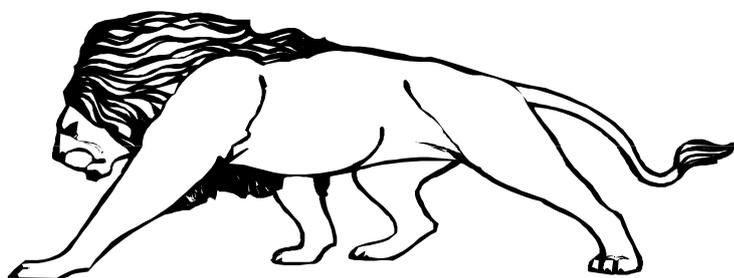


The
Lion



The official newsletter of the Chiltern Karate Association
June 2011

空手
Karate

Contents

Foreword	page 3
JKA Summer Course	page 4
Thoughts on achieving Shodan	page 7
Sensei Croft general course	page 8
Simon 'OYO' Oliver	page 9
Calendar	page 11

Cover picture:

Japanese kanji for Karate – Empty Hand

Notices:

Sunday 31st July CKA Summer Barbeque

**Saturday 17th December CKA Annual Dinner Dance
and Awards Ceremony**

Book your place now!

CKA Kumite and Partner Work DVD

All our CKA kumite sets on DVD.

An essential learning aid!

£15.00

See your club instructor

Fore Word.....

The times they are a changing, well kinda.

After many years of compiling and editing The Lion, Sensei Robin Thwaites has asked if someone else can help edit our newsletter.

George Entecott, that's me, has volunteered so this is the first regular edition of The Lion I have helped to compile. Robin is continuing to take an interest in the

newsletter and will be offering advice and keeping an editor role for the time being.

I would like to thank Robin for the many hours of work that he has put into compiling this newsletter. It is only now I am tasked with the job that I really appreciate the amount of effort that it takes!

George Entecott Niddan

CKA SUMMER BBQ

We have booked out own private glade and BBQ pit at Wendover Woods for Sunday July 31st 2011 from 10am – 3pm.

All we need are the coals, food and drink
and the best bit is no washing up!!

Within the woods there is a great free fitness trail
and a high ropes course (for which there is a fee).

We can take our own ball games etc.

Everyone is welcome, although places are limited so
first come first served.

There is a charge of £4 per person to cover hire, coals and any money
left over will go towards soft drinks and condiments.

Please pay **Laura Noble** or **Laura Graham**.

JKA SUMMER COURSE

Folks - We are lucky to be part of an association that embraces the fact that there are other Karate Ka within the UK and abroad that allow visitors and hold open courses so that we can have a diverse education in the art of Karate, this supports what we experience and learn at CKA and also allows us all additional opportunities if we wish to take up the offers of training elsewhere.

In April 2011 the Japan Karate Association (JKA) held a Karate Open Course from the 29th April 2011 until the 2nd May 2011 and a good number of our CKA colleagues attended - Mr & Mrs Murray, Miss Guerri, Mr Entecott, Mr Thornton, Miss Noble and Myself (Mr Raspberry Ripple ☺)

I had originally planned to attend the Aug 2009 session but due to my long standing knee issues I had to cancel twice but Mrs C Buck of JKA had very graciously agreed to carry over my payment until April 2011 and along with Mr Entecott I attended the last two days of the course (I'm not sure I would have physically survived the 4 days ☺)

The course was being coordinated by JKA UK headed up by Sensei Ohta 7th Dan based in Holburn London, the Senior Instructors from Japan included all the following Sensei Tanaka 8th Dan, Sensei Osaka 8th Dan, Sensei Sawada 7th Dan and last but very "not" least Sensei Inokoshi 3rd Dan.

Countries participating included people from as far away as Norway, Germany, Sweden, Spain, France, Poland & Scotland (proper foreign) and they were obviously of all shapes, sizes, ages and experience levels. I cant cover what was done within the first two days but on the 1st & 2nd May we did all the following:

DAY 1

Obligatory warm up taken by a picked Dan Grade followed very quickly but structured sessions that followed on from or complimented the proceeding days.

On this occasion we were informed that they had already covered "Arms or Striking" on Day two therefore on this day 3 we would cover "Legs & Kicking" and you can imagine my deep joy at this news (Im sat here writing this with my leg raised and with ice pack in place).

What then followed with Sensei Sawada was an extended session looking at Mai Geri, and Mawashi Geri kicking exercises with great attention being paid to Hara/Tanden or core body positioning and strength, we did many many many many repetitions.....let me say that again for effect – many repetitions.

Following this we were split into 4 groups of experience levels 1) Two sets of Dan Grades 2) All Brown Grades and also 3) Everyone under 3rd Kyu (this was actually the smallest group). Each of the 4 groups was then allocated a Sensei and additional training began.

The first 15 minutes involved a kicking routine for front and roundhouse kick, starting with your knee raised (as if at the end of the kick with your foot returned but knee still raised) we briefly dropped our foot back into front stance before immediately kicking forward and waiting with the knee raised again.

This was repeated the other side and again for roundhouse kick. You can always trust the JKA to come up with a simple variation to basic technique that increases the difficulty and effort required without changing the core basic move. The rest of the first hour was fast paced, hard work with sufficient short rests between sets.



Meanwhile the dan grade group covered maai (the distance between you and the opponent) and variations to kihon set 1 jodan at increasingly close distance using three variations

of the basic punch that would become a short rising punch (ura zuki), vertical fist punch (tate zuki) and the full twist punch (choka zuki) depending on your distance from the opponent.

Sensei Ohta said that at first you decide the counter you wish to use and when blocking you manoeuvre yourself into the correct position to deliver the technique.

However later on you do not plan ahead but adjust your counter according to the situation you are in and do so without consciously planning the block or counter.

After that, the dan grades covered the katas Nijushiho and Empi including some applications.

In the Brown belt group we then started to look further at core strength with Sensei Sawada.

He started by taking us through some core strength and breathing exercises which were designed to re-enforce the fact that Kime is required, not just within strikes or in the arms but also, through the core of our bodies, into the legs to build strength in our footings, or the foundation of our stances.

He had us practise this through some very rigorous Jodan attack and defences.

He then went on to follow this up with detailed tuition in Basai Dai and Tekki Shodan with some detailing on specific techniques, and bunkai.

I do think this was for the benefit of approx 15 people in our group that

intended doing a Dan Grading that very afternoon.

But I must say that during each session in day one I did pickup at least one significant piece of information that I need to use or adapt for myself – isn't that what it's all about and therefore worth at least day one cost.

DAY 2

Again the obligatory warm up taken by a picked Dan Grade followed very quickly but structured sessions that followed on from or complimented the proceeding days.

Having done legs the day before I thought I'd escaped punishment. MmMMm not true !!! We were going to put together what was already covered.

What then followed with Sensei Inokoshi (I might add the youngest and fittest) was a session that looked at freestyle footwork, adding in Kizami Zuki, Gaku Zuki, Mai Geri and Mawashi Geri and you guessed it - yes we did many many many many repetitions and I lost count after approx 200 sets containing all the above to count..... ouch !!!

We then partnered up and practised 4 types of counter and footwork positioning to a Kizami Zuki attack, and my Polish partner was very enthusiastic with his counter punching as my ribs will tell you.

We then took a short break and Sensei Tanaka supported with language translation services from

Sensei Ohta went on to explain that he had seen some issues with distancing, and positioning within the previous exercises.

He then started to ask Dan Grades to demonstrate and explain stances and distancing – some of the responses were interesting – and he reminded them all that as instructors then needed to be able to explain and understand things correctly if they were to further or better educate others.

Following this we were split into the previous days 4 groups of experience levels.

The Dan Grade Group focused on basic techniques, specifically gyaku zuki and kizami zuki delivered whilst moving forward, back, left and right, followed by more kicks and avoiding those with sideways movements.

We then covered Jitte in detail picking up a number of points and covering some applications for the various moves.

In the Brown belt group we then started to look further at the basics with Sensei Osaka, he started by taking us (as per the previous day) through some core strength and hip or core body positioning exercises designed to give strength in our footings, or the foundation of our stances.

He then went on to re-enforce this with Single or Sanbon Oi Zuki and Gaku Zuki punches. We also relooked at the knee, foot and toes positioning in Mai Geri and he had us practise this through some very rigorous

repeat exercises. He then went on to follow this up with detailed tuition in Jion with some detailing on specific techniques, and bunkai. I also must add that Sensei Osaka's English is very limited but through almost a "mime" like session he imparted a great amount of information and educated us all very well in Jion

It seems there is a competition and course in Norway in Nov 2011 if you are interested. I will be attending the next course in 2012, that's if I recover in time - Be lucky, train hard and be safe. ☺

John Jackson

THOUGHTS ON ACHIEVING SHODAN BY MR RAMSAY

After a year of occasional pestering from a friend, I started training at the Amersham dojo.



Mr Ramsay receives his certificate

Karate is an iconic martial art, and the wish to be 'good at it' can become quite addictive if you let it, with visions of the abilities of Bruce Lee just one

epiphany away (maybe), and so I've stuck at it.

Practice makes perfect, so after 5 years I might have done about 20,000 blocks and over 60,000 punches (love those sanbon-zukis), they might not be perfect but I guess they aren't bad.

You will hear a lot of people say that Shodan is where the training really starts; I guess it's all about applying what you *know* you can do, because you know you've learned it properly!

Proving that on the day certainly is hard work, but it makes it all worth it – now on with the training.....

Alex Ramsay Shodan



CKA Dinner Dance and Awards Night

After receiving positive feedback from last years event, we will again be returning to De Vere Hotel, Latimer. To be held on Saturday 17th December 2011.

This is a black tie event and will cost £32.85 per person.

Places are limited and all monies must be paid by 1st November.

Laura Noble and Laura Graham will be taking £10 per person non refundable deposits very soon!! Keep an eye out for posters at the dojos and email Laura N with any questions or to secure your place.
nobble69@hotmail.com

SENSEI CROFT'S GENERAL TRAINING

While the general training course was open to all grades, those under 3rd *Kyu* were only allowed to stay for one and a half hours. The rest of us had three hours of *Karate* to survive. Having only recently received my Brown Belt, and having never stayed at a session for more than two hours, I was worried about stamina and not collapsing in a heap halfway through. But I hadn't come for the fitness; I had come for the training under the wise Sensei Croft.

I think.

After starting with a fairly normal warm up, the course moved straight into basics. Specifically, *Gyaku Zuki*. Working on the six parts of a technique, we were taught how to properly perform a reverse punch, using *Kime* (which was taught in a

way involving trying to prevent a partner from moving you).

This meant learning Reverse Abdominal Breathing, a special breathing technique used to maximise the power of a move, and keep ventilated while doing this.

Using this, we practised the punch again, coming out much stronger. With this knowledge, the class performed *Heian Nidan*, using *Kime* and the six parts of a technique. After this exercise, the hour and a half was up.

We took a fifteen minute break to have a drink, recover, and reflect on what we had learned, as well as to prepare ourselves for the coming session. As this was the first Brown Belt session I had ever been to, I was feeling nervous.

After the break, the class (now about half the size it used to be) moved into a *Kata* called *Sanchin*, a *Kata* taught

specifically with *Kime* in mind, a *Kata* done in a very awkward stance.

After finally getting to grips with the *Kata*, it was all flipped on its head when we started *San Zhan*, the original *Kata* that *Sanchin* was derived from. *San Zhan* was very similar to *Sanchin*, but slightly different, leading to a lot of mistakes (at least on my part).

Having taken a break from *Kata* after this, we were taught some very useful pressure points and applications that were great fun to try on other people, but not so fun to experience. The session then ended with another round of *Sanchin* and *San Zhan*, before heading for a well-earned rest and drink.

The course was informative and helpful, and I learned some very useful things. And two *Kata*.

(Although the chances of me remembering those are not very high).

Stewart Pringle

Chiltern Karate Open Day and Competition

Sunday 16th October 2011

Bring along your friends and family

Competition details to follow...

See your club instructor for more information...

SENSEI SIMON 'OYO' OLIVER

Folks – As I've already said on numerous occasions "We are lucky to be part of an association that allows us to take up offers of training elsewhere"

On the 8th May 2011 the SSKI in Haverhill Suffolk held a Karate Open Course for One Day Only by "SIMON 'OYO' OLIVER o Close Quarter practical Applications to Kata" – the day was split into two sections specifically designed for mixed grade abilities in the morning and senior grades in the afternoon.

It was a two hour drive and Mrs Thwaites accompanied me on the long journey. Well, we all know Sensei Thwaites' reputation for chatting and all I can say is that she is entertaining company even if you can't can get a word in edge ways! (I will probably regret saying that though wont I?

The course was being coordinated by Gill Payne the Senior Instructor at SSKI and was being billed to include a reasonable level of contact. Mr Oliver does have a reputation for giving realistic demonstrations and he does tend to use a group of what we would consider Senior Black Belts as his regular "Stooges" or "Techniques Demonstration Dummies" or formally known as "Uke"

Session 1 – We started with some introductions to what appeared to be a close nit community of people that already had an experience of Sensei

Oliver's techniques and style and some regular followers of his style. There were only approx 20 participants and expectations were high.



Mr Jackson, Sensei Oliver, Sensei Thwaites

He broke down what he would cover in the session and started the warm up by doing kata exercises; this first session was going to cover Heian Nidan and its applications.

We worked our way through the kata and revisited a number of the particularly confusing techniques and applications.

It was during this set that an accident occurred and one of the "Stooges" "received a small but very painful injury that for a moment seemed to have that individual "out on his feet". He recovered well and retired early to have his teeth reset by the hospital.

The point I'd like to make here is that as much as we want our practise sessions to be realistic – we all need to retain control and be able to pull our power back as necessary.

But what it did prove was that the techniques did work effectively..... where our partners were willing to

extend the right level of effort and attitude, I'm not sure all our participants shared mine or Mrs Thwaites' enthusiasm..... and we know how she can enjoy applying techniques 😊.

Session 2 – Again he broke down what he would cover in the session and started the warm up by doing kata exercises; this second session was going to cover Sochin and its applications. As you are all aware this is a very senior kata and the techniques or bunkai can be confusing and I am easily confused as you all know 😊.

Mr Oliver explained himself well and we took a good amount of time practising exercises and sharing the pain of the techniques – well those of us that weren't wall flowers did.

Mr Oliver is well published – and it is apparent that through his working life he has had to use his experience and skills to protect himself and others around him.

I enjoyed the course and the interaction with all the participants and the bunkai did challenge my thinking and stretch me to think of other options outside of what we normally expect to see or use in our applications of kata.

As usual, if I only learn one or two really interesting points in any open course then in my view its money, time and effort well spent.....I do hope to see some of you at the next external adventure or at one of our own courses within CKA.

John Jackson

Calendar

Sunday 19th June – Grading Syllabus Training

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.

Venue: Chesham Park Community College, Chartridge Lane Chesham
Time: 10 a.m. to 12 p.m.
Grades: All grades
Cost: Adults: £8 Juniors: £6

Sunday 10th July – Grading Syllabus Training

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.

Venue: Chesham Park Community College, Chartridge Lane Chesham
Time: 10 a.m. to 12 p.m.
Grades: All grades
Cost: Adults: £8 Juniors: £6

Sunday 31st July – CKA Summer BBQ

Fun for all the family.

Venue: Wendover Woods BBQ Pit
Time: 10 a.m. to 3 p.m.
Grades: All grades & family
Cost: £4 per person

Sunday 4th September – Main Grading Examinations

Grading examinations will cover all grades up to Black Belt 3rd Dan.

Venue: Chesham Park Community College, Chartridge Lane Chesham
Time: 10 a.m. start
Grades: All grades
Cost: Standard grading fees apply.

Sunday 18th September – Martial Qigong

This course will be taken by Sensei Croft and cover the theory and practice of Qigong.

Venue: Chesham Park Community College, Chartridge Lane Chesham
Time: 10 a.m. to 11.30 p.m. - All grades
11.45 a.m. to 1 p.m. Brown and Black Belts only
Cost: Adults: £8 Juniors: £6 – Brown & Black Belts £10

<p>Sunday 2nd October – Grading Syllabus Training</p> <p><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></p> <p>Venue: Chesham Park Community College, Chartridge Lane Chesham Time: 10 a.m. to 12 p.m. Grades: All grades Cost: Adults: £8 Juniors: £6</p>	
<p>Sunday 18th October – Annual Open Day and Competition</p> <p>Venue: TBA Time: TBA</p>	
<p>Sunday 30th October – Grading Syllabus Training</p> <p><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></p> <p>Venue: Chesham Park Community College, Chartridge Lane Chesham Time: 10 a.m. to 12 p.m. Grades: All grades Cost: Adults: £8 Juniors: £6</p>	
<p>Sunday 13th November – General Training Course</p> <p><i>This will be a general course taken by Sensei Croft covering various aspects of karate training.</i></p> <p>Venue: Chesham Park Community College, Chartridge Lane Chesham Time: 10 a.m. to 11.30 p.m. - All grades 11.45 a.m. to 1 p.m. Brown and Black Belts only Cost: Adults: £8 Juniors: £6 – Brown & Black Belts £10</p>	
<p>Sunday 4th December - Grading Examinations</p> <p><i>Grading examinations will cover all grades up to Black Belt 3rd Dan.</i></p> <p>Venue: Chesham Park Community College, Chartridge Lane Chesham Time: 10 a.m. start Grades: All grades Cost: Standard grading fees apply.</p>	
<p>Saturday 17th December – CKA Christmas Dinner and Awards</p> <p>Venue: De Vere Hotel, Latimar Cost: TBA</p>	