May)

- 1st Madeleine Williams
- 6th Michael Riggs
- 10th Amyas Holroyd
- 11th Maddox Robbins
- 12th Lily French
- 15th Steve Sharp
- 18th Korben Simpson
- 19th Idan Le Roux
- 24th Jacob Hopkins
- 25th Archie Pimley, Oliver Russell
- 28th Ollie Elphick



**Happy Birthday
to You**

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. Thank you for every picture or video, and to everyone who is asking for feedback and tips with their training. It means a lot to know that even when we can't be together you are still thinking of us.

As the situation drags on (it was meant to be 3 weeks, now it's 6, what will it end up being?) it can become tedious and it can feel like we are not going to get together in the dojo again, but this situation is temporary. We just mustn't jump back in too quickly. Our koto waza on the front of the Newsletter says "**If you go too quickly you go round in circles**". We don't want to be in this situation again in a month's time, so we have to be patient. Then we can get on with our training in the best and most sustainable way once the restrictions are lifted in the *right* way.

There's still no firm answer, and that might be the hardest thing to deal with. If only we knew just when the "lockdown" was going to be over... Then we could enjoy the break. Have a holiday. Enjoy the *rest*. But no. Without a date when everything goes "back to normal" we can't enjoy it. We just endure it. We can stay positive, but we can also understand the negative feelings that come about because of the situation. We must not wallow, but we must understand that people are going through something utterly unknown in the experience of anyone we have ever known.

Just understand this: Karate hasn't gone away. The buildings might 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**