

The
Lion



The official newsletter of the Chiltern Karate Association
June 2012



Contents

Foreword	page 3
Tamashiwara – Destructive Techniques	page 4
Rhys Madden – On achieving Shodan	page 6
We need you...	page 7
Rick Clark Ao Denkou Jitsu course – 22nd May	page 7
The Twenty Precepts of Karate	page 9
Sensei Croft Qi-Gong course	page 11
2012 Calendar	page 12

Cover picture:

Keinosuke Eneoda performing Mawashi Geri

Notices:

Sunday 29th July 2012
Demonstration at Blackberry Farm, Quainton

Fore Word.....

Continuing the theme from the last edition, I have selected Sensei Enoeda as this editions cover picture.

Known as The Tiger of Shotokan Karate, Enoeda Sensei was awarded his ninth dan posthumously. He was a vital part of spreading the teaching of karate following the death of Master Funakoshi in the 1950s.

Enoeda awarded our own Sensei Davenport his Shodan and continues to influence his (and indirectly my own) karate today.

During May we have had the pleasure of hosting Professor Rick Clark travelling from his home in America. Holmer Green also had a board breaking session which I also found most enjoyable. (If there is enough interest there will be a further board breaking session later in the year...)

We have write ups of both of these nights and more in this issue.

In July we will be holding a demonstration for a RSPCA open day. I would like to encourage as many of you as possible to take part. It would be great to have a real mix of age and

experience taking part. Speak to your instructor to get involved.

Don't forget that we have our bi-annual competition in September. It is worth starting to train now and also start to think of demonstrations you can take part in with your friends.

Best of luck to all those 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, 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

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Kanazawa breaking a thick piece of Obeche wood in 1965 – Lee Marvin looks on

Tamashiwara – Destructive Techniques

“Destructive techniques”; used in this case to break 1 inch thick pine boards; sounds like fun, huh?

It is, (mostly), but breaking boards is something long associated with flashy martial arts displays, and you might well question, what does this have to do with our training?

It certainly doesn't help your cardio / fitness, there is a risk of injury if you get it wrong, and it is a fairly unlikely self-defence scenario where you have to protect yourself against someone wielding a square of pine board.

Even if someone should attempt to bash you, say with an off-cut in Wickes or a chopping board in a kitchen, it's probably a more effective strategy to direct any counter-attack at the person wielding the board. Although if you did manage to break it in half with a

Gyaku Tsuki, they might think twice about pressing on with the attack!

An outsider might assume this is just showing off, although as anyone who's tried it and failed will attest, there are easier and less painful ways of displaying your prowess at martial arts. However, there are techniques involved in breaking a board that are linchpins of our training, and also found in several other martial arts...

Ki-ai is something we are taught from the early days in our Karate life, although it may take slightly longer to grasp the concept of what this really means; how many of us started off shouting “Key-eye” parrot-fashion at designated points in the Kata or Kihon?

Properly applied ‘Ki-ai’ is what enables the board to be broken with ‘relative’ ease. This consists of:

- **Kokoro** - the warrior's heart. There are less polite ways of explaining this; the

Spanish have a good word for it, but to describe this in a way fit for publication is "indomitable spirit"; that mental state of keeping going, no matter what

- **Haragei** – 'belly art'; or moving from your belly / centre (Hara). There is a spiritual element to this but at a more basic, physical level, this means the method of engaging the hips and using your entire body rather than just your limb for the strike. This will give you much more force in the strike, as the 'mass' participating is much greater (in my case, once I involve my belly, I have many times the mass)... Force = Mass (Anthony's belly) X Acceleration

- **Kokyu Chikara** - basically this means getting your breathing right. It sounds strange because you've presumably been doing this all your life, so you'd be forgiven for thinking it as a fairly natural process. However, correct breathing in martial arts and coordinating it with your movements is something else. In this case, as it is single event and not part of a long sequence, it should be a relatively easy part of the Ki-ai

- **Kime** – the point of 'focus' or perfection when the technique and force culminate; where the strike is mechanically strongest and travelling at the highest speed

Sensei Davenport then started our mental cogs whirring on this by questioning some advice you may have heard in the past; i.e. visualise punching through or beyond the object. There is probably some merit in mentally visualising the board being broken, because if you are not confident, fully committed and in a mental state where you believe it will break, you will probably not apply the necessary Ki-ai, and you will just find your fist / foot makes an unsatisfying 'thunk' noise against a hard bit of wood.

Certainly, when targeting a body, which is (hopefully) softer than a lump of wood, the advice might well be for the point of Kime to be further than the initial point of contact. However, in this case you want the Kime to happen in the board, not beyond it, so the target is the board itself.

There are also some practical points that apply to your training. Similar to practising your Kumite, (sparring with a partner), when breaking a board, you are in a partnership with the poor guys holding the board. They assist the process by trying to 'wrap the board' around the strike, you try and avoid hitting their fingers or continuing the strike through the board and into them. In theory, as I've already explained, the right technique, with Kime applied at the right point, should split the board without any need for powering through the board. You also help them by communicating when you are ready to go, so they are relaxed while you're preparing, and properly braced when you are finally going for the break.

Your set-up is also important, and again you work with your partners to ensure the board is at a suitable height for your individual strike and at the angle appropriate to the type of strike. The grain of the wood should be aligned to the direction of the strike, and consideration given to how the wood will fold around the striking body part. Once the board is set, adjust to set your striking distance (Ma-ai) and your direction or approach to the board.

Although these are all done in slow-time, they reinforce the lessons about how the correct technique should be applied, whether for board breaking or for an opponent. For instance, if the board is angled too near the vertical or held too high on a Mae-geri kick, at the point of impact your leg will be extended too far, and you won't be able to direct the force into the board (or opponent). If your angle on the Mawashi-geri is too straight, you'll probably just brush the board with the sole, which is not terribly effective, too far round and your toes will let you know what they think of being mashed into a block of wood at speed. These are all valuable methods to instruct in the correct approach, and the pain if you get it wrong, is hopefully a quick teacher!

Pain is also a quick teacher for your partners holding the board. Disappointingly, I still haven't managed a successful Yoko Geri Kekomi (side-kick), mainly because as soon as I applied force in the kick, my targeting

seems to go slightly awry, as Sensei James has learned to his cost. I look forward to trying again next time, although volunteers to hold the board may be scarce. Nonetheless, I was pleased with my other results, and I recommend it as an occasional training tool.

The final lesson is that despite all the training and Ki-ai, it is always possible to get just a particularly stubborn piece of wood. In such a case, make sure to let the wood know who's boss, with a sure-fire Empi (one of my personal favourite techniques).

Anthony Henderson



Rhys Madden at recent Rick Clarke Course

Rhys Madden – On achieving Shodan

After five years of learning and training; countless punches, blocks and kicks; five years of practicing in the shower, thinking through kata on the bus; I had my chance to try for Shodan. Thinking back to when I first nervously stood in the dojo's door, this goal

never would have crossed my mind as within the realm of possibility, but to steal a quote: "The journey of a hundred miles starts with a single step", and that was certainly true of mine.

My love of the martial arts stemmed like many young people's from films such 'Crouching Tiger, Hidden Dragon' and of course 'Karate Kid', and while I quickly realised that it would be a while before I was leaping over opponents, or dodging flying kicks, Karate offered something more. The chance to develop myself and my techniques, to compete in a friendly manner with others but also myself; it was a joining of exercise, philosophy and martial techniques and I was instantly hooked.

But I never would have developed such interest if it were not for the teaching of my first Sensei, Phil Stratton. His mix of fun, freestyle and fluidity, underpinned with basics, power and humour kept every lesson as a beginner exciting, and much of what I remember him saying is as relevant to me now as when I first put on a white belt.

There are of course countless others who've inspired and helped me, but the other person I owe my journey to is my sister. For training with me every step of the way, keeping me on my toes at home and in the dojo, and for getting me up off the coach to the floor of Denham's dojo even in the depths of winter, she has been invaluable.

Which leads on to the piece of advice I'd give anybody practicing Karate: find somebody to share your hobby, your enthusiasm and your passion with. Most Karateka I know would agree that there comes a point where you may feel like you've reached a plateau with your training; but there is more out there than you can imagine, and the benefit of having a friend to break through the plateau with cannot be underestimated.

My journey is by no means over yet. Every new avenue I look in there is more to learn, more to try, more to get excited about, and so I wish you all good luck in your gradings and on your own personal journey as I continue mine, keep getting excited, allow yourself to be passionate about your karate, and I'll see you on the dojo floor.

Rhys Madden (Shodan)

We need you...

Chiltern Karate Association is its members. Without its members, it wouldn't exist. We want to attract more people to maintain the association membership for the benefit of everyone.

The best advert for Chiltern Karate Association is you. To help us communicate more effectively with prospective members, we want you to tell us about your experiences.

The only requirement is that you write it down. It doesn't matter what you write or how long it is. What matters is that it comes from you.

We'd like to publish your stories on our website or on Facebook or Twitter, depending on the nature of your story. We won't put it anywhere without getting your approval first. If you want to write more than one article, please do so.

Send your articles to info@chilternkarate.co.uk.

To get you started, below are a list of the types of things we are interested in. It's not exhaustive, so if you want to write something from a different perspective.

From members:

- I like Karate because...
- I like Chiltern Karate Association because...
- Karate has helped me to (do / be / improve)...
- I am a [colour] belt, getting this far means I can...
- My earliest memory of Karate is...
- I attended [details] external course. I enjoyed it because...
- What Karate means to me
- Being a member of Chiltern Karate Association is like...
- My favourite part about training is... because...
- My least favourite part about training is... because...
- I like Heian Sandan because...
- What kime means to me...
- How Karate has changed me

From black belts:

- Getting to shodan / nidan / sandan means...

From instructors:

- I enjoy teaching because...
- My top tips to students include...

Why are you still reading this? Start writing.

Damian Hampden



Rick Clark Ao Denkou Jitsu course – 22nd May

On the Tuesday the 22nd of May Professor Rick Clark made his way to Chesham for his next visit to the CKA to provide us with 3 hours of training in pressure point attacks / strikes / locks / grabs and from what I had heard from other members I was in for a very fun and possibly painful evening.

Everyone started arriving around 6.10PM and we ended up with a very good turn-out of over 30 members which included all different levels of skill and ages.

There was plenty of variety in ages, size and experience to mix things up with each other, which is one of the main things Prof Clark wanted us to do, but let's get a little more information on Prof Clark's background.



Prof. Rick Clark was born 1948 and started his learning's in Karate in 1962, he never purely trained in one form of karate but cross trained with quite a few and the list is quite impressive for any martial artist to hold under their belt.

Current Prof Clark has earned himself the following:

- 8th Dan Ryukyu Kempo
- 7th Dan Tae Kwon Do Chung Do Kwan
- 7th Dan Ju-jitsu
- 5th Dan Judo
- 3rd Dan Modern Arnis
- 1st Dan Hapkido

As I said, Very Impressive.



Anyway, back to the evening, when I first turned up I will admit I was a little worried about what the evening had in store for me. I knew that it wasn't going to be tickling each other with a feather session, but in the end the pain ended up being part of the fun and the "hands on" approach of Prof Clark turned out to be quite humorous.

Especially when the higher grades were at his mercy which included my dad (Mr Jackson - 1st Kyu) when Prof. Clark showed the impact of a certain pressure point in his neck, I'll be sure to remember that one when it comes my time to bully him.



Prof. Clark made sure he made his way round most of the members there so they could experience the full impact of how this pressure points really do inflict maximum effect and that if used correctly will disable most attackers but I'm sure that's quite a way off for a lot of us.

The evening wasn't all hands on, at the end Prof Clark gave us 15 minutes of his time purely for questions that we had during the evening and explaining to us a little about himself and his background, including his relationship with karate and a good laugh about buying his wife a rifle for their wedding anniversary.



Myself and the rest of the CKA would like to give Prof Clark a massive thank you for a brilliant, fun and very informative evening of screams/shouts and laughter.

Thomas Jackson - 9th Kyu



The Twenty Precepts of Karate

Master Funakoshi (1868-1957) defined twenty guiding principles of karate and published a short book on the subject. I would like to list these here as they are helpful to bear in mind whilst training.

This information (particularly the translation) is sourced from a Wikipedia article on the subject.

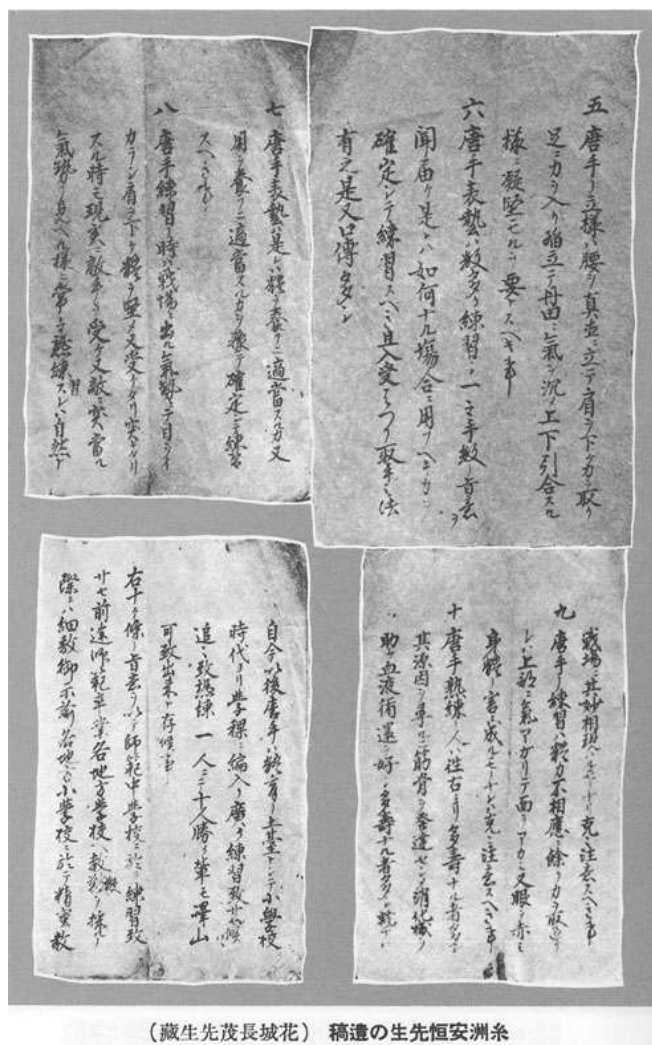
1. Karate-do begins and ends with respect.
一、空手道は礼に始まり礼に終る事を忘るな
Hitotsu, karate-do wa rei ni hajimari rei ni owaru koto o wasaru na
2. There is no first strike in karate.
一、空手に先手なし
Hitotsu, karate ni sente nashi
3. Karate stands on the side of justice.
一、空手は義の補け
Hitotsu, karate wa, gi no tasuke
4. First know yourself, then know others.
一、先づ自己を知れ而して他を知れ
Hitotsu, mazu onore o shire, shikashite ta o shire
5. Mentality over technique.
一、技術より心術
Hitotsu, gjitsu yori shinjitsu
6. The heart must be set free.
一、心は放たん事を要す
Hitotsu, kokoro wa hanatan koto o yosu
7. Calamity springs from carelessness.
一、禍は懈怠に生ず
Hitotsu, wazawai wa ketai ni seizu
8. Karate goes beyond the dojo.
一、道場のみの空手と思ふな
Hitotsu, dojo nomino karate to omou na
9. Karate is a lifelong pursuit.
一、空手の修業は一生である
Hitotsu, karate-do no shugyo wa issho de aru
10. Apply the way of karate to all things. Therein lies its beauty.
一、凡ゆるものを空手化せよ其処に妙味あり
Hitotsu, ara yuru mono o karateka seyo; sokoni myomi ari
11. Karate is like boiling water; without heat, it returns to its tepid state.
一、空手は湯の如し絶えず熱度を与えざれば元の水に還る
Hitotsu, karate wa Yu No Gotoku Taezu Netsu O Atae Zareba Motono Mizuni Kaeru
12. Do not think of winning. Think, rather, of not losing.
一、勝つ考は持つな負けぬ考は必要
Hitotsu, katsu kangae wa motsuna; makenu kangae wa hitsuyo
13. Make adjustments according to your opponent.
一、敵に困って轉化せよ
Hitotsu, tekki ni yotte tenka seyo
14. The outcome of a battle depends on how one handles emptiness and fullness (weakness and strength).
一、戦は虚実の操縦如何に在り
Hitotsu, tattakai wa kyo-jitsu no soju ikan ni ari
15. Think of hands and feet as swords.
一、人の手足を剣と思へ
Hitotsu, hi to no te-ashi wa ken to omoe
16. When you step beyond your own gate, you face a million enemies.
一、男子門を出づれば百万の敵あり
Hitotsu, danshi mon o izureba hyakuman no teki ari
17. Formal stances are for beginners; later, one stands naturally.
一、構は初心者には自然体
Hitotsu, kamae wa shoshinsha ni atowa shizentai
18. Perform prescribed sets of techniques (Kata) exactly; actual combat is another matter.
一、形は正しく実戦は別物
Hitotsu, kata wa tadashiku, jisen wa betsumono
19. Do not forget the employment of withdrawal of power, the extension or contraction of the body, the swift or leisurely application of technique.
一、力の強弱体の伸縮技の緩急を忘るな
Hitotsu, chikara no kyojaku tai no shinshuku waza no kankyu

20. Be constantly mindful, diligent, and resourceful, in your pursuit of the Way.

一、常に思念工夫せよ

Hitotsu, tsune ni shinen ku fu seyo

Funakoshi himself was trained by Ankō Itosu. In 1908 Itosu wrote a letter to the Japanese Ministry of Education and Ministry of War in which he defined 10 precepts of the earlier arts of Shorin-ryu and Shorei-ryu. This letter was influential on a number of martial arts including Shotokan.



(藏生先茂長城花) 稿遺の生先恒安洲糸

A translation of this letter is shown below:

Ten Precepts of Karate

Karate did not develop from Buddhism or Confucianism. In the past the Shorin-ryu school and the Shorei-ryu school were brought to Okinawa from China. Both of these schools have strong points, which I will now mention before there are too many changes:

1. Karate is not merely practiced for your own benefit; it can be used to protect one's family or master. It is not intended to be used against a single assailant but instead as a way of avoiding a fight should one be confronted by a villain or ruffian.

2. The purpose of karate is to make the muscles and bones hard as rock and to use the hands and legs as spears. If children were to begin training in Tang Te (*China Hand*) while in elementary school, then they will be well suited for military service. Remember the words attributed to the Duke of Wellington after he defeated Napoleon: "The Battle of Waterloo was won on the playing fields of Eton."
3. Karate cannot be quickly learned. Like a slow moving bull, it eventually travels a thousand miles. If one trains diligently every day, then in three or four years one will come to understand karate. Those who train in this fashion will discover karate.
4. In karate, training of the hands and feet are important, so one must be thoroughly trained on the *makiwara* (*striking post*). In order to do this, drop your shoulders, open your lungs, take hold of your strength, grip the floor with your feet, and sink your energy into your lower abdomen. Practice using each arm one to two hundred times each day.
5. When one practices the stances of Tang Te, be sure to keep your back straight, lower your shoulders, put strength in your legs, stand firmly, and drop your energy into your lower abdomen.
6. Practice each of the techniques of karate repeatedly, the use of which is passed by word of mouth. Learn the explanations well, and decide when and in what manner to apply them when needed. Enter, counter, release is the rule of releasing hand (*torite*).
7. You must decide if karate is for your health or to aid your duty.
8. When you train, do so as if on the battlefield. Your eyes should glare, shoulders drop, and body harden. You should always train with intensity and spirit, and in this way you will naturally be ready.
9. One must not over-train; this will cause you to lose the energy in your lower abdomen and will be harmful to your body. Your face and eyes will turn red. Train wisely.
10. In the past, masters of karate have enjoyed long lives. Karate aids in developing the bones and muscles. It helps the digestion as well as the circulation. If karate should be introduced beginning in the elementary schools, then we will produce many men each capable of defeating ten assailants. I further believe this can be done by having all students at the Okinawa Teachers' College practice karate. In this way, after graduation, they can teach at the elementary schools at which they have been taught. I believe this will be a great benefit to our nation and our military. It is my hope you will seriously consider my suggestion.

Anko Itosu, October 1908

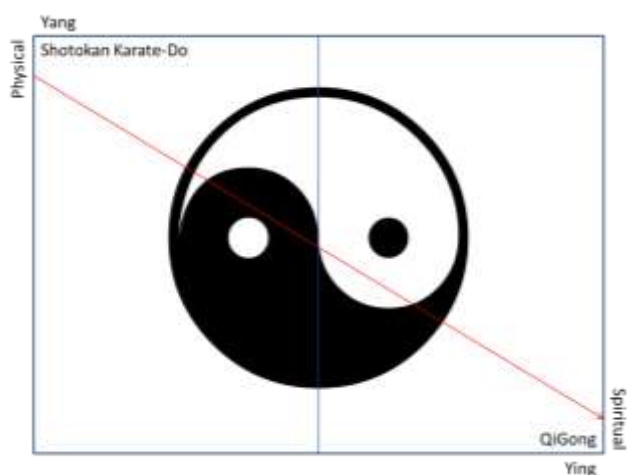
Sensei Croft Qi-Gong course

On 22nd April Sensei Croft held a special Brown and Black belt course. The subject covered was Qi gong and how it relates to Karate training. Our Chief Instructor, Ashley Croft, has visited China a number of times to learn Qi gong under Master Zhang and some other Qi gong experts.

Qi gong is, of course, based upon Traditional Chinese Medicine, but there are parallels that can be drawn to Western medicine.

Qi translates as Rice Air which refers to the basic need to eat and breathe in order to perform. From a western / scientific perspective, mitochondria found in our cells, use both oxygen and carbohydrates (sugar) to produce energy used by our cells in order to function. That is why we need to breathe and eat to stay alive. From a martial arts perspective, we know breathing is important but once you begin to work with Qi gong, or Tai chi methods you get the impression that something else is going on.

Sensei Croft explained that martial arts fall into two camps, those such as Shotokan or Tae Kwon Do, are Yang arts, which are more physical. Arts such as Tai Chi or Qi Gong are Ying arts and have a more spiritual base. Those that practice each art should develop their style to incorporate the features of the other side to fully understand the art.



So karate-ka should first learn the hard, fast, destructive techniques of our art but over time develop the softer, more relaxed and more spiritual side of the art. Those that start at the other end of the spectrum learn in the other direction. For instance, those learning Tai Chi with slow, relaxed moves would then learn to apply them in a harder, stronger way.

Qi gong practice is said to build muscle / tendon strength and also cleans the brain and bone marrow.

There are 8 stages to learning Qi gong, each stage takes a lot of practice in a quiet environment, similar to meditation.

1. **Dantian** – This refers to focusing your energy onto your centre. There are two Dantians, first you learn the False Dantian in the centre of your abdomen near your belly button, but the True Dantian is a tiny spot in the centre of your body at that level.
2. **Small Universe** – is breathing in through the nose to the Dantian then breathing out from the belly out of the mouth.
3. **Yong Quan** – refers to moving the energy from your Dantian out to the palms of your hands.
4. **Lao Gong** – is similar but focusing the energy into the feet.
5. **Four Gates** – moves the energy from your centre to both your hands and feet.
6. **Fifth Gate** – refers to your head.
7. **Five Gates** – transfers energy to hands, feet and your head.
8. **Large Universe** – refers to moving energy from your Dantian, down through your Perineum, up through the Spine, Neck, over your head and down the front of your body.

There are natural barriers at the Perineum, Lumbar region, base of the skull and top of the skull which a Qi gong practitioner must work through before they can practice Large Universe breathing.

It takes many years of careful practice to achieve all stages of Qi gong development.

Sensei Croft recommends Abdominal Breathing when practicing karate. When practicing breathing on its own, you should feel your tummy expand when inhaling and contract when exhaling. However when performing Shotokan techniques you should practice Reverse Abdominal Breathing, where your tummy pulls inwards on breathing in and outwards when breathing out. When pushing a car you will naturally do Reverse Abdominal Breathing.

When practicing karate your mind should focus fully on the technique being performed, if punching then focusing your energy to your hand and when kicking then you would move the energy down to your feet.

We practiced a couple of Qi gong kata between the first and second sessions which were enlightening in their similarities to Tai Chi and even Shotokan kata at points.

I found this to be a comprehensive summary of Qi gong which I enjoyed.

George Entecott (Nidan)

Calendar

Sunday 17th June – Special Course – Martial Qigong Sensei Croft (6th Dan)

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.

Venue: Chiltern Hills Academy, Chartridge Lane, Chesham
Time: 10 a.m. to 12 p.m.
Grades: All grades
Cost: Adults: £8 Juniors: £6

Sunday 22nd 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: Chiltern Hills Academy, Chartridge Lane, Chesham
Time: 10 a.m. to 12 p.m.
Grades: All grades
Cost: Adults: £8 Juniors: £6

Sunday 29th July – Demonstration for RSPCA

A short demonstration of Shotokan Karate-Do. We will also have a stall in order to answer questions and promote the club.

Venue: Blackberry Farm, Quainton
Time: TBC
Grades: All grades
Cost: TBC

Sunday 2nd September - Grading Examinations

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

Venue: Chiltern Hills Academy, Chartridge Lane, Chesham
Time: 10 a.m. start
Grades: All grades
Cost: Standard grading fees apply

Sunday 30th September – CKA Competition

Details to follow. Kumite / Kata competition with demonstrations and awards.

Venue: TBC
Time: TBC
Grades: TBC
Cost: TBC