

Karate Academy

お帰りなさい

Newsletter May 2021

Welcome Back! It was so nice to see so many people return to the dojo in the first two weeks of restrictions easing. You've certainly brought the place back to life! We are looking forward to this month and seeing some more old faces alongside the new faces just joining us as we add some rocket-fuel to our training. We've spent the last couple of weeks ironing out some of the bad habits that lockdown training has created, and we appreciate that no-one likes being told they are making mistakes, but if we can change these habits then we'll be on track for progress. We're looking forward to your improvement and growth as martial artists.

John Burke,
Chief Instructor

Great to See You

There was certainly a wonderful vibe in the dojo over the last three weeks. Once we hit the re-opening date of 12th April and we had people coming in to the dojo to train face-to-face and side-by-side we had a much better time than on Zoom. Learning online served a purpose; it enabled us to carry on when we were not allowed to open the doors, however it was not possible to correct people or even see people properly some of the time.

So welcome back!

This month we have our Little Warriors classes, Juniors classes, Open classes *already* in full swing as per the time-table. On **May 17th** we welcome the return of **Adult classes**, and the re-opening of the waiting room so that parents can see what's going on in the dojo.

The picture here is of our Monday evening Little Warriors, the first class to return after Lockdown.

Positive Steps

While it's obvious that we're not out of the woods yet, there have certainly been some positive steps with regards to getting the country back to "normal". From our perspective as Karate-ka, the April 12th milestone allowing for the re-opening of classes for under 18s was greeted warmly. Although the initial, general, advice regarding Adult Classes was that they cannot take place, there very quickly came a set of clarifications particular to martial artists. This good news has enabled us to have Adults training in the dojo once again, even though it was at what is known as "Phase 1" regulations whereas under 18s were permitted "Phase 2" levels of activity. Don't fret, we're keeping our eye on what's allowed. We were very happy to see so many people. Even more so that we were allowed to open the Torquay club once again.

Looking ahead to this month we are looking forward to the May 17th milestone and clarifications as to what is and is not considered to be allowed for each age bracket at that point. We will run the classes we are allowed to, in as safe a way as we know how, all the while acknowledging healthy practice and what is necessary for mental and emotional well-being.

Timetable Exceptions

Only just open, and I now need to let you know that some lessons aren't happening. We teach classes every day, and continue through school holidays, but we do take a break for **Bank Holidays**.

May features TWO.

Monday 3rd May—no classes.

Monday 31st May—no classes.

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

Looking ahead, we'd like to let you know that Tuesday 1st June we won't have a Torquay class for that one evening during Half Term. All other classes during Half Term are on.

Private Lessons

Time is at a premium, but the instructors are giving up a Saturday afternoon to teach 1-2-1 classes to try to iron out the Lockdown Habits.

Please have a look at Facebook for details as we want to see everyone who's supported us over the Lockdown and anyone particularly in need of help.



New Members

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

Joseph Da Cunha, Leon Shaw
(Newton Abbot)

William Jones
(Torquay)

Welcome back to everyone who took time off with the other restrictions.

Recommendation is the highest compliment we can receive.
Welcome one and all!

New Training Diaries

The 2021 Training Diaries have been waiting to be given out in class since the start of the year.

If anyone is coming to class, returning to training, and doesn't yet have a 2021 Training Diary please don't hesitate to ask for one. We can't remember who's had one and who hasn't.

Please use yours to record your regular training, your private lessons, and your seminars and workshops that you attend, plus any notes you care to make about your training. And, of course, the number of press-ups and sit-ups that you do every day.

Travels

Will our travelling seminars go ahead? We really don't know. Seminars which could go ahead this year as the situation remedies itself include travels to Essex, Shetland, and Sweden. If these things are allowed and you fancy a road trip then get in touch, they are not dependent on grade, anyone can join in with them.

Concerns

If anyone is worried about returning to training, please don't be. It's understandable. There are many concerns about the virus, and we will do all we can to mitigate the risks. There are also concerns about fitness and what we'll remember, as some people have been away from the dojo for a year or more. We appreciate members wanting to perform perfectly, but none of us are perfect. Most of us have put on weight and forgotten a thing or two during the Lockdown and restrictions we have faced. Being patient with yourself is important, and shows a level of maturity that we hold in esteem. We all have work to do to become the martial artists that we dream of being. Returning will feel strange. Understanding that it feels strange will help you deal with it, and recognising that other people feel the same way.

We have to remind people about expectations in the dojo, and naturally this will help with concentration and awareness outside the dojo, too. It's already apparent that the lack of routine and formal schooling has created a change in the attitudes of some youngsters. We'll need to remind people to be on time, to allow for traffic and parking (there's no parking on King Street). We'll need to make sure that uniforms and safety issues like fingernails are up to scratch. Of course no one would deliberately have dirty or ragged nails, but some habits may have crept in during the Lockdown.

As always, if you have any concerns or suggestions we are

happy to hear them. Please contact me by email info@KarateAcademy.co.uk or call 01626 360999.

We wish you all the best for our return to training 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.

Lost Property

There are clothes and water bottles that have been at the dojo in Newton Abbot since before Lockdown.

We'd like to urge members to have a look through the things on the shoe rack in case there are any of their belongings there. At the end of May we will be sending uncollected items to the charity shops.

Any Use

At the dojo in Newton Abbot we have the base to a free-standing punch bag (not including the actual pad) and a hand-made weapons rack that are no longer required.

If anyone would like them please message John or call 01626 360999. The items are taking up space and need to be removed ASAP. It's been suggested that the punch bag base could be repurposed as some kind of floatation device...

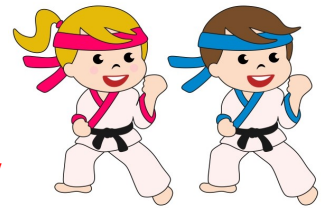
Now

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...

Birthdays

The following students celebrate their Birthday this month (May)

1st	Madeleine Williams
7th	Alfie Cude
10th	Amyas Holroyd
15th	Steve Sharp
19th	Idan Le Roux
25th	Archie Pimley



**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? Excitement versus the obligation of what we're "supposed" to know. New skills we're learning versus keeping up and upgrading our old skills too. We are fond of saying that Kihon is a Black Belt kata. Someone taking the Black Belt (or higher) test could be asked to do Kihon, and it had better be better than a white belt's performance. So we keep training in things that we've "done".

We keep trying to eliminate bad habits and refine the kata to make it more appropriate for our level. We only get new grades when we got better at what we were learning. We don't get grades for just showing up but for increasing our ability. That means that all of those corrections mentioned in class need to be worked on and actually trained away rather than repeated again the next lesson. If you don't like hearing "bend your knee" then you actually need to bend your knee or it will keep being said. It's not repeated because an instructor enjoys repeating themselves but 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...

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

Oss



**Dedicated to Black Belt
Excellence**