

*The*  
***Lion***



*Established 1993 – Twentieth Anniversary*

*The official newsletter of the Chiltern Karate Association*  
*June 2013*

**20 YEARS!**



## Contents

Foreword	page 3
20 <sup>th</sup> Anniversary of Chiltern Karate Association	page 4
Jonathan Green	page 6
The Rick Clark Course	page 7
Does anybody know the real Bunkai?	page 8
External Course	page 11
2013 Calendar	page 12

### *Cover picture:*

Our logo annotated to celebrate 20 years of hard work

### *Notices:*

**Saturday 29<sup>th</sup> June 2013**  
**Charity Seminar at Wycombe Judo Centre**

## *Fore Word.....*

*It is hard to believe that the Chiltern Karate Association has been going for twenty years! Indeed my thanks go to Sensei Paul James for pointing this out to me. This is an important milestone and a good point on which to reflect back on the history of our club.*

*We have received some bad news to report in this issue following the deaths of Sensei John Flavell 7<sup>th</sup> Dan and of a former Aylesbury student Jonothan Green. At this time it is helpful to concentrate on the good we leave behind in our interactions with those around us. Both men left many positive moments behind in those that knew them.*

*Coming up we have our club competition and open day in October, so if you have not already started to prepare for this day, then now would be a good time to start! We will be looking for students to take part in Kata and Kumite competitions and also for demonstrations to be performed on the day. Even if you do not want to compete it would be lovely to see as many of us there as possible supporting the club. Ask your instructor how you can get involved.*

*Our own Dave Davenport and Aylesbury regular John Titchen (who I am sure you will know from Rick Clark courses) with a number of other renowned instructors are providing a charity seminar on 29 June. This is a great opportunity to try something new and raise money for Kidney Patients and the British Heart Foundation.*

*Well done to all that pass there 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](mailto: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](mailto: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**

# 20th Anniversary of Chiltern Karate Association

On 15 July 1993 the CKA, then known as Amersham & Chesham Shotokan Karate Club, first opened its doors as an independent karate club. Our head instructor Sensei Ashley Croft, then a Nidan, and Pat McAulife decided to leave the Katsu Academy.



Ashley Croft

This was done for a number of reasons; so that the club could be managed in ways that are most appropriate for the needs of our students, so gradings could be held within the club rather than travelling to Leighton Buzzard and we joined the Amateur Martial Association (AMA) which gave us access to external courses the AMA organise.

I am glad to say that a number of the first students in the CKA are names you will know today. Sensei Erin Thwaites and Sensei Brian Warner continue to take the club to new strengths. They were joined with Sensei Craig Jones and Sensei Robin Thwaites who were both key figures in my early training and are still part of the association.



Erin Thwaites, Craig Jones, Brian Warner, Robin Thwaites

Mr Jones was the first student to attain Shodan in the newly formed club and later went on to reach Godan. Sensei Warner was 11 when he started, went on to achieve Shodan then after a break for university came back and rose to his current level of Yondan. Mrs Thwaites is now a Godan after many years of training and service to the club.

Much has changed over the years but many things have stayed the same. We continue to have a strong link with Professor Rick Clark who we host every year. The late Sensei Flavell and his assistant chief instructor Archie Fieldhouse were first hosted in December 1994 and returned for nearly ten years.

The first issue of The Lion was in September 1993. It was initially sold for 30p a copy but from issue 2 the quarterly newsletter has been free ever since.

I am sure that there are students currently at a kyu grade that will in the future go on to run their own dojos and take the club forward even beyond my own time in the association. This is a good thing that speaks volumes about the high quality of training and open nurturing environment we aim to provide.

The CKA has always encouraged students to do external courses, to cross train and more importantly to bring back and share that knowledge with the rest of the club. The club was founded to get away from petty politics to create an environment of learning, enjoyment and hard work which I am proud to be a part of.

Here is to another twenty years of growth, sweat and friendship.

George Entecott  
Nidan

## Sensei John Flavell 7<sup>th</sup> Dan

Sadly Sensei John Flavell passed way on Tuesday 19 March 2013. Senseis Flavell and Fieldhouse were important in the early history of the association both in providing tuition and for senior Dan promotions until 2003.

Sensei Craig Jones described him as a karate legend and an inspirational instructor:

'Sensei Flavell graded me to Nidan, Sandan and Yondan. I believe he made me look at my karate closely on failing Nidan, changed me before Sandan and turned me into an instructor. He came from the fighting side of karate, the 'Art' part was less important. If you have to use Karate then hit your opponents hard and fast.'

# AMERSHAM & CHESHAM SHOTOKAN KARATE CLUB

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15th July 1993

Dear Student,

We are writing this letter to inform you of changes to the club which take place with immediate effect.

After a long period of consideration and reflection, we have decided that the future of the Amersham & Chesham club will be best served if we become independent and therefore self-governing. This does mean that we will no longer be part of the Katsu Academy.

This decision will have a number of very positive effects:

- The club can be managed in ways which are most appropriate to the needs of our own students
- The club will become part of the national Amateur Martial Arts Association - the largest association of its kind in Great Britain. The Association has many very senior Dan grades among its ranks - many of whom are Japanese.
- Club insurance cover will be substantially increased
- Wherever possible, gradings will be held at our own club without the need to travel to Leighton Buzzard.
- We will have access to a wide range of extra courses all the year round which are open to members of the Amateur Martial Arts Association.

These are just a few of the many benefits which the club will enjoy as a result of this decision. Whilst we are sad to be leaving the Katsu Academy and we are grateful to Sensei R G Reid 3rd Dan, Katsu's Chief Instructor, for his help and guidance over the years, we feel it has been necessary to make these changes to keep pace with the needs of our club and its students.

Mr Reid will be happy for any students who wish to continue to train at Katsu clubs to do so, if they do not wish to be part of the new Amersham & Chesham club.

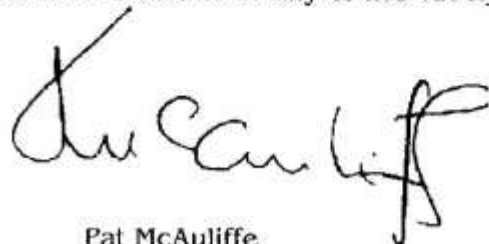
We are both very pleased to be able to bring you this news which we see as the next step on the very successful path our club has followed since it was formed nearly three years ago. We hope you will share our enthusiasm about this exciting development.

Naturally, you will have a number of questions over the coming weeks and we will have further information to give you. Please do not hesitate to ask us or any of the 1st Kyus if you have any questions.

With best regards,



Ashley Croft



Pat McAuliffe

# Jonothan Green



On the 24th April, Jonothan Green, a former CKA student, sadly passed away having lost a long battle with cancer.

He took up training at CKA together with his two older sons in January 1998 under the instruction of Sensei Croft and Sensei Erin &

Robin Thwaites, and reached 2nd Kyu in March 2002.

He showed great spirit and a good attitude in the dojo. He was always a happy and thoughtful karateka – a pleasure to teach & to train with.

His illness unfortunately forced an early stop to his training. He was a true gentleman and gentle giant and will be missed greatly by all those who had the pleasure to know him.

Rest in peace Jonothan. Our thoughts remain with your family.

## Special Event

In memory of Jonothan Green, Aylesbury Dojo held a special event on Wednesday 29th May between 7-9 pm.

To celebrate Jonothan's love of Karate we went through all Kyu grade basics in a non-stop blast.

We raised a total of £400 which has been donated to a charity selected by Jonothan's family.

Thanks to Sensei Paul James for arranging the evening. A good time was had by all!





## “The Rick Clark Course”

As a result of Sensei Paul James' hard sell and promises of seeing all the black belts on the floor in tears, it was with trepidation that I went along to the Rick Clark course yesterday. Having arrived late (due to work commitments) I was welcomed in and introduced to Mr Clark who immediately got me practising arm locks on various karateka.



For anybody who hasn't been to one of his courses, Mr Clark explains and demonstrates (with humour) various moves with which to restrain / incapacitate people and then we all get stuck in practising it on each other; he encourages regular swapping of partners to get used to trying things out

on people of all different shapes and sizes.



One point worthy of note is that if you get the technique right, it doesn't matter what shape or size you are – with minimum effort you can have anybody on the floor, screaming in agony !!





I found this course really entertaining and will certainly be up for seeing him again the next time he comes over. If there's anybody out there thinking that you might enjoy it but do not want to be embarrassed in the company of brown belts and dan grades, don't worry. Just turn up and enjoy yourself.



Good luck to anybody grading.

Pete Bolton, 7<sup>th</sup> kyu.

## HEIAN FLOW SYSTEM

Heian/Pinan Kata Bunkai Seminar

with  
John Titchen

Sunday 25 August 2013  
High Wycombe Judo Centre

"I really like the way John approaches things. It's good to get a different view on what you are used to. John does it so smoothly."  
- Ron Clark

"John Titchen's current work adds to the body of knowledge of this martial art and in particular to those who study the Heian Kata."  
- Ron Clark

Stand-alone and flow drills against habitual acts of violence  
Kata based sparring  
Includes dynamic drills not featured in the book!

1030-1300: Drills for Heian/Pinan Shodan, Nidan, Sandan  
1330-1600: Drills for Heian/Pinan Sandan, Yondan and Godan  
£20 for one class, £35 for both sessions.

For more details, or to book your place, email [ref.dart@matsumi.co.uk](mailto:ref.dart@matsumi.co.uk) or call 0781088806.

## Does anybody know the real Bunkai?

By now you must all know my feelings on the "traditional" applications that are wheeled out to show karate-ka the applications to kata movements.

As Winston would say.....

".....never, has so much rubbish, been taught by so few, to so many....."

The number one question I am always asked is "...if the applications I have been taught are wrong, then where are the real ones??????"

Firstly, let us remind ourselves of the various stages of application:-

**BUNKAI** - interpreting the kata as it appears to be or exactly as your sensei and his sensei before him taught it

**OYO** – a *practical* application of that bunkai only so long as it *duplicates* the exact movements i.e. you have a bit of wiggle room

**HENKA** – a *variation* on the movement but still keeping the feeling of the original

**KAKUSHI** – the application is hidden within a seemingly innocuous movement

And now a history lesson:-

Kushanku was created by Sakagawa (based on the teachings of a Chinese martial artist who visited Okinawa) – we know this as **Kanku Dai**

- *Sakagawa taught Matsumura.*

Chinto was created by Matsumura (based on a Chinese opponent he fought and later trained with) – we know this as **Gankaku**

- *Matsumura taught Itosu and Azato.*

Itosu created the Pinan kata by heavily drawing on the form of Kushanku – we know these kata as the **Heian** kata.

- *Remember that it was Azato and Itosu who were the main teachers of Funakoshi*

**Sakagawa.....Matsumura.....Itosu**



These men intended their creations to have direct applications i.e. the various stages of bunkai.

IT IS INCONCEIVABLE THAT THESE MEN WOULD NOT HAVE PASSED THE TRUE APPLICATION OF THEIR CREATION TO THEIR STUDENTS.

So.....what happened?

- 1) Karate was not really introduced to the West until after World War Two – before 1939 a non-Japanese practicing karate was unheard of. The first European started training in 1953 or thereabouts.

The first westerners who practiced karate were American GIs on the military base of Okinawa. Given the outcome of the recent hostilities.....is it any wonder that karate Sensei held a little back from the Gaijin?

- 2) Funakoshi opened his dojo in 1939. The JKA was formed in 1949.

The amount of students was growing but they were ALL Japanese. And a vital part of the Japanese psyche (especially around this time) was to conform as part of the collective, obey without hesitation and not to ask questions.

Kata was practised over years and your Sensei decided when to impart knowledge based on your ability.

And then came the influx of Westerners into Japan (late 1950's) followed by the JKA's decision to spread the gospel by sending out Instructors during the early 1960's.

And those Westerner's wanted answers NOW.

- 3) There are no right answers with Bunkai, just *levels* of application. When the original masters honed kata, they KNEW certain Bunkai worked as they had tried out those moves in real combat.

This is an easy concept for a Japanese to understand but now the Sensei were faced with teaching fact hungry Westerners.

Plus the physical amount of students was growing exponentially. The JKA needed to control things and they chose to STANDARDISE.

- 4) When the first beginnings of Okinawa Te were being formed and kata developed, those first pioneers only had one or two students. Passing across knowledge was easy and there was (by default) only one way to interpret the kata especially as those students devoted years on a single form. As karate evolved, so did the pyramid – just look at the Funakoshi. He taught at **one** dojo but from that core of students (Nakayama, Okazaki, Kase, Kanazawa, Ohshima, Egami, Nishiyama) emanated the global phenomenon of Shotokan. And as with every pyramid, a subtle change at the top means a tsunami at the bottom.

The JKA made a conscious decision to concentrate on standardisation.

- 5) The average student into the JKA was also changing. Young Japanese were now exposed to the sights & sounds of the Western world and that included the desire for knowledge, a quick fix. No one had the time to study a single kata for a year, let alone three!

The Sensei now had a difficult balancing act both at home **and** abroad:-

- a) They could not teach the concept of a multi level Bunkai the new students as the average student just would not get it.
- b) Even if they did understand the subtleties of layering, without the years spent on honing technique this knowledge would be useless.
- c) These Sensei had spent years in the appropriate manner, learning from their Sensei as & when their teacher was sure they were ready to understand.
- d) But they had to teach their students something! So they stuck to the absolute base level.
- e) And it did not really matter that, in a combat situation, the moves were unviable as the risk of attack and conflict was significantly less that when kata was developed.
- f) Plus there is always an element of holding back a little something..... **karate-do no shugyo wa isssho de aru**.....karate-do is a lifelong pursuit (and I ain't gonna give you all the goodies just like that!!)

6) And when the JKA issued the now famous Best Karate series, as the bible for kata, it followed these lines. A standardised version showing minimum Bunkai that could be replicated across the globe.

7) Another driver for this decision by the JKA was the changing philosophy of karate. Funakoshi published his Niju kun (twenty precepts) in 1938. Up to this point, karate was a fighting art (jutsu) but the emphasis was starting to shift to spirituality and character development (do).

The JKA developed the Niju Kun into the well known Dojo Kun and kept the momentum moving away from combat:- From the JKA web-site - "...This process reminds students of the right attitude, frame of mind and virtues to strive for both within the dojo, and outside...."

- Seek perfection of character!

- Be sincere!

- Respect others!

- Develop self-control!

Multi-layered Bunkai was losing its relevance as karate-jutsu metamorphosed into karate-do.

8) The Taishō period in Japan dated from July 30 1912 to December 25 1926, coinciding with the reign of the Emperor Taishō. Karate was developed and systematically taught in Japan during & after the Taisho era.

In 1922 the Japanese Ministry of Education invited Gichin Funakoshi to Tokyo to give a karate demonstration.

In 1924 Keio University established the first university karate club in Japan and by 1932, major Japanese universities had karate clubs.

Funakoshi was convinced of two things:-

a) He stated that "...karate should be simple enough to be practiced without undue difficulty by everybody, young & old, boys and girls, men & women...."

b) He further described the benefits of practice "...karate-do is not merely a sport that teaches how to strike and kick, it is also a defence against illness and disease...."

Funakoshi was on a mission - to turn karate-jutsu for the few into karate-do for the masses.

9) Was some knowledge hidden by Funakoshi?

Undoubtedly yes.

Funakoshi had some of the best teachers to ever walk the planet. But more importantly he was a blood line:-

Matsumura taught Azato & Itosu

Azato & Itosu taught Funakoshi

Funakoshi was an exponent in JUTSU. And then over a period of time he changed the emphasis to DO. Given his desire to take the health benefits of karate-do to the masses, it is only natural to assume that some of the Bunkai was removed or replaced, or the moves changed to make them more acceptable.

10) Funakoshi is proven to have tampered with many of the kata (if not all!) you study today e.g. he changed the name of Chinto to Gankaku to avoid the anti-chinese sentiment of the time plus he changed the actual **pattern** of the kata to make it more linear, in keeping with other Shotokan kata.

And that means that, even though the great Sensei of the early sixties (who spread the Shotokan gospel across the world) thought they had been taught everything.....chances are they were not.

Our role now is to train with an open mind and to question.

One final thing.....

*Sensei (noun) – literally "a person born before another"; implies one who teaches based on wisdom from age and experience*

There are no bad applications.....just Sensei who have not been born early enough.

Dave Davenport

5<sup>th</sup> Dan



# CHARITY MARTIAL ARTS SEMINAR

**Saturday  
29 June 2013  
1030-1630**



## Wycombe Judo Centre

**Alan Murphy** 6<sup>th</sup> Dan *Mushin Bushinkan Ju Jitsu*

**Bill Nobbs** 4<sup>th</sup> Dan *Judo*

**Dave Davenport** 5<sup>th</sup> Dan *Shotokan Karate*

**John Titchen** *DART*

**Nathan Leverton** *Leicester Shootfighters*

**Robert Agar Hutton** *Tai Chi*

**Ross Mounteney** *Chow Fook Lineage Kung Fu*

**Simon Sheridan** *Modern Arnis*

**Terry Valler** *JKD*



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National Kidney Patients Association  
&  
British Heart Foundation**



Four hours of classes, nine instructors with over 250 years experience between them. Choose your own day's cross training from the broad range of skill sets on offer. No previous experience necessary. Open to men and women over the age of 13.

Cost: £20 in advance (paypal), £25 on the door



**For information and bookings visit: [www.mapmeet.co.uk](http://www.mapmeet.co.uk)**

# Calendar

<p><b>Sunday 9 June - Grading Examinations</b>  <i>Grading examinations will cover all grades up to Black Belt 3rd Dan.</i></p> <p>Venue: Chiltern Hills Academy, Chartridge Lane, Chesham  Time: 10 a.m. start  Grades: All grades  Cost: Standard grading fees apply</p>	<p><b>Sunday 23 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 a.m. to 12 p.m.  Grades: All grades  Cost: Adults: £8 Juniors: £6</p>
<p><b>Saturday 29 June - Charity Martial Arts Seminar</b>  <i>Four hours of classes, nine instructors with over 250 years of training between them. Choose your own days cross training from the broad range of skill sets on offer.</i></p> <p>Venue: Wycombe Judo Centre, Barry Close, High Wycombe  Time: 10:30 am to 4:30 pm  Grades: All grades 13 and older  Cost: £20 in advance, £25 on the door</p>	<p><b>Sunday 7 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 a.m. to 12 p.m.  Grades: All grades  Cost: Adults: £8 Juniors: £6</p>
<p><b>Sunday 8 September - Grading Examinations</b>  <i>Grading examinations will cover all grades up to Black Belt 3rd Dan.</i></p> <p>Venue: Chiltern Hills Academy, Chartridge Lane, Chesham  Time: 10 a.m. start  Grades: All grades  Cost: Standard grading fees apply</p>	<p><b>Sunday 29 September - 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 a.m. to 12 p.m.  Grades: All grades  Cost: Adults: £8 Juniors: £6</p>
<p><b>Sunday 13 October - Open day and Competition</b>  <i>CKA Open Day and Competition</i></p> <p>Venue: Holmer Green dojo, Parish Piece, Holmer Green  Time: TBC  Grades: All grades  Cost: TBC</p>	<p><b>Sunday 10 November - 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 a.m. to 12 p.m.  Grades: All grades  Cost: Adults: £8 Juniors: £6</p>
<p><b>Sunday 8 December - Grading Examinations</b>  <i>Grading examinations will cover all grades up to Black Belt 3rd Dan.</i></p> <p>Venue: Chiltern Hills Academy, Chartridge Lane, Chesham  Time: 10 a.m. start  Grades: All grades  Cost: Standard grading fees apply</p>	<p><b>Saturday 14 December - Xmas Dinner</b>  <i>Annual Christmas Dinner and Awards Ceremony</i></p> <p>Venue: TBC  Time: TBC  Grades: Over 18s only  Cost: TBC</p>