



先づ自己を知れ而して他を知れ

Newsletter October 2020

We're really enjoying the resurgence of our classes at the moment. It's such a joy to teach a full room, even if they do have to be socially distanced. Nice to see that September also brought back some people who had been chilling over the summer months. We have a lot of work to do now, though, to catch up and retain our high standards. That shouldn't be something that scares people, but actually a point of pride in our group and what we do. So, thank you, to everyone who recommended a friend, or brought someone along to help their friend and to help the club. Thank you for your support, thank you for having faith in the instructors, and thank you for your faith in what we do. Thank you for your efforts in the dojo. By the way, it should always be Best Effort in the dojo. It has to be for us to grow.

John Burke,
Chief Instructor

Regulations

It's a constantly changing situation, and every new iteration leads to questions of how it affects Karate classes. We are carefully monitoring the advice from the government, from Sport England, and also what other associations are doing so that we can offer the best service for our members.

At the time of writing we have just seen the "Rule of 6" come into play. This does not affect our classes in the main, however, there are some useful nuances to this new rule. Adults can train together in bubbles of 6, but must not have contact with people in other bubbles present in the same room. There is no limit on the number of bubbles that can train in a room, as long as the building has 100sq ft per person (including changing and waiting rooms).

We **can** use the waiting room, but the new rules state that masks are mandatory unless you are exempt.

Venues must now display the **QR code** for people who have the Test and Trace app to scan. At Newton Abbot dojo ours are on the noticeboard and by the waiting room. Torquay hall are expected to supply their own. We, of course, keep a register of who was present, meaning that the QR code is unnecessary.

We need to know which class you will be attending. There cannot be more than 15 students in each of our dojo. Please use the **booking** app, or contact sensei John and he will book you into class.

Please leave training diaries open at the right page, on the desk for stamping.

Please continue to use **hand-sanitiser**. Proceed directly to the training rooms.

Use the dojo with social distancing measures in place.

Please use the lavatory before coming to the dojo. If you absolutely have to use it during the session then you must wash your hands, and use the hand sanitiser upon return to

class. Your instructors will wipe down the lavatories between uses.

Any equipment is **wiped down** with antibacterial wipes after use.

The floor is cleaned after use.

We appreciate that it all takes some getting used to. We continue to work with the guidance given to us.

Hopefully more restrictions will be lifted in the near future.

Timetable Exceptions

This month there are a few lessons in **Newton Abbot** which are not available due to courses and holidays. If you are using the app you will find that you can't book those lessons. Here's a summary of what is not available:

Friday October 9th—No classes

Saturday October 10th—Little Warriors is 9-9.30am only, just for this week.

Sunday October 11th—No Black Belt class.

Monday October 12th—No classes

Tuesday October 13th—No Newton Abbot evening lessons, please use Torquay instead.

Wednesday October 14th—No Little Warriors

Thursday October 15th—This class **IS on**, no matter what the app says (we're having a little difficulty re-opening a class that could have been cancelled)

Friday October 16th—No classes.

All other classes are available, as usual.

Training Fees

"Fees" is a horrible word for what you pay. With everything you get from Karate and membership of our club, it doesn't seem like the right word to describe the financial part of the transaction.

After more than 10 years, we have introduced new training fees for new members. If you are a current member you will continue to pay your previous training fees. New members and those who haven't maintained their training are now on the new rates:

Monthly Training is £45 (£35 for **Little Warriors**).

Pay as you go is £7 (£5 for **Little Warriors**).

Blocks of 10 Lessons can be purchased at £60 (£40 for **Little Warriors**).

Licences remain unaffected at the moment.

Training with the Karate Academy is very good value, with other activities costing considerably more and potentially being much less of an investment in your future.

New Members

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

**Jacob Price, Hannibal Lyon-Lees,
Lee McClelland, Matthew Key**
(*Newton Abbot*)

Joseph Bulley, Henry Pengilly
(*Newton Abbot Little Warriors*)

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

Grading

This strange situation has us running in circles. We have a plan for a grading at the end of October. It will be run on social bubble grounds, and will be very different to how we have run the tests previously. Please watch the internet and the noticeboards (and listen in class) for further details, as different ages/grades will be taking the test at different times to use the government guidance to best effect.

During September, we were pleased to conduct a Stripe Test for our youngest members. Please help us to congratulate and recognise the efforts and achievements of the following members who were awarded their next grades:

Green Stripe
Thomas Mann

Red Stripe
Dave Lagda
Ceran Sen

Orange Stripe
Jax Digby
William Hone

Resources

Please use the Members area of the Karate Academy website. There are syllabus, translation, and background pages to read, download, or print.

Join 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).

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.

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.

Job

We require a leaflet distributor who can cover Newton Abbot, Torquay, and Ashburton. The job entails putting leaflets in letterboxes. The hours are to suit, as long as we are responsible and not annoying people in the middle of the night, for instance. We pay £45 per 1000—this can be accomplished in a day, for someone willing to apply themselves. Do you know someone reliable who could do this for us? If so, please have them call 01626 360999 for a chat.

Birthdays

The following students celebrate their Birthday this month (October)

2nd	Dexter Beverley
15th	Brody Simpson
17th	James Drake sensei, Jon Owen
18th	Alex Clulow
20th	Ethan Kirkbride
23rd	Lucas Kirkbride
26th	Joseph Bulley, Nathan Dungey, Oliver Joyce
31st	Hannah Ward

**Happy Birthday
to You**



Last Word

Nights are dark now, and self defence starts with the self. Stay safe. Remain aware of your surroundings, especially if you are able to enjoy Halloween or Bonfire Night in the next few weeks. We don't need to just watch out for ourselves, though; we have to watch out for the actions and attitudes of others, too. People think they are just having a laugh, but it's too easy for us to get hurt by their actions. Drivers on the roads, fireworks in unsecure displays, and even the weather become hazards that we have to deal with. Everyone is focused on Covid, but the other problems are still out there too. Stay safe. Keep your head up and your eyes and ears open. The threat that you didn't know about is the most dangerous one. We don't need to be paranoid; we do want to enjoy the season; but we also want to remain awake and aware. Funakoshi sensei said "First know yourself, then know others". The quote from Sun Tzu goes further "...and in 100 battles you will be undefeated". Sun Tzu is the author of "The Art of War" - another resource available for free on the Members website. Business people and personal development coaches charge a lot of money to go over the tactics that belong to us—the martial artists. They take the principles that we have as our foundation and turn them into books and courses. You already have these things. You have them as part of what we do. A White Belt can ask a question that causes a Black Belt to wonder why they didn't think of that.

A Black Belt can find value in even the most basic of exercises, if they are prepared to see it.

If you need a grade to chase, then chase it. Pursue it. Hunt it down. But don't sit still wondering why it didn't come to you.

If you don't need a grade, but you find joy in the movement, the art, and the path of Karate then be present in the moment so that you have the opportunity for your joy.

The name of our group can be disparaged, by those who want to find disparagement. They choose to mock "Karate Training Club"? It's an obvious name, isn't it? And if you choose to look deeper, you find the references hidden within the meaning of the word Keiko. Training? Yes. Practice? Yes. And more. Something deeper, if you choose to see it. Grab at that something.

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

Oss



**Dedicated to
Black Belt**