

Karate Academy

先づ自己を知れ而して他を知れ

Newsletter November 2020

And we have another draft of the Newsletter. How could we know that the Prime Minister would call another lockdown? We had such plans and now they have been put on hold. Our fitness, our health, our skill levels and our confidence were all due for improvement in this last section of the year. And now it appears to have stalled. So here's the thing: instead of delaying further and saying that we'll make 2021 the year we actually do things, let's start now. Let's not delay. Let's get on with it because we really can't say what 2021 will bring us. Is it "back to normal"? We can't say, so we have to make our progress now.

John Burke,
Chief Instructor

World Karate Day

Sunday 25th October was World Karate Day. In Okinawa, the island where Karate was born there were demonstrations in the streets and lessons in the ruins of castles. We, in Devon, joined in the annual event with "Challenge Okinawa: the 100 Karate Challenge" where we completed 100 repetitions of **Tekki Shodan** to join with our martial arts brothers and sisters across the world.

The kata was chosen because it is not overly long and yet quite complicated. The legend is that Funakoshi sensei (who started our style of Karate) practiced *Naihanchi* (the old name for Tekki kata) for 9 years before he was allowed to move on. Our 100 repetitions were in honour of his efforts to spread the art across the world.

This year also marked the launch of Bujin.tv— a streaming service of martial arts tuition and interviews. It also features the application videos of our own John Burke renshi. Participants of the 100 Kata Challenge have been offered a free trial of the new channel. Details at www.bujin.tv

bujintv 
FIGHTING ARTS ONLINE

Lockdown 2

The earlier draft of this Newsletter talked about "what if we go into Tier 3" and what we intended to do in that situation. It would have been comforting to know that if the Westcountry should escalate into Tier 3 of the Government's Covid Restrictions then closure of gyms will not automatically occur. Instead it is up to local councils to decide whether those measures will be necessary. Ironically, the next

sentence I wrote was "Of course that is a moot point if the whole country goes into lockdown again".

We are told that Leisure, gyms, and dance classes must cease until 2nd December. While we believe that Karate is Essential to health and wellness, we comprehend that the government does not think so. Therefore the current timetable will go on hold from 5th November until 2nd December. In the meantime we will hold Zoom classes.

Zoom

We will teach remotely and ask students to join us from the safety of their own homes. That way we will not have another stalling of our progress but rather we will use this time to drill our solo skills and work on our fitness to contribute towards our development.

Session payers should pay online. On our website www.KarateAcademy.co.uk we have an Online Training page with a payment link. Please book your session at least two hours before the class and we'll send you the link. Monthly payers and those with a block of ten; we'll send you the link automatically.

It's an adjustment to what we wanted to do, but we can cope. It's a limited period and hopefully at the end of it we'll all be back in the dojo together. In the meantime, put your gi on and join us online.

Private Lessons

The Lockdown criteria allow for outdoor exercise and meeting one person from outside your household. We're going to need to watch the weather, compromise on our uniform requirements and organise some outdoor sessions when the timing allows. Keep an eye on the Facebook Keiko Karate group as our weather is hugely changeable at this time of year.

Photo Day

We were going to have a guest photographer this month. It's been over 2 years since we last had a professional photo shoot for our members. So on Sunday 22nd November we were doing it all again.

Of course, this will now have to wait until we're back in the dojo. Sorry to those of you who were looking forward to it.

New Members

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

Sonny Horton
(*Torquay Little Warriors*)

**Joseph Saunders, Blake Coleman,
Edward Little, Ethan Wooldridge**
(*Newton Abbot Little Warriors*)

**Charlie Slade, Ethan Eyre, Katie Dickinson,
Iveta Krasteva, Bonnie Konchanthet, Jake Thompson**
(*Newton Abbot*)

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



Grading Results

During October 2020, the following Little Warriors (4-7 year olds in our pre-martial-arts class) were recognised at the next stage of their development:

Red Stripe Henry Slipszenko

Instructors nominate Little Warriors to graduate to the next stripe when the students have learned what they have to do from the Little Warriors curriculum.

We also held a kyu grading at Newton Abbot dojo across many hours of social bubbles grading together. The following people were recognised to have attained the required standard for new grades:

3rd kyu Emily Dungey, Christopher Flannery, Archie Pimley, Steve Sharp

4th kyu Joseph Magor

5th kyu Jon Owen, Kristina Tinker, Hannah Ward, Jorja Williams, Oscar Williams

6th kyu Peter Flannery, Jakub Kubien, Tom Sanders, Ayrton Sharp, Theo Shepherd

7th kyu Nathan Dungey, Oscar Magor

8th kyu Alistair McGill, Freya Wallwork, Sunny Weedon, Madeleine Williams

9th kyu Dexter Beverley, Dominique Green, Kezia Green, Mahalia Green, Yovella Green, Tommy Thompson

In order to take a grading examination, the student must be nominated by an instructor. This happens when the student has proved competent in their regular lessons. A "Grading Notice" will be given to the student or sent home to identify that they have been nominated. On the day of

the test they still need to demonstrate just why they should pass. The result depends on the student and their effort.

Resources

Especially while we can't be together in class, please make use of the resources available to you to continue your growth. Do you have the **Syllabus Book**? It's free from your instructor. If not let us know, we'll get it to you.

We have the Members Only website: www.members.karateacademy.co.uk—when you go there you will need the password to access information. The password for our members is **excellence**—but keep it to yourself. There are syllabus, translation, and background pages to read, download, or print.

On Facebook we have the public pages:

<https://www.facebook.com/theKarateAcademy/> &

<https://www.facebook.com/KarateSensei/>

and we have the **Members Only Keiko Karate** group on Facebook where we share information and notices that are **only** for our members:

<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).

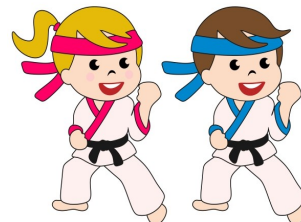
Please also remember that **Syllabus DVDs** are available—one per belt—showing exactly what the requirements are. And those of you interested in the practical applications to our kata will find no better resource than our own Renshi John's **Bunkai books and DVDs**—there's a reason he gets asked to teach all over the world... These are available online and from Newton Abbot dojo.

Birthdays

The following students celebrate their Birthday this month (November)

19th Dave Lagda
27th James Doran,
Dexter Harvey

Happy Birthday
to You



Last Word

We tell the children "Don't let people hit you". It's a counterbalance to us always telling them that they mustn't use Karate outside the dojo. Of course what we mean is that they mustn't show off and mustn't start trouble, but sometimes that means that they think they must never use anything they learn with us—which is completely counter-productive. So we tell them: "it's always okay to block" and "always avoid trouble if you can". When is the right time to hit back is a big question. Schools and the law would rather we didn't hit back at all, however, there is a case for striking someone if it will render further and greater harm unavailable. This is something that parents must discuss with their children and adults will want to rationalise for themselves, because being in the middle of a fight is not the time to make a decision. We need to know in advance what we are willing to do and what circumstances will make it acceptable to our conscience and to the law. Every day in the dojo we practice stopping people from hitting us, and sometimes we need to make sure, make absolutely certain, that we know we can use those skills if the necessity should arise. Funakoshi sensei said "Karate is not just for in the dojo" and while he was talking about making other aspects of our lives reflect the same qualities as training in Karate, we must recognise that the phrase also means we should have the awareness of our situation when we are outside and be prepared to use some skills if we find ourselves in danger. The key here is in the word "prepared", and that only happens when we treat every lesson as preparation. We don't want to live a fearful and paranoid existence, but we do want to be awake and aware when we are out and about.

A skill that is not practiced will atrophy. That's why it's essential that we don't just take a month long holiday. Watching Netflix and relaxing is all well and good, but we need to maintain and grow our abilities, both physically and mentally.

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

Oss



**Dedicated to
Black Belt**