

The
Lion



The official newsletter of the Chiltern Karate Association
March 2012



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Cover picture:

Hirokazu Kanazawa performing Mae Geri

Notices:

Tuesday 22nd May 2012 7pm to 10pm
Professor Rick Clark at Chesham dojo

Fore Word.....

In choosing this editions cover following on from historical figures such as Gichen Funakoshi, Sokon Mastumura and “Tode” Sakugawa, I wanted to cover some of the more recent people that shape modern karate. Kancho (Master) Kanazawa is a 10th dan (it don’t get any higher then that) and to be honest I would love to be able to kick like that! What a great photo!

2012 promises to be a great year, on top of the Olympics, we have Rick Clark over in May and our bi-annual competition in September. Rick Clark is not to be missed and if any of you want to take part in a demonstration or enter the kata or kumite competition then now is the time to start preparing.

We have a number of Dan gradings expected this year which I am looking forward to. Especially as I could be one of them!

As always the very best of luck to those that are grading today!

*George Entecott
Nidan*

If you have any material that you would like to be considered for publication in The Lion please contact George Entecott at gentecott@chilternkarate.co.uk.

We are also looking for new content to add to our website, Facebook group, Twitter and YouTube. If you have any ideas we will be glad to hear from you, contact your club instructor!

Material published may not necessarily represent the views of the editor, the club instructors or CKA committee.

CKA Kumite and Partner Work DVD

**All our CKA kumite sets on DVD.
An essential learning aid!**

£15.00

See your club instructor

KARATE IN INDIA - WORKING TRIP

I was visiting Vienna for the last working week of November, then onto New Delhi in India from the 5th to the 16th Dec followed by 2 days in New York then 3 days in Poland - All this work and no play will make John a dull boy - let alone it wasn't doing my sleep pattern or my Karate training regime any good.

As it was I'd be lucky to get to Grading training in on the 4th Dec (but I did) and maybe another external course sometime in Dec within the 4.5 days that I would actually be at home this month.

So I decided I'd take my GI to India I have to admit that I do like our CKA standards - and I didn't want to risk going anywhere substandard - so I obviously wanted to find a truly credible, experienced and well recognised club. And travelling in a foreign country with what might be limited maturity in its infrastructure and facilities meant that this might not be an easy task, much of what you have to assess goes on trust, so the internet search started in earnest. I found what I thought looked like 3 reasonable opportunities. I looked at location, availability, and credentials / qualifications you might say - who is John to judge?

Anyway to cut a long story short I found an SKIF affiliated club ran by a Mr Ram Babu Singh. And from his website he not only trained Shotokan (Kanazawa) Karate, but he also did Aikido, he trained the Police and local Army Units, but in addition he was the resident instructor at the British High Commission - and if that's not a reference of quality then what is.

<http://shotokandehi.com>.

I made contact and he was super fast to respond, but there were some challenges in gaining access to the High Commission Gym (located in the Embassy itself) - I could join but the process would take two weeks of

security applications and assessments - so I opted for the easier 1 hour single student option at the hotel for a fixed yet reasonable charge.



Session 1 - So having got up at 6am on the 5th Dec - travelled to India and having had no sleep for approx 36 hours I decided to take my first every "One to One Lesson". And I have to admit that having the undivided attention of an experienced 4th Dan isn't the most comfortable or easiest experience or session I've ever encountered.

Mr Singh obviously wanted to test my Kihon and also my general abilities in Karate - so we spent a good 40 mins on basics, with both single and multiple combinations, and I'm glad to report that we both got a sweat on. We followed this with a review of "my personal version" of Jitte (non standard it seems) and he then helping me with some minor corrections. I arranged to meet him again for another session on Friday - and I have to admit I'm looking forward to it even if the other gym users / spectators find our exercise strange.

Session 2 - Got postponed by a day - the reason being I got stuck in New Dehi traffic for approx 3 hours on a 30km journey MmmmmMm enough said.

Anyway we postponed to Saturday evening, again in the hotel gym. At this session we did SKIF Kanazawa Sanbon Kumite - Sets 1 - 5. Which when you've only experienced Set 1, proved to be a little challenging.

Timing was critical - particularly for Set 3 & 4 which seem to have been derived from moves within the Kata's Heian Nidan and Jitte. After I'd made a proper effort in Sanbon Kumite we moved onto "my version" of Empi. And again a great session - one that as a "hotel event" seems to be attracting much attention from the hotel staff Next Session booked on Tuesday.

In between teach Karate classes at the High Commission Sensei Singh also does a good deal of "One to One" and "Family" sessions with both Indian Nationals, Expats from many countries and also Akido with the Local Police and Army Commando Units.



Session 3 - Following the necessary warm up and breathing exercise we got down to Kumite - Kihon Ippon on this occasion 1-5, this includes 5 Jodan, 5 Chudan, 3 Mae Geri, 3 Kekomi and 3 Mawashi Geri - and if I'm honest there isn't much of a difference between the CKA and the SKIF sets. I did enjoy working through the differences. We followed this with me giving a personal demonstration of Bassai Dai, some corrections and improvements .. Obviously :-)

Again great fun and very beneficial. Here's hoping I get a fourth session in on my last day/night in Delhi on Thursday?

Session 4 - Another great and final session - following the usual warm-up we concentrated on senior grade kata's starting with Kanku Dai, Jion, and finally Bassai Dai. And one last go at my personal challenge Jitte :-)
Apparently its all in the hips boys?

Between Karate and general gym training for cardio and endurance Ive managed to stack up at least 22 hours or what I would consider hard training in approx 11 days with one day off - that's not bad going considering I thought I might miss out over this visit.

The challenge is keeping it up when I get back with all the other distractions of Christmas, additional short business trips and the burden of family (joking). I must admit though, I've probably eaten more Chinese and Indian dinners in that 11 days than I would in 6 months - so between the hard training and bad eating habits is it any wonder I've put on approx 4 kgs All Muscle Obviously.

Having returned to the UK on Friday 16th I had the opportunity to also attend a Simon Oliver & Bob Rhodes "Master Class" on the 18th Dec - (my New York Trip was cancelled).

Here we covered my personal favourite (a slight note of sarcasm in my tone) "Jitte" and associated general bunkai within the first 6 moves of that Kata, then a very old JKR kata and some Bunkai / Oyo with Mr Oliver. Again great fun, if slightly bruising !!

So - remember - as mentioned before - The CKA with the support of its Black Belt Community and especially Mr Croft embraces the fact that we can all also train elsewhere, if we chose well and stay loyal to our roots then there is absolutely no reason why that extra training cant benefit us or even the club.

Regards John Jackson

NEXT YEARS CHRISTMAS DINNER

Nearly 40 CKA members and their better halves attended our Xmas dinner and dance and awards night at Latimer House. Although the feedback was mainly positive, rising prices, the need for a change of scene and the increasing stress of early deposits etc has led me to source a change of venue for 2012.

This year we shall be descending on the picturesque market town of Old Amersham on December 15th. We have our own "olde world" function room at The Kings Arms Hotel. A 3 course festive set menu comes in at well under £30pp, so already making a saving from previous years.

Spaces will be limited, so put it in your diary now and look out for more info over the coming months. We really do encourage ALL grades to attend, so why not come along and enjoy a festive night out!!

Laura Noble

DENHAM DOJO RELOCATING

As of 27th February, Monday training at Denham will instead be held at the Scout Hall on Denham Lane, Chalfont.

Beginners class 7pm – 8pm and seniors from 8pm to 9pm. (instead of 9.15pm)

<http://www.chalfont.info/>- this is their website if you need any details (eg map).

The address is:
Scouts Camp
Denham Lane
Chalfont St Peter
Bucks
SL9 0QJ

2011 AWARD WINNERS

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Richard Kavanagh
Pauline Kerslake
John Jackson

For consistent and invaluable support to the CKA

Paul James

For consistent and invaluable support to CKA and inspiration to others

Brian Warner

CKA'S NEW FIRST AID INSTRUCTOR

Would you know what to do in an emergency? At work? At home? At school? First aid skills can be vital!

As the first aid trainer for CKA, I am available to teach a wide range of first aid courses. Small groups are no problem and my rates are very competitive.

All equipment/certificates will be provided. I am qualified through Nuco and I am CRB checked and hold the Level 2 certificate in British Sign Language.

Contact me on the following email address to discuss your requirements:
laura.j.noble@hotmail.co.uk.



THOUGHTS ON MY LAST GRADING

When most students take up karate as a hobby or sport they will tell you that they have come along to keep fit, or to learn an art of self defence. The goal for most karateka ultimately is to be awarded a black belt. Unfortunately, if this is the only motivation to train then there is very little to keep the impetus going after you have achieved this goal.

Two years ago after a lot of hard work and sweat I managed to get awarded my black belt, and was told by several different senseis within the club that I had now come to the end of my training as a beginner, and could now become a proper student!

After a couple of months 'enjoying' the status of a black belt I started to buy a few books on karate and read articles by other senseis in magazines and realised that I really had a very limited knowledge, and that there was so much more to learn.

The shodan (1st dan) grading is very intense, and at my age it took me a good week to get over the mental and physical exhaustion that followed. The thought of 'doing it all again' for my nidan (2nd dan) was I must admit a little daunting. I had

to wait a minimum of two years after the shodan grading but decided that if I left it any longer I would constantly make excuses not to grade.

In my head I set the date December 2011, and started training to increase my fitness levels in the summer.

There are seven more kata to learn for the nidan grading, as well as more kumite sets. As with shodan you have to choose a tokui kata, one that is studied / understood in greater depth. I chose Nijushiho, just because I liked the feel of it.

For my shodan grading I was with three others, so although you can't hide away there is some comfort in safety in numbers. For my nidan grading I was on my own.

The worst bit, for me, was the wait beforehand as everyone else is grading. Gradually everyone else leaves with their new belts and certificates, until you are left on your own. All you can hear at this stage are the tables being shifted to their new positions in the dojo ready for your grading. Then you are called in.

It is hard standing there in front of all the seated senseis just with a large dojo floorspace between you and them.

Once you get going there really isn't anytime to think. It is relentless, but I suppose that's the point, you are there because you should be up to the standard required and all you have to do is just prove it.

Although it is a long grading the time does fly by. If you pass then you do feel that you have really worked for it, and it is all the more satisfying for it. Fortunately I did pass.

Anyone going for a higher grading? Obviously, increase your cardiac fitness with other forms of exercise outside the dojo (running, swimming, gym) and I would just say learn your kata, kumite and kihon well.

Make sure you practice with as many partners as you can (the kumite and kata can even be practiced in your head, it beats daydreaming

anytime!). If you can, train with different senseis both within the CKA, or on specific external courses.

Take your gi on holiday with you and look up the nearest dojo, everyone I have been to has been very welcoming. Those who take their training seriously will also start to read around the subject and want to learn more about shotokan and it's history.

Try not to make obtaining the black belt your sole reason for training otherwise it is very difficult to carry on after.

Most of all I would just say enjoy it, it can also be fun.

Happy training

Michael Thornton
Nidan

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CHILTERN KARATE ASSOCIATION

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Denham dojo moves to new home

From the 27th February (inclusive), Monday training at Denham will be held at the Scout Hall on Denham Lane, Chalfont. Beginners class 7pm – 8pm and seniors from 8pm – 9pm. See the [Denham dojo page](#) for more information.

[Contact us](#) if you have any questions.

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The Chiltern Karate Association, or CKA, is a traditional Shotokan Karate Association with well-established Clubs throughout

Grading training February 12th

Recently one our students, Damien Hampton, agreed to give our site www.chilternkarate.co.uk a fresh lick of paint. The much more modern site now has links to our online presence on Facebook, Twitter and YouTube but best of all it is now easier for us to add content to the site.

If you are interested in assisting us in either authoring content for the site or moderating the content prior to publication then please speak to your club instructor.

George Entecott
Nidan

TRAINING WITH DART

The Aylesbury dojo was lucky to host a local martial artist John Titchen. I've known John since I was a red belt on my first Rick Clark course. He is one of the ones that walks round the hall and helps you to do the technique we are currently doing, if you have been in a Rick Clarke course you know him.

John is very qualified in a number of areas with his roots in Shotokan and Aikido. He has developed his personal style of self defence training called DART - Defence Attack Resolution Tactics. John had contacted the CKA as he wanted to refresh his knowledge of Shotokan kata with an instructor of his, Chris Nicoles. I was honoured to host him so I decided to return the favour and train at his er ... place (mustn't call it Dojo).

Unfortunately I arrived a few minutes late but I was warmly welcomed. I read through the DART rules, which I could immediately relate to my own training. The command Zero was the equivalent to Yame, when you hear it you just immediately stop and gently disengage. Another is that body armour does not make you Superman! You can still get serious injury in body armour, it just might hurt less. Ha! Let's go.

After a warm up (I mustn't bow or say oss) I joined in a number of the basic drills covered in normal DART training.

One drill involved the defender sitting on a mat with the attacker sitting on their hips attacking the head with haymakers (big swinging hits round into the chin). This is simulated with light slaps to the shoulders. The defender rolls back using one leg to create a bridge and the other to push the attacker away, so you are free to stand up (when standing try not to push up off the floor with your hand).

The next set started similar but the attacker gets more on top of you, here we roll with the hips and elbow to push the opponent off, counter with an open handed technique and stand up away from the opponent.

Then we tried set 1A which was a defence to the same swinging punch, using the elbow to roll round the arm and use an open handed counter. I was reminded of the Shotokan principles of Tai Sabaki, moving your body around the attack.

That also reminded me of the principles of KiAi and AiKi. Ki means energy (it is Chi in Chinese) and Ai something like the world or everything. Shotokan has a lot of KiAi - not shouting as much as overwhelming - energy first world second. Think rabbit vs articulated lorry - splat! It all about landing the most power at the right place and time. AiKi (I'm thinking Aikido - the way of harmony with the world) is much more about going with the movement and using the attackers energy against them. Rolling around your opponent like water around the rock in a stream.

We also did an escape from both front and back headlocks. Mr Titchen then explained how the sets we covered could flow together starting with the standing punch, which you might end. If it doesn't then you could find yourself in a headlock, in which case you can use those defences. Or they could ram or push you onto the floor. In which case the first defences we practiced apply.

One of the headlock defences was an application based upon the first moves of Empi, dropping and twisting onto one knee. The two Kaga Tsuki hitting the opponent's knee and the down block pushing their knee and them away and down onto the floor. You then counter and disengage.

I have to say I enjoyed it, seriously-hell-yeah-that-was-fun enjoyed it. I got to experience the odd sensation of being hit in the head sufficient to 'see stars' - you know when it goes black with white dots, caused by the optic nerve being sufficiently twanged - without the usual pain and adrenalin dump.

To be honest I don't know which is a better form of training, being hit and potentially getting injured or aiming to safe targets / pulled punches / or delivering the technique a sweet wrapper away from a good target. This sums up a, and I don't want to say flaw or

limitation – concern maybe, with dojo practice - you can't really fully perform a full force technique against an opponent. You will be hurting a friend, and it's their turn next! As Rick Clark says. 'If you break your toys you won't be able to play with them next week'.

DART certainly offers a more practical form of self defence than Shotokan in some ways as you practice situations you are not likely to encounter in traditional Shotokan. I am reminded of Sensei Slater Williams words, 'You can study many arts, taking years to learn each properly or you can continue to develop your own art. You should end up at the same place.'

Do I recommend DART? I enjoyed it, if you want to experience a mix of striking techniques, which I always associate with Karate, and grappling, which I usually associate with Judo, then I recommend it wholeheartedly. I will be trying more lessons in the future and I feel it compliments my karate development well.

If you want to know more have a look at the DART website <http://www.d-a-r-t.org.uk/>.

George Entecott
Nidan

RICK CLARK COURSE MAY 2012

The CKA are proud to once again host Professor Rick Clark at our Chesham dojo on the 22nd May 2012. Rick is an 8th Dan in Ao Denkou Kai has studied a number of martial arts over more than 40 years training.

Over three hours, Prof. Clark will cover pressure point strikes, arm bars, kata bunkai and more. You are sure to feel some degree of pain but it is all done in a fun and friendly atmosphere!

I cannot recommend enough that as many CKA students as possible attend this course. We are lucky to be able to host such a knowledgeable guest instructor.

George Entecott
Nidan

HEIAN KATA BUNKAI LESSON

On a cold but very bright Sunday morning in January many of us were treated to a two hour Sensei Croft special Bunkai session.

Focussed on the application of various sections of the five Heian Katas, we quickly got stuck into trading blows and counters. We ran through applications for all the major elements of Heian Shodan and much of Heian Nidan, with parts of Heian Sandan before running up against the clock. I thought I might offer my overall learning points from the morning (rather than struggle to inadequately describe each application in turn – Sensei Croft's books on Kata provide a number of examples to be explored).

The first point of note was most attacks made during the morning came in the form of hook punches, not the Karate straight punch we spend so much time blocking in Kumite. Were we to have the misfortune of being involved in a street brawl it is likely that we could encounter such punches. The reassuring thing was that the applications allowed you to block and follow up with some devastating counters. (I particularly enjoyed Sensei Croft's description of Gedan-barai and Gyaku-zuki working very effectively in a police training exercise....)

The second general point was speed. After a couple of practises we were encouraged to make the attacks fast and make the defences and counters faster. It is fair to say that many of the applications called for virtually instantaneous block counter moves (and then a bit more counter). I felt there was a whole other lesson here – getting the mind and body to move beyond a methodical step 1, step 2, step 3 approach to applications into a seamless block, counter, and finish movement will surely be a work of years.

This was most clearly demonstrated with application of the simultaneous Gedan-barai / Uchi-uke from the early moves in Heian Sandan. The application called for a simultaneous block and punch to the stomach. While quite straightforward to

execute the punch seemed to lack any power. On questioning Sensei Croft as to why this might be he quickly and ably demonstrated (on me) that it didn't have to be a weak punch. Speed was again the key in the flinch reactions from Heian Nidan – pressing block as a flinch reaction against a low attack was novel.

Thirdly, in the applications any part of the basic move may form the block or the counter. For example, the Age-uke application from Heian Shodan had the preparation arm perform a very effective block against a hook punch with the upper-rising block providing the counter. The hammer fist strike also performed an initial block, as did a Shuto-uke preparation. A Soto-ude-uchi become an effective strike to break somebodies grip on you. I particularly enjoyed the Hikite application dealing with someone who has grabbed your arm and culminating in the Uraken / Keage double strike from Heian Nidan.

Finally, be simple and direct. Do not overcomplicate your applications, think about what it is you are targeting, and get your distancing right (for example in the above example the Keage become a knee strike).

As one of the most enjoyable parts of Karate, more Sunday mornings spent studying Bunkai would be very welcome. I would just like to finish by saying the application of the final moves from Heian Sandan to break out of a bear-hug or attempted headlock was a revelation and quite brilliant.

Damien Parmenter

Did you know?

Ichigo ichi-e literally translates as 'one time, one meeting' and originates from Japanese tea drinking ceremonies. In martial arts it refers to making each technique the best it can be and refers to the practice of seeking perfection in your karate. So aim to make your every move the best it can be and look to see how you can improve it for your next go.

TRAINING WITH SENSEI DAVE HAZARD

With John Jackson's help, I have had the chance to train with Sensei Dave Hazard 7th dan. Dave Hazard is a name I have heard of, so I wanted to train with him when I had the chance. And as this was actually my second time so far, I thought I could actually eat my own dog-food and write it up for The Lion!

John picked me up early, in the one snowy morning we've had so far this year and we made our way to Hemel Hempstead. Sensei Malcolm Phipps, now 8th Dan, was once again hosting someone I highly respect.

The courses there have the senior class first and the juniors join in later, rather than the other way round. I am told this is so the senior grades work harder for the senior class rather than the first one in the day. I like that thinking!

The first class centred on a defence against two attackers. It was quite simple with a Uraken at the temple of the rightmost opponent, traveling straight across into a Kaga Zuki to the chin of the second, a Ursharo Empi to the first guy followed by a Gyaku Zuki to second's nose. The lesson was about the correct delivery of each technique not 'disconnecting' the arm by poor placement of the body. We then added kicks as distractions as we repeated the same exercise, again using the movement that we were using to deliver the right kick.

The second class included punches and kick at different angles, I think the lesson was about choosing the correct technique for the angle of attack needed. For me, this highlighted a problem with my Mawashi Geri. What was the answer? Maintaining eye contact with the opponent! Immediately lifting and straightening my body when I kick! Money well spent!

George Entecott
Nidan

Calendar

Sunday 25th March – Grading Syllabus Training			
<i>Class will be divided into groups and training focused on the grading syllabus including the Kihon (basics) kumite (sparring) and kata required for grading examinations.</i>			
Venue:	Chiltern Hills Academy, Chartridge Lane, Chesham	Grades:	All grades
Time:	10 a.m. to 12 p.m.	Cost:	Adults: £8 Juniors: £6
Sunday 22nd April – Brown and Black Belt Training			
<i>This session will be devoted primarily to intermediate and advanced techniques and kata.</i>			
Venue:	Chiltern Hills Academy, Chartridge Lane, Chesham	Cost:	First session only: £8. Both sessions: £10
Time:	10 a.m. 11.30 a.m. Brown and Black belts 11.45 a.m. to 1 p.m. Black Belts only		
Sunday 13th May – Grading Syllabus Training			
<i>Class will be divided into groups and training focused on the grading syllabus including the Kihon (basics) kumite (sparring) and kata required for grading examinations.</i>			
Venue:	Chiltern Hills Academy, Chartridge Lane, Chesham	Grades:	All grades
Time:	10 a.m. to 12 p.m.	Cost:	Adults: £8 Juniors: £6
Tuesday 22nd May – Professor Rick Clark Pressure Point Course			
<i>Three hour session on pressure point techniques with special guest Rick Clark. Suitable for all grades.</i>			
Venue:	Chiltern Hills Academy, Chartridge Lane, Chesham	Grades:	All grades
Time:	7 a.m. to 10 p.m.	Cost:	Adults: £15 Juniors: £15
Sunday 3rd June –Grading Examinations			
<i>Grading examinations will cover all grades up to Black Belt 3rd Dan.</i>			
Venue:	Chiltern Hills Academy, Chartridge Lane, Chesham	Grades:	All grades
Time:	10 a.m. start	Cost:	Standard grading fees apply
Sunday 17th June – Special Course – Martial Qigong Sensei Croft (6th Dan)			
<i>This will be a Qigong course taken by Sensei Croft covering various aspects of traditional Shaolin energy development exercises. It will include theory and practice and discussion on application to karate.</i>			
Venue:	Chiltern Hills Academy, Chartridge Lane, Chesham	Grades:	All grades
Time:	10 a.m. to 12 p.m.	Cost:	Adults: £8 Juniors: £6
Sunday 22nd July – Grading Syllabus Training			
<i>Class will be divided into groups and training focused on the grading syllabus including the Kihon (basics) kumite (sparring) and kata required for grading examinations.</i>			
Venue:	Chiltern Hills Academy, Chartridge Lane, Chesham	Grades:	All grades
Time:	10 a.m. to 12 p.m.	Cost:	Adults: £8 Juniors: £6
Sunday 2nd September - Grading Examinations			
<i>Grading examinations will cover all grades up to Black Belt 3rd Dan.</i>			
Venue:	Chiltern Hills Academy, Chartridge Lane, Chesham	Grades:	All grades
Time:	10 a.m. start	Cost:	Standard grading fees apply