

# Karate Academy

A new school Term starts in September. A new start. Lots of people will be out of sorts with their routine and out of their usual learning habits. Some children went to school during the pandemic, some have had 5 months without face-to-face education. We'll try to be patient with re-establishing our habits, and urge everyone to make Karate part of their new timetable. Inevitably, there will be some who find the first few weeks "tiring" - and that's exactly when Karate training is essential for giving them a break from their desk bound work. There's a new shop in Newton Abbot with the initials AFK, and I had to ask my 14 year old what that stood for; Away From Keyboard. Everyone needs their AFK time. I like to think that Karate is the best AFK time. Programme it into your schedule and remember to book those classes as space is still important.  
John Burke,  
Chief Instructor

## New Term

September typically sees an influx of new students joining the Karate Academy. It is, after all, the ideal time to join, with new timetables, new demands on our time, and, naturally, new relief from pressures required. You can help to make sure that the quality of our membership remains high by *recommending* people to join us. Let people know that people like you enjoy training with people like us. You can do this for any lesson on the timetable. We haven't got a specific "Buddy Day". All of September is Buddy Day.

Please make the new faces that you see at the dojo feel welcome—we all remember what it was like to be the "new person" in the room, and we were all grateful that someone in the room made us feel welcome and helped us out. Your turn.

This month we will also be making sure that our Little Warriors and Juniors classes in particular have a theme of "Anti-Bullying" in order to help those returning to school with their readjustment.

## One More Good Reason

With everything that has gone on, and the fact that our monthly membership has remained the same price for **over 10 years**, we feel that it is time for an increase to help us meet the increased costs of running the dojo. However, to reward the loyalty of our *regular* training members, anyone on current monthly membership (£39 per month) or annual membership **will remain** at their **current rate**. Anyone you recommend to try us out who joins us during September can **also** have the current rate. The new monthly rate of £45 will commence for new members in October. Session fees will go up to £7 per session (£5 for Little Warriors). We think you'll agree that if you like someone, getting them to start training *now* is going to be doing them a favour for their mind, body, spirit, and also their pocket...

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. These slight increases will enable us to keep offering classes every day and face the rising costs involved in operating our Newton Abbot centre.

## Regulations

As the restrictions are eased, we are still not operating at what we consider to be "normal". However, there are conditions that improve this month.

We **can** use the waiting room. That means that you can watch classes again, but must maintain social distancing within the building and surrounding areas.

We cannot have cars waiting outside and we cannot have parents using the residents bays on King Street. It will only take a complaint made against us and classes will have to stop again.

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 **arrive** for class just 2 minutes before it is due to start.

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.

Training will be returning to all aspects, including the use of equipment through the "social training bubble" rules. We are happy to explain these in person, but essentially the minimise the number of people used for pad-holders and exercise partners. With our reduced class sizes these would not become a problem anyway.

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

The floor is wiped down 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.

## Torquay

Torquay classes are set to reopen imminently. We are waiting on paperwork to confirm the date, but expect Tuesday 13th September. Please listen in class and watch the Facebook Group for confirmation.

Ashburton have yet to confirm what's happening there.

## New Members

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

**Jayden Baillie**  
(Newton Abbot Little Warriors)

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

## Timetable Adjustments

Over the School Summer Holidays, and while we got used to the social distancing regulations, we had some classes reduced in length. Now that restrictions are being lifted we can return to our usual class times.

Saturday morning **Open** class will return to 10.30am to 12noon.

**Open** classes are one hour long, Saturday morning being the exception.

Tuesday and Thursday **Adult classes** will return to 7pm-8.30pm.

**Junior classes** are one hour long.

**Little Warriors** classes are 30 minutes, with Saturday morning being the exception at 45 minutes.

As always, if there are any questions please don't hesitate to get in touch.

## Grading

Training isn't all about grades. Belts are both a reward and a responsibility to live up to. Our ranks are awarded for knowing and being capable at the correct level for that stage of the syllabus. That includes **kumite** and **oyo**. At the current time we are only just returning to check and develop our kumite and oyo. Little Warriors don't do sparring at the moment, so we can continue with their stripes, but full coloured belts and black belt grades must be practiced for, observed and corrected. It's only by earning a grade fair and square that we can feel proud of that grade.

Due to the length of time that will occur before a full grading can take place, Renshi John has reiterated in class that he will award the grade that the student has **worked for**, not just the next one in the sequence. That means that if the orange belt is ready to be a yellow belt they could potentially jump red belt. This is *not* a promise that double-grading will happen for everyone. Each student must do the work and attain the standard. It might, however, ease concerns for some of the people who have had to wait a long time for an examination to become available.

As always, if you have any concerns, speak directly to the instructor.

## 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

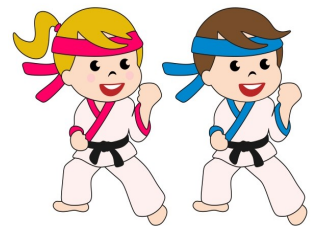
We require a leaflet distributor who can cover Newton Abbot, Torquay, and Ashburton. The job entails putting leaflets in letterboxes. Hours are to suit. We pay £45 per 1000. Do you know someone reliable who could do this for us? If so, please have them call 01626 360999 for a chat.

## Birthdays

The following students celebrate their Birthday this month (September)

2nd Xylo King  
6th Emily Dungey, Carl Withers  
13th Steve O'Brien, Tom Sanders  
15th Taylor-J Reynolds  
16th Aaron Bennett  
17th Peter Flannery  
24th Christopher Flannery  
27th Robin Davey

**Happy Birthday  
to You**



## Last Word

Truthfully, we could "begin" the next stage in our development at any time. We don't need a set date for it. Yet when January or September come along, because they feel like fresh start times, it easier for us to begin our projects then. Many people will give up on their projects before two months are up. We wish it wasn't so, but it is. We, however, can be different. You and me can choose to stick to our projects and create the life and the skillset that we aim for. The going is tough. We suffer setbacks. We are let down and put down. And we rise again. If Karate has taught us anything at all it's that we've got to work past the setbacks in order to achieve anything of real value. What will you be aiming for? Grades? Just to be better at something? Fitness levels? Changes in size or shape? Whatever your personal goals, they will only occur if we take action to make them occur. If we persistently pursue them. If we work to earn the results that we dream of. We lost a lot of time to the lockdown. We can't replace time, but we can use the time we have for best effect. As we enter September there are still 3 months left of this year. We can't tell what will happen nationally or globally, but we can make sure that we are aiming our development to a higher level. We can make sure that we are getting the guidance we need to bring us to our next phase. Our full development might take longer than these 90 days—some of us have plans that will take years to accomplish, but if we don't step forward with our plans now then we are standing still. Stagnating. Funakoshi sensei said "Karate is like boiling water, without constant heat it will become tepid". We are the same ("Make Karate part of everything"). We add the steam now; we make progress, however small, now; because we are being made to learn that now is all that we have, and we need to use it.

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

**Oss**



**Dedicated to  
Black Belt**