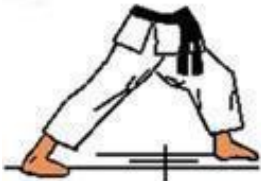


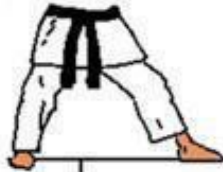
# The *Lion*



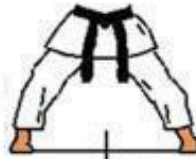
*The official newsletter of the Chiltern Karate Association - December 2014*



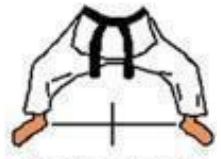
Zen kutsu dachi



Kokutsu dachi



Kiba dachi



Shiko dachi



Kosa dachi



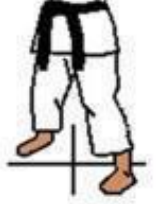
Neko ashi dachi



Sanchin dachi



Renoji dachi



Hangetsu dachi



Heiko dachi



Hachiji dachi



Heisoku dachi



Musubi dachi

# *fore Word....*

*Season's greetings and welcome to your December edition of **The Lion**, the number one source of CKA gossip...*

*I'm certain that all of us during our beginners phase have at some point broken into a cold sweat when commanded (in Japanese of course) to assume a particular stance! Take a peek at this issue's front cover and hopefully it will go some way to alleviating that moment of terror.*

*Everyone, child and adult alike, is no doubt counting down the days until they can pack away their exercise books and pencil cases or down tools and quit the office for a well earned rest over the Christmas season. However, don't let up with the training, after all an hour of karate will go a long way towards easing those pangs of guilt as you grasp for another mince pie or de-flesh a goliath turkey drumstick!*

*(Just so long as we are still able to wrap belts around our guts come January, eh?) Check out the official dates of closure at your club later on in this issue.*

*Today's grading is our last chance to show the Senseis how far we've come in developing our attitude and technique over 2014 so let's make it a good one.*

*Merry Christmas to all of my fellow karatekas and well done to all of the award winners... see you in the New Year...*

**Jack Hamilton**

**5<sup>th</sup> Kyu**

**If you have any material that you would like to be considered for publication in **The Lion** please contact Sensei Thwaites at [erin.thwaites@yahoo.co.uk](mailto:erin.thwaites@yahoo.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](mailto:info@chilternkarate.co.uk)**

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

# Thanks to *All* and *Good Training!*

After 14 great years with CKA I have reluctantly decided to retire from Karate.

Last year I developed a hip labral tear which although is much better, was not going to allow full karate movement or speed of kicks in the future. Unfortunate for my karate, but an opportunity to channel more time and energy into tennis (the retirement plan). So I will still be getting exercise but in more breezy conditions!

I would like to say many, many thanks to the Dan grades who have invested so many years into my karate. You helped me achieve much more than I would ever have dared to dream. I wouldn't have missed for the world the fun, frustration, excitement (and at times fear), fulfilment, inspiration or friendship I have enjoyed while training with instructors and students alike.

Best wishes and good training in the days ahead to all at CKA.

**Margaret Ibison**

*Nidan (2<sup>nd</sup> Dan)*



# **Sensei Warner's Top Training Tips**

So we're approaching the festive period again, hopefully it won't make too much of an impact on your training. Unfortunately Christmas Day and New Year's Day fall on a Thursday this time round so there won't be any training in Amersham for two weeks in a row, but we'll be back in full swing on 8<sup>th</sup> January. If you haven't thought of any new year's resolutions yet, here are a few to help you get the most out of your training in 2015...

1. Train twice a week every week (or more if you like). I know it can be difficult finding the time but the whole 3 monthly grading cycle is based around this simple plan. You'll easily get your 20 lessons in between gradings this way.
2. Attend every Sunday Grading Training you possibly can, remember once between gradings is the minimum and the minimum is never enough!
3. Always give 100% in lessons, if you find yourself being lazy in class there is only one person you are cheating! Grading mode doesn't exist, we should be testing how good you are, not how good you could be if only you tried harder.
4. Learn your new grading syllabus within the first few weeks after grading; this will give you plenty of time to polish it up in time for the next one!

Good luck to those of you who are grading! And I'd just like to wish you all a happy Christmas and happy training for 2015.

**Brian Warner**

*Yondan (4<sup>th</sup> Dan)*

# CKA Annual Awards 2014



Congratulations to the students below who have been nominated by their instructors for their outstanding attitude and effort while training within the CKA.

A very special mention goes to Mr. Aumugam Rajkumar who has overcome many hurdles to keep training and, despite many setbacks, has been focused and always trains to his best ability.

## ***Dedication, Effort and Perseverance in Training:***

*Richard Tudor*  
*Finley Spencer*  
*Paul Allen*  
*Kerry Clough*  
*Henry Pham*

## ***Good Etiquette and Approach to Training:***

*Edward Galley*  
*Grace Weller*

## ***Jonathan Green Award:***

*Arumugam Rajkumar*

# Christmas Closure Dates

## *Holmer Green*



The last lesson of 2014 is on **Monday 22<sup>nd</sup> December**. Our first lesson of 2015 is on **Monday 5<sup>th</sup> January**.

## *Chesham*



The Chesham dojo is open for business as usual throughout the festive period.

## *Aylesbury*



There will be **NO Wednesday training on 24<sup>th</sup> or 31<sup>st</sup> December**. Aylesbury will be re-opening for 2015 on **Wednesday 7<sup>th</sup> January**.

## *Chalfont*



There will be **NO training after Wednesday 10<sup>th</sup> December** until further notice. Refer to Facebook and CKA Website for information and updates.

## *Amersham*



Amersham dojo will be closed on **25<sup>th</sup> December** and **1<sup>st</sup> January 2015**. We will re-open on **Thursday 8<sup>th</sup> January**.

# *In Other News*

## *First Aid Course in the Pipeline...*

Sensei Thwaites is busily organising a first aid course for early 2015. Hopefully it will run over the course of a single day on either *Sunday 25<sup>th</sup> January* or *Sunday 1<sup>st</sup> February* (definite date TBC).

Fees will be dependent on the cost of hall hire and other factors so please ask for more details nearer the time.

Priority will be given to CKA Instructors but interested students can notify Sensei Thwaites for first refusal at [erin\\_thwaites@yahoo.co.uk](mailto:erin_thwaites@yahoo.co.uk).

Many Thanks,

**Erin Thwaites**

*Godan (5<sup>th</sup> Dan)*

### **CKA Kumite and Partner Work DVD**

All our CKA kumite sets on DVD.

An essential learning aid!

£15.00

See your club instructor

# Calendar 2015

<p><b>Sunday 18<sup>th</sup> January – Grading training</b>  <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: Chiltern Hills Academy, Chartridge Lane, Chesham.            Time: 10.00 a.m. to 12.00 p.m.            Grades: All grades            Cost: Adults: £8.00 Juniors: £6.00</p>	<p><b>Sunday 8<sup>th</sup> February – Grading training</b>  <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: Chiltern Hills Academy, Chartridge Lane, Chesham.            Time: 10.00 a.m. to 12.00 p.m.            Grades: All grades            Cost: Adults: £8.00 Juniors: £6.00</p>
<p><b>Sunday 8<sup>th</sup> March – Grading Examinations</b>  <i>Grading examinations will cover all grades up to Black Belt 3<sup>rd</sup> Dan.</i></p> <p>Venue: Chiltern Hills Academy, Chartridge Lane, Chesham.            Time: 10.00 a.m. start            Grades: All grades            Cost: Standard grading fees apply</p>	<p><b>Sunday 12<sup>th</sup> April – Grading training</b>  <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: Chiltern Hills Academy, Chartridge Lane, Chesham.            Time: 10.00 a.m. to 12.00 p.m.            Grades: All grades            Cost: Adults: £8.00 Juniors: £6.00</p>
<p><b>Sunday 10<sup>th</sup> May – Grading training</b>  <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: Chiltern Hills Academy, Chartridge Lane, Chesham.            Time: 10.00 a.m. to 12.00 p.m.            Grades: All grades            Cost: Adults: £8.00 Juniors: £6.00</p>	<p><b>Sunday 7<sup>th</sup> June – Grading Examinations</b>  <i>Grading examinations will cover all grades up to Black Belt 3<sup>rd</sup> Dan.</i></p> <p>Venue: Chiltern Hills Academy, Chartridge Lane, Chesham.            Time: 10.00 a.m. start            Grades: All grades            Cost: Standard grading fees apply</p>
<p><b>Sunday 28<sup>th</sup> June – Grading training</b>  <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: Chiltern Hills Academy, Chartridge Lane, Chesham.            Time: 10.00 a.m. to 12.00 p.m.            Grades: All grades            Cost: Adults: £8.00 Juniors: £6.00</p>	<p><b>Sunday 19<sup>th</sup> July – Grading training</b>  <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: Chiltern Hills Academy, Chartridge Lane, Chesham.            Time: 10.00 a.m. to 12.00 p.m.            Grades: All grades            Cost: Adults: £8.00 Juniors: £6.00</p>