

The

Lion



The official newsletter of the Chiltern Karate Association – September 2016

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1 - ichi

六

6 - roku

二

2 - ni

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7 - shichi

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3 - san

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8 - hachi

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4 - shi

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9 - kyu

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5 - go

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10 - ju

fore Word....

Konnichiwa and welcome to the September issue of The Lion...

This issue's front cover may be quite simple but it features a helpful hint for all those juniors who are looking to brush up on their numbers. Very useful for keeping pace when practising with Sensei who will of course only be counting in Japanese!

Good luck to all karatekas aiming to grade today. Make sure you execute your moves in good time, not too fast and not too slow!

Give it all you've got!

Hajime 始め

Jack Hamilton

4th 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.

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.

Chiltern Karate Association

Member of the English Karate Federation

Grading Examinations

will take place on

Sunday 4th December 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

Rick Clark Course Roundup

On the 14th June CKA was honoured to welcome Professor Rick Clark as a guest instructor at the Chesham Dojo. Prof Clark has trained to a high level in many martial arts, and went on to form his own discipline known as Ao Denkou Jitsu, to teach his own particular blended style. His expertise is pressure points, which have been an integral part of karate since its origins and can be traced back to **Chinese acupuncture**. It's no surprise then that **pressure point techniques** are part of our syllabus at CKA. It makes sense: if we apply a technique we want it to have an impact, so targeting is important.



This was the third time I have had the pleasure of attending one of Professor **Clark's classes** and each time there has always been something new to learn in addition to some useful reminders. Participants are warned that there will be **some pain involved but as they say....no pain, no gain!** In reality though the pain **wasn't too bad. It was merely a matter of finding the right vital point and getting** the correct technique. I always find it fascinating how some relatively simple techniques can cause enough pain to drop a potential assailant to the ground if applied in the correct way. It was also interesting to learn how pressure point techniques can be applied to the kata we learn. This is known as bunkai – or the applications of kata in a real situation.



Prof Clark is an entertaining instructor who always has stories to tell. So with a combination of demonstrations, trying them out on each other and listening to his anecdotes, the time passed very quickly. I look forward to his next visit and would **encourage anyone who didn't attend to come along next time. Not only is it very insightful, but it's an important part of your karate training.**



Paul Allen

1st Kyu

Shodan Success!

Belated congratulations to Tanmay Mahesh and Christopher Pringle for achieving their adult Shodan way back in March. Now the real learning can begin!



Chiltern Karate Association Christmas Dinner 2016



When? Saturday, 10th December, from
8.30 p.m.

Where? The Swan, 122 High Street, Old
Amersham, HP7 0ED

Cost? £23.00 per head

Menu. TBA

Spaces are limited to 30 people so snap up your tickets quickly! All students and partners welcome. See your Sensei for more details.

Calendar 2016

Sunday 2nd October – Grading 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: 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

Sunday 30th October – Grading 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: 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

Sunday 4th December – Grading Examinations

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

Venue: The Amersham School, Stanley Hill, Amersham.

Time: 10.00 a.m. start

Grades: All grades

Cost: Standard grading fees apply

CKA Kumite and Partner Work DVD

All our CKA kumite sets on DVD.

An essential learning aid!

£15.00

See your club instructor