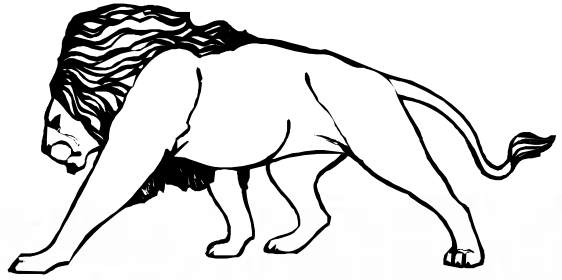


*The*

# *Lion*



*The official newsletter of the Chiltern Karate  
Association – June 2016*



# fore Word....

*Konnichiwa and welcome to the June issue of The Lion...*

*The Lion is looking painfully thin this quarter and could use a few articles written by students to beef up the content for the next edition in September (hint, hint!)*

*This **issue's** front cover features a very nice doodle of a karateka in nekoashi-dachi or cat stance. Bonus points for those of you who can remember how body weight should be distributed between each foot!*

*Good luck to all karatekas aiming to grade today, I trust you have been practising your socks off in the run-up to today?*

*Give it all you've got!*

*Hajime 始め*

Jack Hamilton

4<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.

# Chiltern Karate Association

Member of the English Karate Federation

## Grading Examinations

Will take place

Sunday 4<sup>th</sup> September 2016

at

The Amersham School  
Stanley Hill, Amersham, HP7 9HH

### Programme

10.00 a.m. - Training

11.30 a.m. - Grading commences

Examinations will range from 10 kyu (Blue Belt)  
to Sandan (3rd Dan Black Belt)

*All students grading for Red belt & above must have a  
current licence and a CKA Badge*

The fees for training and grading are as follows:

- Up to 4 kyu (Purple & White belt) £25
- 3 kyu to 1 kyu £35
- Shodan/Nidan/Sandan £50/£60/£70

Training only all grades: £5 seniors & £4 juniors

Application & fee must be received 2 weeks prior to grading

[www.chilternkarate.co.uk](http://www.chilternkarate.co.uk)

# Dojo Kun

**“Hitotsu! Jinkaku Kansei Ni Tsutomuru Koto!”**

(One! To strive for the perfection of character!)

**“Hitotsu! Makoto No Michi O Mamoru Koto!”**

(One! To defend the paths of truth!)

**“Hitotsu! Doryoku No Seishin O Yashinau Koto!”**

(One! To foster the spirit of effort!)

**“Hitotsu! Reigi O Omunzuru Koto!”**

(One! To honour the principles of etiquette!)

**“Hitotsu! Kekki No Yu O Imashimuru Koto!”**

(One! To guard against impetuous courage!)

**CKA Kumite and Partner Work DVD**

All our CKA kumite sets on DVD.

An essential learning aid!

£15.00

See your club instructor

# **Chiltern Karate Association**

## **SPECIAL COURSE**

**Prof. RICK CLARK (8<sup>th</sup> Dan)**

Tuesday 14<sup>th</sup> June 2016

Time 7.00 p.m. to 10.00 p.m.

Chiltern Hills Academy,  
Chartridge Lane, Chesham

**Course fee £20.00 per person  
to be paid in advance**

Sensei Clark is one of the foremost Instructors in the world and holds 8th Dan in Ryukyu Kempo, 8th Dan in Ju-Jitsu, 7th Dan in Tae-Kwon Do, 5th Dan in Chinese Kempo, 4th Dan in Judo, 3rd Dan in Modern Arnis and 1st Dan in Hapkido

[www.chilternkarate.co.uk](http://www.chilternkarate.co.uk)

**Contact Erin: 01494 758079**

# Calendar 2016

<p><b>Tuesday 14<sup>th</sup> June – Sensei Rick Clark Visit</b>  <i>Special course hosted by visiting Sensei Rick Clark, 8<sup>th</sup> Dan.</i></p> <p>Venue: Chiltern Hills Academy, Chartridge Lane, Chesham.  Time: 7.00 p.m. to 10.00 p.m.  Grades: All grades  Cost: £20.00 per person</p>	<p><b>Sunday 19<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: The Amersham School, Stanley Hill, Amersham.  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> 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: The Amersham School, Stanley Hill, Amersham.  Time: 10.00 a.m. to 12.00 p.m.  Grades: All grades  Cost: Adults: £8.00 Juniors: £6.00</p>	<p><b>Sunday 4<sup>th</sup> September – Grading Examinations</b>  <i>Grading examinations will cover all grades up to Black Belt 3<sup>rd</sup> Dan.</i></p> <p>Venue: The Amersham School, Stanley Hill, Amersham.  Time: 10.00 a.m. start  Grades: All grades  Cost: Standard grading fees apply</p>
<p><b>Sunday 2<sup>nd</sup> October – 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: The Amersham School, Stanley Hill, Amersham.  Time: 10.00 a.m. to 12.00 p.m.  Grades: All grades  Cost: Adults: £8.00 Juniors: £6.00</p>	<p><b>Sunday 30<sup>th</sup> October – 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: The Amersham School, Stanley Hill, Amersham.  Time: 10.00 a.m. to 12.00 p.m.  Grades: All grades  Cost: Adults: £8.00 Juniors: £6.00</p>
<p><b>Sunday 4<sup>th</sup> December – Grading Examinations</b>  <i>Grading examinations will cover all grades up to Black Belt 3<sup>rd</sup> Dan.</i></p> <p>Venue: The Amersham School, Stanley Hill, Amersham.  Time: 10.00 a.m. start  Grades: All grades  Cost: Standard grading fees apply</p>	