



NEWSLETTER 2020/21

THE UNIVERSITY of EDINBURGH KARATE CLUB

Dear alumni of the Edinburgh University Karate Club,

it's May and the academic year is coming to an end — maybe a good time to look back at this extraordinarily challenging year. I want to take this opportunity to tell you a bit about what happened and where your former club stands.

TRAINING



It is probably no surprise that training has been a lot different this year. Fortunately, we were able to host **socially distanced training sessions outside** at the Peffermill Playing Fields facilities from the University. From now on we trained in normal gym wear rather than gis, with sports shoes rather than barefoot, on artificial grass rather than mats, and always keeping a two-metre distance to our team mates rather than doing exciting partner work, but we adapted to the new circumstances quickly and managed to make the best out of the training sessions. In fact, we were able to keep four style-specific training sessions, four sports karate sessions (kumite and kata) and one fitness session per week which is a great achievement given the circumstances!

We even managed to introduce something new to our club: the Bo. Thanks to Zach, we were able to host an entire 7-week **Bo course** in which we learned the most important strikes, thrusts, covers, parries, disarms, counters to disarms, throws as well as the most basic Bo katas.



Certainly, the lockdown restrictions introduced over the winter holidays had a major impact on our training. We were **no longer able to train together** and had to find other solutions. We had training sessions via Zoom, did livestreams on Facebook, uploaded videos on our YouTube channel and put together a Notion page with some kata exercises. Thankfully, we were able to **resume outside in-person training** again.

Subscribe to our **YouTube** Channel and check out the Kata exercises on our Kata Team Pool **Notion** page!

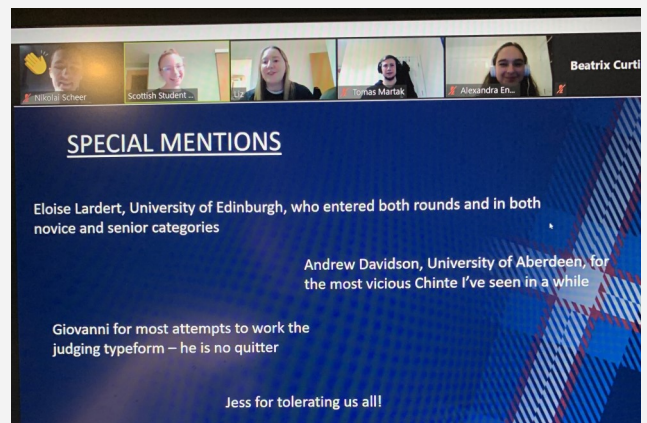


COMPETITIONS



Wait, weren't all competitions cancelled? That is true, yes, but is that going to stop us from having a little bit fun by our own? Certainly not, and that is why we organised a socially distanced in-person **kata intra-club competition** at Peffermill Playing Fields. Our club members participated in a novice and a senior category, and coaches helped with refereeing. A fun experience for everyone.

In February, our club participated in a **friendly online competition organised by Scottish Student Sport (SSS)**. The competition consisted of two rounds in which athletes submitted a video of their kata performance. The videos were then peer-assessed by coaches and captains from the other participating universities. In the end, the University of Edinburgh karate club was awarded 10 virtual medals at a joint social with athletes from all over Scotland.



SOCIALS

Socials this academic year were all online but that didn't stop us from getting to know the club members through online socials. Few of the most popular socials were the **pub quizzes**, which challenged everyone's general knowledge while discussing the answers with their teammates that they had in their break rooms. The simple game of online **Pictionary, Skriblio**, never seemed to fail as we all got to see how "artistically" talented we all were.



Last but not least, we were able to keep the strong Christmas spirit of the club as we held a social which consisted on the members who signed up to receive Christmas themed ginger biscuits along with icing which they could use to **decorate the busicuits**. The outcome of the biscuits were very different from your typical Christmas biscuits but nonetheless everyone seemed to have fun making them.

KATA IN THE KLOUDS



Kata in the Klouds is some sort of annual tradition now. When the semester comes to an end, we go up on **Artur's Seat** and host a training session there. Take a moment to appreciate these beautiful images. You are welcome!



STAY IN TOUCH

So that is it. This was the academic year 2020/21 in all its brevity. Unfortunately, we were not able to host any alumni events, I hope you can forgive us, but stay tuned for that in the upcoming years when we leave the pandemic behind — fingers crossed.

One last thing I want to draw to your attention to: we set up a new Facebook group for our alumni (click the icon below). So make sure to add yourself to it in order to stay in touch with your favourite club.

I really hope you are doing well and hope to see you very soon!

Nikolai

