

## CONGRATULATIONS!

*Finally, some good news!! Well done to Grant Pritchard who has passed his 4<sup>th</sup> dan grading exam. A lot of hard work went into preparing for this exam both in the dojo (pre-lockdown) and subsequently at home and via Zoom sessions. The grading itself was held outdoors and was a combination of a live grading in front of a grading officer here and also online in front of grading officers in Austria, Germany and Australia! It was a great (and fairly unique) event and goes to show what can be accomplished, even in our current circumstances. Special thanks to Chrissy for preparing so well to be Grant's partner and making this grading possible.*



## **A RETURN TO THE DOJO?**

We look forward to being able to return to the dojo to resume training. Although the government has announced the re-opening of gyms from 25<sup>th</sup> July unfortunately we will not be able to re-start at Belvidere before September at the earliest. It is no bad thing as we do not wish to rush into anything with undue haste. **When our live classes do resume, we will implement procedures to ensure everyone's well-being and safety.** That is paramount. Full details will be circulated to all members with information on limits on class sizes, enhanced hygiene measures and all the other safeguards that will be implemented to ensure that everyone's safety is the first and foremost consideration.

Phase 1 of our return to training will be **GROUP SOLO TRAINING (i.e. no contact and no partner training)** until such time as close-quarter training can safely recommence. Fortunately karate has an incredible range of practices and we have been devising lots of new fun and challenging activities to help you get back up to speed .....

## **Did you know .....**

Did you know that our branch of karate – **SHUKOKAI** – was born just after another temporary ban on karate practice was lifted?

After the end of the Second World War the practice of many Japanese cultural traditions was banned, including karate and other martial arts and dojos were not allowed to open. Practitioners who understood the value of karate continued their private practice and also practiced together, meeting in outdoor spaces until the ban was lifted. After the ban was lifted, CHOJIRO TANI (the father of Shukokai) opened his first dojo with a sign above the entrance reading "SHUKOKAI" which, translates as "the way for all who want to study and to train together in friendship". It was a place where karateka could come and train together without conflict or politics, just karate.

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## OUR DIGITAL DOJO .....

To keep things ticking over until training re-starts at Belvidere, our **Zoom classes will continue throughout the Summer**. These are growing in popularity and it has been great to have some parents joining in sessions too! We have even been joined by Shukokai England students from Bristol and Sale and also SSWU members from Austria and even Dubai! (At the weekend we participated in an international SSWU seminar with 75+ participants and 10 instructors from all over the world from Japan, Australia, India and much of Europe!)

There are a variety of options available: **Wellness Wednesdays, general training and 1-to-1 or small group tuition**. (Taster sessions are free of charge. To help the club endure, those who continue are asked for a voluntary monthly contribution of up to £20/month *per household*.)

<b>TUESDAYS &amp; THURSDAYS</b>	<b>5.30PM</b>	<b>KARATE KIDS &amp; CADETS (&amp; the young at heart – parents invited!)</b>
	<b>6.30PM</b>	<b>CADETS &amp; JUNIORS &amp; ADULTS</b>
	<b>7.30PM</b>	<b>EXTRA TRAINING UNTIL 8.00PM</b>

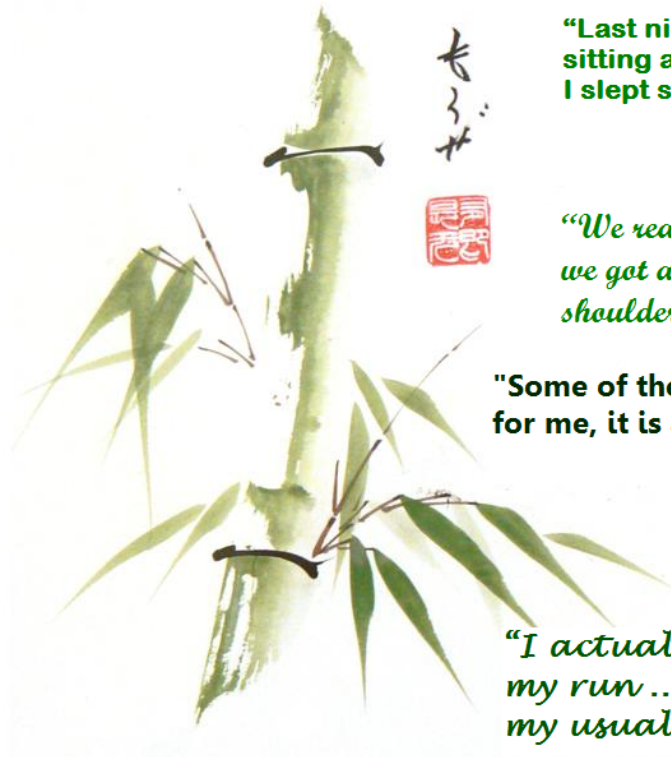
<b>SATURDAYS</b>	<b>9.30AM</b>	<b>KARATE KIDS &amp; CADETS (&amp; the young at heart – parents invited!)</b>
	<b>10.30AM</b>	<b>CADETS &amp; JUNIORS &amp; ADULTS</b>
	<b>11.30AM</b>	<b>EXTRA TRAINING UNTIL 12PM</b>



## WELLNESS WEDNESDAY SESSIONS

The trial sessions are especially popular with adults and parents so they will become a regular feature. ***The stretching & strengthening sessions are open to all club members and also their families and friends. Do pass on the word! We will keep these sessions to a 'by invitation only' group. If you wish to introduce family members or friends, they are welcome to have a free trial.*** Email us for details. The sessions are:

- ★ 6.15pm = stretching and strengthening
- ★ 7.30pm = fitness training (\*\*club members only)



**“Last night was another excellent class. When you're on your feet or sitting all day ... it's so good to stretch out and it re-energises you. I slept so good last night too!”**

*“That was really good! Just what I needed!”*

**“We really enjoyed your strengthening & flexibility class yesterday and we got a lot from it & G in particular felt it helped stretch out his shoulders & back as he sits at a desk for most of the day.”**

**“Some of the spinal twists and shoulder releases were especially useful for me, it is an area that I struggle with a lot due to my work.”**

*“Thank you for the wellness session last night - very enjoyable and I managed six hours sleep last night!”*

**“I actually used some of the stretches this morning after my run ... will definitely start to incorporate them into my usual post-workout stretches.”**





- Schedule a class at a **time to suit you**
- Enjoy a lesson tailored to **your needs and preferences**
  - Train at **your own pace**
- **Focus on what you want to concentrate on:**
  - **your grading syllabus ....**
  - **kata ....**
  - **kumite techniques and tactics ....**
  - **self-defence ....**
  - **karate for women ....**

**(Please note: there is a charge for these classes. Discounts apply.)**



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