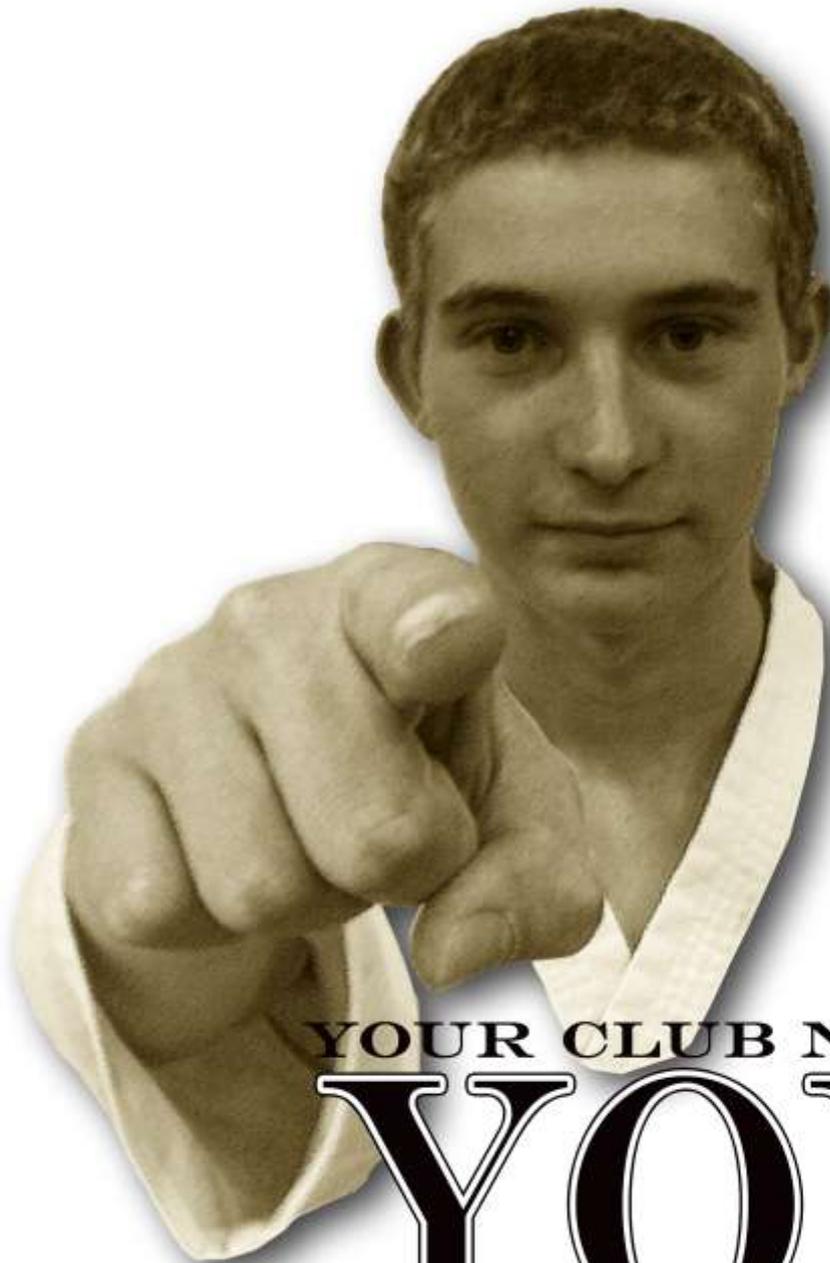


The
Lion



The official newsletter of the Chiltern Karate Association
December 2012



YOUR CLUB NEEDS

YOU

Contents

| | |
|--|---------|
| Foreword | page 3 |
| Congratulations | page 4 |
| On Achieving Shodan | page 4 |
| Dan Grading - Insights & Advice !! | page 4 |
| Training over Christmas | page 6 |
| No 4 – Zanshin & Mushin (mindset of a Warrior) | page 6 |
| CKS Open Day & Competition – Winners | page 9 |
| 2013 Calendar | page 12 |

Cover picture:

Your Club Needs You

Notices:

Saturday 15th December 2012
Xmas Dinner at Kings Arms Hotel, Old Amersham

Fore Word.....

*The front cover has a simple message
– You club needs YOU!*

It is a vitally important message. Without you - whatever your grade, the club could not exist. We need for you to turn up for as many courses and events as you can make. Every session you attend gives you the chance to improve your karate and this will be reflected in the high quality of the club overall.

We need new members to join our club. So if you have any friends that are interested in joining us then encourage them to do so. Word of mouth has always been the best form of publicity and it is vital for our continued success as a club.

There are other ways you can help too. We need people to contribute articles for this publication or our website. If you do a course or find something interesting about karate; then speak to your instructor or write it up and email me at gentecott@chilternkarate.co.uk.

If you want to cover something in class, have an idea of something we could do or just want to get involved then speak to your instructor. They will be glad to hear from you.

Today we will have our Annual Awards Ceremony. Best of luck to everyone

but even if you do not win an award (we have very few awards to give out each year compared to the number of students) do not become despondent. An award allows us to highlight not only the high standards but also recognise the amount of effort students put into their training. Unfortunately we can not award everyone, just keep up the good work and who knows, maybe next year it will be you.

As ever I wish the very best of luck to all those grading today. If this is your first time, do not worry about it – Just concentrate on your own karate and do your best!

*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, email info@chilternkarate.co.uk!

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

Congratulations!

Warm congratulations to Senseis Brian Warner and Juliet Guerri on reaching their Fourth Dan (Yondan).

Sensei Croft mentioned that they both show strong karate technique and were great ambassadors for the club.

Well done!



On Achieving Shodan

This September, I was lucky enough to take my black belt grading - something I'd been looking forward to, and training towards, for over 5 years. That Sunday morning was spent waiting and worrying, thinking and desperately trying to recall all I had learned. Hours passed, others exited the hall with their colourful new belts while John Jackson and I watched and wondered what we're in for.

We both entered the hall. Time passed (I'll leave out the details to sustain the mystery). Two hours later we exited the hall, drenched in sweat and smiling ear to ear. We had done it. We had achieved Shodan ... but what now?

It is strange to think that 6 years ago, I entered this club a complete beginner; unaware of what to expect and scared about having to hit something. Karate is a leap of faith; letting go of that oh-so-British politeness and introversion and learning to fight. Karate has given me the confidence to stand tall and

present myself to the world without fear of judgment.

And now, with a new belt comes a sense of responsibility, the desire to be one of those people at the end of the line who's techniques are so fast and crisp and powerful - the people who were such an inspiration when I first began learning. However, more than the feeling of responsibility, I feel excited. Black belt is just the beginning. I cannot wait to learn more about karate and to gain a deeper understanding of the martial art.

Looking back, training has been tough - often a battle against an aching body which frankly doesn't want to contort itself to throw a wobbly mawashi geri at an imaginary opponent - but I've met many wonderful and inspirational people; from the dedicated sensei who teach us, to the fantastic members of the club who give it such a great atmosphere and to my ever-supporting brother who has trained with me the whole time. I realise this is all a bit soppy and nostalgic, but the CKA is great. I cannot wait to return this winter!

Nia Madden
Shodan



Dan Grading - Insights & Advice !!

When George (Mr Entecott) asked me to do a write up on taking my Shodan Grading I initially said that Nia Madden is probably much more eloquent (better English) and Nia

would do a much better job in taking everyone through what was an interesting session or process (an understatement). So all I intend doing here is offering advice to those with an intention to grade if that's okay: You will be apprehensive, possibly nervous, maybe even a little daunted or scared at the prospect of grading don't let that undermine your confidence because don't forget the important fact that you've been "Invited to Grade !!!"



Don't start your grading badly with sloppy Rei or Yoi stances.

CKA has a great Syllabus - Make sure you know it and you've drilled it under pressure particularly the Kumite Sets.

Remember it's not only about technique, its as much about spirit, will power and determination as anything else.

Don't leave it until the last 3 months (12 weeks) to ramp up on your training as it passes faster than you realise.

Get in as many Karate sessions a week in as many locations as possible not only to get the advice from the various other Sensei's but also because your "Usual Suspects" won't be there on the day as predictable partners in Kumite and you need those Kihon Basics firmly ingrained in your muscle memory.

Make sure you build in some "Cardio" fitness training at least once if not twice a week to augment your Karate (the Shodan grading itself has been likened to doing a 3 mile run

followed by a full 1st Kyu Grading plus 30% extra).

Don't save yourself during the test - give everything you have from the very 1st technique onwards. Remember that it's better to run out of gas completely than not show the correct level of effort.

In your build up make sure that when chaining techniques together that you complete each technique and focus on the Kime points.

Don't be fooled into thinking that waving your arms around like a windmill in the middle of a set like Soto Uke, Empi, Uraken, Gyku Zuki Gedan Barai won't get noticed.

Watch your stances and feet positions because impressions of Elvis doing Jail House Rock isn't part of the syllabus and it definitely doesn't have a Japanese stance name associated with it.

Be a little bit selfish in your training and if you need help or want to cover specific items in a class then ask, ask and ask again (you have taken upwards of 4 years to get to this point) so don't waste it now.

Get your breathing right, if you are unsure then ask me what I mean - because you can be as fit and strong as you like, but with the wrong breathing you could be seeing stars or worse case laying on the floor asking what your name is after less than 30 minutes.

Crouching Crane Stance from Karate Kid 1 won't work in the Free Style Kumite Sessions or the Competition (you know who you are !!) Try not to go into your grading with residual injuries if you can help it - Personally I took the last week off to recuperate and relax but that's not to suggest it's the right way for everyone.

Read up on "The History of Karate", and know your "Pressure Points & Strike Directions" - because the chances are that if you don't know then you will get asked.



After a successful Shodan Grading - recuperate but also focus on what you want to do next, and don't let the climax and

significant achievement turn into an anti-climax.

Additionally if you are unlucky and you are not successful on the day - work to put it behind you, focus on the positive fact that you "were" invited to grade, its in your personal gift to yourself to be successful, pick yourself up and get back on the horse ASAP.

All the above aside – It's a well known fact that it's not easy and it shouldn't be otherwise what's the point. So the best of luck to you all, enjoy it and reflect on your success with pride and remember the Sensei's do want you to pass !!!

Regards & Train Hard !!!.....

John Jackson
Shodan

Training over Christmas

| Mon | Tue | Wed | Thu |
|---|--------------------|-------------------|--------------------|
| 17 DM: No training HG: Normal training | 18 Normal training | 19 7:30-8:30 | 20 Normal training |
| 24 No training | 25 No training | 26 No training | 27 7:00-9:00 |
| 31 No training | 1 No training | 2 No training | 3 Normal training |
| 7 DM: No training HG: Normal training | 8 Normal training | 9 Normal training | 10 Normal training |

No 4 – Zanshin & Mushin (mindset of a Warrior)

A couple of quotes for you to start with:-

"...it is important to remember that a karate-ka should be cognisant of zanshin (remaining mind) at the end of kata..." - Michael Randell, Shotokan Karate Book of Facts, Vol3

"...Funakoshi's eyes remain in the direction of the last opponent for some two seconds, thus showing fine zanshin..."

"...at Yame, both defender and attacker will draw up and face each other, not shifting

their eyes or moving their limbs needlessly until the command of Yasume (rest). This is called keeping the "mind in reserve", that is preserving one's alertness (literally "remaining mind" or zanshin)..." – Funakoshi, Karate-Do Kyohan

Zanshin.

残心

We've all heard about it and we all stand there, staring into space at the end of kata, trying to look like a martial artist! But what exactly is Zanshin? And when should we be trying to do it?

And if we understand Zanshin, then what is **Mushin**?

無心

The literal translation of Zanshin is "remaining mind" - Zanshin is a place where an awareness of the possibility of serious combat is to constantly be maintained. You are sentient to your surroundings, your environment and the person in front of you, as well as the possibilities of other threat states around you.

At the end of kata you need to remain focused on the likelihood of further combat. The kata is finished but the threat is still real and you should not lower your guard.

There is a very famous Japanese Samurai proverb "**katte kabuto no o o shimeyo**" which means "...in victory.....tighten your helmet!..." - it is a warning not to rest on your laurels and to be ready if your enemies return. Celebrate your win in battle and you may lose the war!

This is not just a concept in Budo, it applies everywhere. For example we see it in football all the time - a commentator loves to say (just after a team has scored a goal) "...this is the dangerous time when it's all too easy to concede..." - and it's true! After the goal is scored, the elation from "beating" your opponent can lead the winning team to relax and lose focus, and thus allow the opposing team an advantage to counter attack.

The same is true in karate.

Zanshin - in simple terms, don't switch off at the end of battle ..." **stay on it!** "

But lets expand this a little with a simple question.....if Zanshin is training you to be ready for a continued battle *after* you have finished combat, suppose combat actually *does* start again.....because you are in a state of Zanshin you can respond accordingly to the threat.

A good student should now be asking "...but at what point does the *end* become the *beginning*...?"

And doesn't that mean you can exhibit Zanshin at the beginning *before* you reach the end?

We need a new definition for Zanshin and maybe this will help:-

- Sensei Matsumoto Takagi (who was taught by Funakoshi in the 1920's) - "...he insisted that we trainees developed a strong sense of zanshin or alertness..."
- Sensei Kanazawa - "...I can see important Budo elements like zanshin gradually disappearing...I can see an over emphasis on the *magnificence* of the katas..."
- Sensei Isao Obata (instrumental in the regeneration of the JKA after WWII) - "...if you don't perform zanshin correctly your effort will be wasted..."
- Sensei Hiroshi Shoji (commenting on Funakoshi) - "...as we left Takushoku, a car came around the corner and we had to jump out the way. But he just stepped clear of the car with no effort; he was 80 years old but his zanshin (awareness) was still highly developed..."

If the object of Zanshin is to be ready, at the end of kata, for future combat, it is logical that we should be in a state of Zanshin at the START of kata as well as the end. Zanshin is a wheel that has no beginning or end. Funakoshi recognised this subtlety, as did a host of other great Budo masters.

Your goal, as a serious martial artist, should be to incorporate this heightened state of awareness so that it becomes a natural part of your psyche.

At all times.

And this is true for all Budo.

Sensei Suenaka tells a story about Aikido's founder Morihei Ueshiba that is the epitome of this concept. "...we were seated on the floor face to face having tea and talking when, without turning his head, he casually reached behind himself and then held something out for me to see. "Ah, a young cockroach" he said, before gently putting it to the side. Only later did the significance hit me. How was Ueshiba so aware that even when focused on our conversation could he not only *sense* the presence of something so small but be able to know *exactly* where it was so that he was able to pick it up without looking?..."

This is ZANSHIN.

So, we have explored the beginning and end of combat.....but what of the middle?

This is where **Mushin** is required.

Mushin – literally means "without mind" or "without conscious thought".

The term Mushin is shortened from "mushin no shin", a Zen expression meaning "the mind without mind" and is also referred to as the state of "no-mindedness". That is, a mind not fixed or occupied by thought or emotion and thus open to everything.

Mushin is the point a martial artist strives to attain. By repetitively performing combinations of movements and exchanges of techniques many, many thousands of times, the aim is to be able to perform spontaneously, without conscious thought.

At this point, a person relies not on what they think should be the next move, but what is their natural reaction or what is felt intuitively. Attaining this state of mind will change one's natural reactions so that a flawless execution of the moves is accomplished during both combat and kata.

Mushin is truly achieved when a person's mind is free from thoughts of anger, fear, or ego during combat. There is an absence of discursive thought and judgment, so one is

totally free to act and react towards an opponent without hesitation and without disturbance from such thoughts.

Some Zen masters believe that Mushin is the state where a person finally understands the uselessness of techniques and becomes truly free to move. If the mind is occupied choosing which technique to use and how the technique is to be executed, then the mind cannot move without thought because it is shackled. The conscious process of technique needs to be replaced by unconscious belief in one's ability.

Funakoshi referred to Mushin in his Nijukun:-

"kokoro wa hanatan koto wo yousu"

"The mind must be set free...."

The mental aspects and attributes of Mushin draw heavily from the philosophies of Zen Buddhism and have been written about for hundreds of years. In more recent times Mushin has attracted the attention of western philosophers and management training theories for business.

Miyamoto Musashi (the greatest swordsman that ever lived and the author of The Book of Five Rings) lived from c. 1584 – 1645 and alluded to Mushin.

In later years, the first western philosopher to coin the expression "unconscious mind" was Friedrich Schelling in the 18th century. The concept was further developed and popularized Sigmund Freud.

Even in the 20th century we have the theory of Mushin being expanded as the "Four Stages of Learning", developed at Gordon Training International by its employee Noel Burch in the 1970s:-

1. **Unconscious Incompetence (UI)** – the karate beginner

The individual does not understand or know how to do something.

2. **Conscious Incompetence (CI)** – the karate Kyu grade

Though the individual does not understand or know how to do something, they do recognize the deficit.

3. **Conscious Competence (CC)** – the karate junior Dan grade

The individual understands or knows how to do something. However, demonstrating the skill or knowledge requires concentration.

4. **Unconscious Competence (UC)** – the karate senior Dan grade

The individual has had so much practice with a skill that it has become "second nature" and can be performed easily.

This is MUSHIN.

Sensei Hiroshi Shoji – the greatest ever JKA kata champion (and the only person ever to score a perfect 10) said “....practicing standardised kata is extremely important for the beginning student of karate, and it should be after years of training that one can start working on variations. The ultimate goal lies in the totally free execution of kata, a freedom from all restraints from the

standardised movements, and the natural execution of technique in sparing.....”

In any situation, be it kata or combat, the correct mindset should be:-

ZANSHIN



MUSHIN



ZANSHIN

To finish with, back to Funakoshi and the Nijukun, principle number 5:-

“gijutsu yori shinjutsu”

Mentality over technique – karate should be more about developing the mental state and less about perfecting technique, for with the correct mindset the true essence of karate-do will emerge.

Dave Davenport
5th Dan

CKA Competition Results

| | Best Spirit & Etiquette | JUNIOR KATA : 5 th KYU & ABOVE | JUNIOR KATA : 6 th KYU & BELOW | JUNIOR KUMITE : 5 th KYU & ABOVE | JUNIOR KUMITE : 6 th KYU & BELOW | SENIOR KATA : 3 rd KYU & ABOVE | SENIOR KATA : 4 th KYU & BELOW | SENIOR MALE KUMITE : 3 rd KYU & ABOVE | SENIOR MALE KUMITE : 4 th KYU & BELOW |
|-----------|-------------------------|---|---|---|---|---|---|--|--|
| 1st | Hugo Javaud | Christopher Pringle | Thomas Allen | Nathan Kemp | Hugo Javaud | Rhys Madden | Olivier Javaud | Rhys Madden | Tonny Kagaba |
| 2nd | | Aargaash Rajkumar | Hugo Javaud | Christopher Pringle | Shanmukan Sritharan | Tom Finchett | Tonny Kagaba | Anthony Henderson | Olivier Javaud |
| Joint 3rd | | Prakhash Rajkumar | Varoonan Sritharan | Prakhash Rajkumar | | Pauline Kerslake | Carol Patience | John Jackson | |
| | | Jonathan Parmenter | Molly Smith | Aargaash Rajkumar | | Stewart Pringle | Sara Smith | Bob Pringle | |

2012 Open Day and Competition - Winners



2012 Open Day and Competition - More Winners



Calendar

| | |
|---|---|
| <p>Sunday 13 January - Grading 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 Time: 10 a.m. to 12 p.m. Grades: All grades Cost: Adults: £8 Juniors: £6</p> | <p>Sunday 20 January - EKF National Kyu Grade Championships <i>EKF National Championships - Kyu Grade</i> Venue: Ponds Forge Sports Centre, Sheaf Street, Sheffield Time: 8 a.m. weigh in 9 a.m. start Grades: All welcome - Kyu grade to enter Cost: Enter: £15 per event Watch: £8 -16 £10 +16</p> |
| <p>Sunday 3 February - Grading 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 Time: 10 a.m. to 12 p.m. Grades: All grades Cost: Adults: £8 Juniors: £6</p> | <p>Sunday 3 March - Grading Examinations <i>Grading examinations will cover all grades up to Black Belt 3rd Dan.</i> Venue: Chiltern Hills Academy, Chartridge Lane, Chesham Time: 10 a.m. start Grades: All grades Cost: Standard grading fees apply</p> |
| <p>Sunday 17 March - Grading 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 Time: 10 a.m. to 12 p.m. Grades: All grades Cost: Adults: £8 Juniors: £6</p> | <p>Sunday 14 April - Grading 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 Time: 10 a.m. to 12 p.m. Grades: All grades Cost: Adults: £8 Juniors: £6</p> |
| <p>Sat 20 / Sun 21 April - EKF Nationals - Dan grade <i>EKF National Championships - Dan Grade</i> Venue: TBC Time: TBC Grades: All welcome - Dan grade to enter Cost: TBC</p> | <p>Sunday 9 June - Grading Examinations <i>Grading examinations will cover all grades up to Black Belt 3rd Dan.</i> Venue: Chiltern Hills Academy, Chartridge Lane, Chesham Time: 10 a.m. start Grades: All grades Cost: Standard grading fees apply</p> |
| <p>Sunday 23 June - Grading 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 Time: 10 a.m. to 12 p.m. Grades: All grades Cost: Adults: £8 Juniors: £6</p> | <p>Sunday 7 July - Grading 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 Time: 10 a.m. to 12 p.m. Grades: All grades Cost: Adults: £8 Juniors: £6</p> |
| <p>Sunday 8 September - Grading Examinations <i>Grading examinations will cover all grades up to Black Belt 3rd Dan.</i> Venue: Chiltern Hills Academy, Chartridge Lane, Chesham Time: 10 a.m. start Grades: All grades Cost: Standard grading fees apply</p> | <p>Sunday 29 September - Grading 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 Time: 10 a.m. to 12 p.m. Grades: All grades Cost: Adults: £8 Juniors: £6</p> |
| <p>Sunday 13 October - Open day and Competition <i>CKA Open Day and Competition</i> Venue: Holmer Green dojo, Parish Piece, Holmer Green Time: TBC Grades: All grades Cost: TBC</p> | <p>Sunday 10 November - Grading 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 Time: 10 a.m. to 12 p.m. Grades: All grades Cost: Adults: £8 Juniors: £6</p> |
| <p>Sunday 8 December - Grading Examinations <i>Grading examinations will cover all grades up to Black Belt 3rd Dan.</i> Venue: Chiltern Hills Academy, Chartridge Lane, Chesham Time: 10 a.m. start Grades: All grades Cost: Standard grading fees apply</p> | <p>Saturday 14 December - Xmas Dinner <i>Annual Christmas Dinner and Awards Ceremony</i> Venue: TBC Time: TBC Grades: Over 18s only Cost: TBC</p> |