

The ***Lion***



The official newsletter of the Chiltern Karate Association
March 2013



Contents

Foreword	page 3
Tonny Kagaba @ EKF National Championships	page 4
Professor Rick Clark 21st May 2013	page 5
My Early Karate Life - 1979 to 1983	page 5
External Courses	page 7
2013 Calendar	page 8

Cover picture:

Tonny Kagaba at the EKF National Kyu Grade Championships

Notices:

Tuesday 21st May 2013
Rick Clark, Chesham dojo, 7pm – 10pm

Fore Word.....

This editions front cover could only be given to Tonny Kagaba. You can read about his experiences at the EKF National Kyu Grade Championships here.

Personally I found the experience eye opening. I was staggered on the quality of the kata I saw. It just goes to show what practice can give you.

More than everything else it reminded me of what a diverse and wonderful thing Karate is. There really is always something you haven't learned or got right yet. There is always a whole new world to be discovered.

I am pleased to say that Rick Clark will be visiting us again on 21 May. I have trained with him since I was a red belt and have loved every session since!

I have added a couple of flyers on the last page to encourage you to train under other instructors, each bring their own view point on a diverse art. The CKA has always encouraged students to seek out new view points and report back.

You may notice that this issue is shorter than recent editions; this is

because I have not received articles from CKA Members.

So, ever-so-subtly, COME ON GUYS AND GALS, if you go to any courses, train whilst on holiday or just want to report back something interesting you have learned – Write it up and send it to me at my karate email address gentecott@chilternkarate.co.uk!

Best of luck for those grading today! Give it 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.
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See your club instructor

Tonny Kagaba enters the EKF National Kyu Grade Championships

Doing Karate for about a year now has improved my confidence as well as fitness thanks to the wonderful sensei's of the club that have offered support and advice in all areas of my Shotokan karate.

This has driven me in do the best of abilities both in training and grading hence taking an extra step in gaining more of what's out there in the world of karate hence signing up for the Karate Federation Competition Kumite in Sheffield.

Going for the competition felt like going for my first driving lesson. I was content with a nervous feeling of what to expect but thanks to the sensei's of both Aylesbury and Homer Green clubs that supported in providing the equipment for the Kumite, prepared training and advice for the competition that boosted my spirit and confidence.



Competition day

Early morning journey to the Sheffield, on the arrival there with a lot of different Karate clubs in the competition hall it was nice and a nervous atmosphere performing there. With the long wait for the Kumite competition we (sensei's) did learn a lot from the other club's performance mainly their Katas seemed strange and intriguing compared to Shotokan Katas. Overall it was a different environment seeing different applications of the katas from different clubs.

Competition Kumite

My first competition Kumite for open Kumite felt nervous rushing to get the gear on.



First round of the competition I felt to hold back and understand the opponent's strategy of attacking which he gained a point for hitting me in the back with a kick. Hence second round I closed his gap punching him to the head which I gained a penalty on 3 points due to excess contact, which I only realised once at the end that I was disqualified for hitting him.



This changed my mind set for attacking in my second completion for the Senior Kumite, attacking with control which was really hard to score points because all I did was attack with limited space to the opponent which was hard for the referees to give points for. Sadly I was disqualified again in the Senior Kumite for hitting the face.

Overall

I gained a lot of experience in the competition both involved and not involved which has given me a better sight of how competitions are. I would be more interested in doing it again and do would recommend it for any one interested in martial arts. Sporting Karate is a sport of control.

For more information about on the competition video visit the club's Facebook for the video.

Tonny Kagaba

Professor Rick Clark

21st May 2013

We are proud to once again welcome Professor Rick Clark for another of his courses covering pressure points, joint locks and martial arts in general. If you have not been to one of his courses before then you are missing out! Look forward to a fun evening of inflicting pain with your friends!

17th May - Glasgow - Allan MacDonald
18th May - Hull - Mike Sanderson
19th May - Leicester - Tony Conroy
20th May - Maidstone - Malcolm Bates
21st May - Chesham - Erin Thwaites
22nd May - Brighton - Zoltan Dienes
23rd May - Essex - Albie O'Connor
24th May - Cornwall - Paul Wanklyn
25th May - Exeter - Matt Sylvester
26th May - Cardiff - Ken Tucker



My Early Karate Life 1979 to 1983

A long time ago, a small boy constantly pestered his older brother to take him to karate. His elder brother promised that, when he had turned 14 he would take him.....and he did.....

I started training in 1979 at the Hainault Docklands Youth Settlement under Sensei Chris Martin. The centre was opened in March 1963 in the middle of a rough London housing estate. Sensei Martin was a 2nd Dan and a small power house but tended to wear oversize glasses, a plastic imitation bomber jacket and flairs.....all very 1970's.

For my first lesson I wore a t-shirt and football shorts, and I practised gedan barai and oi tsuki up & down the hall for 2 hrs. And for the next month

that is all I did. The highest other grade in the club was a 4th Kyu. Gradually I was introduced to blocks and kicks, and my first grading was November 1979.

We belonged to an association called the British Shotokan Karate Shinboku Association (BSKSA) and our chief instructor was a very famous karateka called Charlie Mack. At that time the main governing body across the whole of the UK was the legendary Martial Arts Commission or MAC as everyone knew it. My first licence cost £5.00 and I had to sign the following as part of joining:-

“...I promise to uphold the true spirit of Karate-Do and never to use the deadly skills that I am taught against persons except for the defence of myself, family or friends and in support of Law and Order.....”

To put 1979 into perspective:-

- Bruce Lee had exploded onto the cinema screens with Enter The Dragon only six years previous
- Frank Brennan's first appearance with the KUGB national team was in 1978 where he came 2nd in kata
- Ohta was still in Japan and would not join Enoda for another 3 years
- Kanazawa left the JKA and formed SKIF in 1977

I trained 2 times a week at the club and then a group of us trained separately in a Scout Hut on a Saturday morning, learning kata from a book.

Karate books were available but still not everywhere. I travelled with my brother to London to visit Foyles book shop and we bought “The Basic Forms of Shotokan Karate” by John L Anderson, which had been first published in 1975.

There was no internet, no You Tube.....you either learnt from your instructor or a book. I didn't see my first spreadsheet on a “PC” until 1984! And it only had a maximum of 1064 cell locations! (funny the things you remember.....)

Training was **very** basic – lots of kihon, lots of kata repetition and lots of kumite. But the kumite was heavily based on dojo sparring. And we had no hand mitts, no leg pads, no body protectors, no gum shields, no boxes.

After a while my brother and I started to train on a third night each week with Sensei Steve Gypsy, who was one of the toughest men I have ever met. A normal lesson started off with 1,000 (yes, one thousand) mae geri in kiba dachi.....and we trained in an Old People's home! You wont be surprised to learn that Steve's favourite kata was Tekki Shodan.

By late 1981 I had progressed to 5th kyu and my brother dropped the bombshell that he was leaving to work in Dorset, so I had to either get 3 buses to Hainault or find another club.....so I found another club!

I was becoming increasingly aware of the wider karate world and especially the Japanese Shotokan masters in the UK. I would read any magazine I could get my hands on and that meant Combat Magazine, Traditional Karate and Fighting Arts Magazine. I read about Enoeda and Nakayama and Yahara and Kase and Shirai. It was intoxicating and I wanted to be a part of it. At that time the JKA was represented in England by the Karate Union of Great Britain, the KUGB.

So I went along to Wanstead Shotokan Karate Club, based at Wanstead Leisure Centre. The sensei was Philip Gaultier, a 2nd Dan but soon to grade for 3rd Dan. The club was part of the KUGB machine and gradings were held by Charlie Naylor, one of the founding father's of English Karate.

Phil was everything I wanted from a karate instructor. His technique was excellent, he looked fearsome and he took no prisoners during dojo sparring. But he did allow us to wear a box!

I trained four times a week – Tuesday & Thursday evening, Saturday afternoon and Sunday morning. The kihon was much more varied and more advanced techniques were used. Phil could demonstrate every move perfectly but it was very much "I show, you do" rather than in depth discussion about physics & body mechanics.

I first met Sensei Enoeda in June 1982 at a one day course at the Montem Sports Centre in Slough where he graded me to 4th kyu. I had never been to an external course before and I was gob smacked – there must have been over 600 people in the hall.

The KUGB held a summer camp at Crystal Palace Sports Centre every year where you had a chance to train with the JKA elite for a week. I attended every one for 7 years solid. The summer camp was attended by karateka from across the world and the hundreds of participants spent the morning with one instructor and the afternoon with another, plus an optional later class for higher grades. Three sessions, 6 hours a day, for 6 days. By the end of the week you were a physical wreck and your gi's stank! We stayed in on-site basic hostel that had one washing machine and no dryer.....so everywhere you looked there were gi's hanging out to dry!

In April 1983 I passed 1st Kyu and set my eyes on my ultimate prize of Shodan, due October 1983. Just 6 short months to wait!

And then things started to change again.

During Mid 1983, Phil called all the high grades together and told them we were leaving the KUGB and joining the South of England Karate Union. SEKU had been formed in 1982 by 20 former KUGB clubs based in or around Portsmouth by Mick Dewey, once a KUGB team stalwart.

And by joining SEKU my club was leaving the KUGB, leaving the link to the JKA, leaving my heroes, leaving my dream.

(an aside – Mick stayed with Dave Hazard in Tokyo when he was competing with the KUGB team in 1977. Hazard was living in Japan and training at the JKA as part of the infamous Instructors Course. When Hazard came back to the UK, Mick invited him to join SEKU and Dave joined, as an instructor at Brighton Karate club, in 1984. If I had stayed with SEKU.....I wonder where I would be now!)

I contacted Charlie Naylor for help.

I didn't drive at the time, and getting to Chelmsford to train with Charlie was out of the question.

".....why don't you train at Marshall Street with Enoeda?...."

Dave Davenport
5th Dan



A SEMINAR WITH Paul Newby

2004 WKF World Champion -60kg

31ST AUGUST 2013

Session ONE
11:00 - 13:00 All Ages
4th Kyu and below

Session TWO
14:00 - 16:00 All Ages
3rd Kyu and Above

£20 PER SESSION OR £30 FOR BOTH

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It goes without saying **O'Neill Sensei** is one of the finest karate-ka ever to come from the martial arts fraternity. A career spanning many decades, national kumite champion no fewer than 6 times and grand champion on 3 occasions. He is also responsible for publishing the magazine fighting arts international. Soon to be re-released.

He is also an accomplished actor with many credits to his name here just a few of the many films and TV shows he has appeared in;
Conan the Destroyer with Arnold Swarzenegger (1984)
Dragon heart (1996), Gangs of New York (2002)
The league of extraordinary gentlemen (2003)
and TV's Civvies (1992), The governor (1995)

SATURDAY 1ST JUNE ..10.00AM—3.00PM
SELWYN JONES SPORTS CENTRE

Ashton road (A49 south) Newton-Le-Willows
Nr Warrington (1 minute from Jct 23 M6 North)

The seminar will consist of 2 sessions
1st Session; **TRADITIONAL SHOTOKAN**
10.00am—11.30am All ages and grades

2nd Session; **APPLIED KARATE**
1.00pm—2.30pm Open age and grade

BREAK 12—1.00pm Hot food available on the day

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The correct fee plus your name / age/ grade to;
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Warrington, Cheshire. WA3 3XJ (Closing date 25th May)

Calendar

<p>Sunday 3 March - Grading Examinations <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>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></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>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></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>Sat 20 / Sun 21 April - EKF Nationals - Dan grade <i>EKF National Championships - Dan Grade</i></p> <p>Venue: TBC Time: TBC Grades: All welcome - Dan grade to enter Cost: TBC</p>
<p>Tuesday 21 May - Professor Rick Clark <i>A relaxed three hours exploring pressure points and joint locks and how these relate to kata applications.</i></p> <p>Venue: Chiltern Hills Academy, Chartridge Lane, Chesham Time: 7 p.m. to 10 p.m. Grades: All grades Cost: £15 all ages</p>	<p>Sunday 9 June - Grading Examinations <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>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></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>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></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>Sunday 8 September - Grading Examinations <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>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></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>Sunday 13 October - Open day and Competition <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>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></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>Sunday 8 December - Grading Examinations <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>Saturday 14 December - Xmas Dinner <i>Annual Christmas Dinner and Awards Ceremony</i></p> <p>Venue: TBC Time: TBC Grades: Over 18s only Cost: TBC</p>