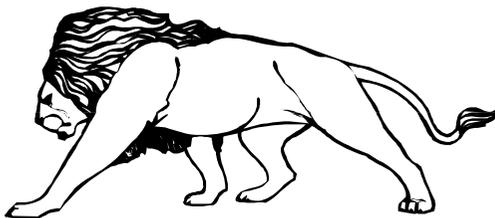


The *Lion*



The official newsletter of the Chiltern Karate
Association
December 2008

Fore Word.....

Big news this issue is that as from the start of 2009 the Aylesbury club will be moving dojo. After 10 years at Aylesbury Grammar School we will be moving to Booker Park School, Stoke Mandeville which will give us a beautifully clean and warm hall in this modern school.

Since the hall is smaller we will be splitting the training into two lessons running beginners through to yellow belts from 7.00 p.m. to 8.00 p.m. and green belts upwards from 8.00 p.m. to 9.00 p.m. Naturally anyone who wishes to train for both sessions will be able to do so at the same price. Location and address details are at the end of this issue and will be on the website.

Other news is that everyone is looking forward to the Christmas Dinner where we will also have the presentation of student awards. This will take place before the dinner at approximately 7.00p.m. so all students are welcome to this even if not joining in for the dinner dance.

***Robin Thwaites
4th Dan***

My mental approach to gradings

– some entertaining views from Karin Wipfler

"What's the next move after the X block 'in Heian Yondan??"

It is 5 am on Grading Sunday and I should know the move in my sleep. Only, I'm not asleep, am I? A sense of panic starts to sweep over me. I get up, pad down to the living room with the intention of going through my "problem" katas individually and slowly (let's face it, as a green belt I don't have that many katas to choose from. Having "problem katas" at this stage of the game is not good.)

I have identified kata as my personal Karate weak spot. I realize that this could be considered a bold statement inasmuch as my betters might perhaps have identified other issues in my Karate which need addressing but are too polite to tell me. But it's five o'clock on a Sunday morning and right now I'm not too worried about other people's opinion. I'm more worried about

bumping into the furniture in the half light.

Ah, revelation comes to me after executing the X block between the ironing board (last minute Gi ironing ...) and the TV. The augmented block in back stance. After that every move is clear in my mind and I pad back to bed – the clearest move of them all.

Don't get me wrong. I think Kata is a thing of great beauty – the fluidity of movement, the strength of expression, the power of the stances and the miracle of application. It is a type of ballet almost and certainly the only type of ballet I have a real desire to learn. (The very idea of having me attend ballet classes when I was little sent my father into hysterics at the time.)

I arrive at the dojo in time for a nervous comparison of notes with my fellow green belts (“No, we don't have to do Kaeshi Ippon Set 2.” “I think you'll find we do. I've asked.” – At this point my wish for the earth to open up and swallow me seems a fairly reasonable proposition.) Andy brushes all our if's and but's away: “It'll be ok.”

Huh, easy for him to say – he did Karate as a youngster. All he has to do now is to switch to muscle memory.

I must confess to a certain envy towards those people who come back to Karate in later years. They have an unfair advantage, I feel. Some of them will have forgotten more than I will ever learn.

Sensei Jones puts us gently through our paces during the training session. Somebody else for whose expertise,

agility and sheer brilliance I could kill (him, this is Karate ... Perhaps I'm in the right place after all...). And he is so nice about it, too. It must be incredibly frustrating for all those black belts who sacrifice their time, energy and patience (well, some are less patient than others – yes, you with the icy blue stare who delights in terrorizing little boys with yellow belts who won't leave their gi's alone. You know who you are.) to have to explain basic moves and kicks again and again. Do they sometimes long for a Karate “Mozart”, a newcomer who takes to Karate intuitively and soars where the likes of me trudge along in the mud?

Before I know it, it is our turn. Ours is a relatively big group, probably the last chance for me to seek safety in numbers given the rarefied atmosphere of today's scattering of brown, brown-and-white etc. gradings. We start with Kihon as always and I am annoyed with myself – although I know these moves I still have to correct myself a few times (Have I mentioned the fact that I can't count? And I've gone deaf as well.) Sensei Jones at the Kumite stage has called the group in front of us together. They all nod vigorously and assume stances to do some more sparring while we tread water by doing 5 attack sparring.

Finally, it is kumite for us. I like sparring – I might not always pair up the right block with the right set and some of my kicks might be termed “fanciful” but so far I have observed the golden rule: don't just freeze, at least do something, anything. In that respect I found one of our last classes before the grading to

be a valuable lesson. To practise the sets Sensei had asked us to pair up with a higher belt. I like that because first of all they know what they are doing and more importantly they have the ability and experience to deflect any errant punches or kicks. But you know how it is sometimes when you get what you wish for I was paired up with two formidable warriors and there was little or no room or option for me to dither.

And yes, we had to do Kaeshi Ippon set 2 at the grading and we managed it somehow.

The dreaded Kata part was before me. I just told myself to get a grip. I hadn't come here to fail. And I didn't. Although I messed up my last performance of Heian Yondan towards the end. I blame Sensei Ibbeson who very kindly told us to wake up and inject some passion into what we were doing. "You want passion?", I thought, "I'll give you passion" and promptly added another augmented block (at this stage my adversaries were coming at me from all sides, you must understand). Completely unnecessary of course, but there you are.

I was proud of us when Sensei Croft told us while distributing the new belts that we were a strong group.

Compared to the combined knowledge of all the black belts assembled at the grading I know less than nothing about Karate but even I know that Karate is more than just the knowledge of how to beat an opponent to a pulp.

It's just nice to know that it's possible ..

Karin Wipfler

Sensei Kanazawa Open Course

Sunday 10th May 2009

SKKIF Yudansha, Kodokai dojo,

Langley rd, Watford

Training 1.30 - 4.00

Open-course with

Kancho Kanazawa plus Nobuaki,

Fumitoshi & Diazo Kanazawa, followed
by

SKKIF Grading. Watford Leisure centre,

Horseshoe lane, Watford, WD25

7HH. Open course 10am - 3.00pm,

SKKIF Grading 4.00pm - 6.00pm.

Contact Kevin

Leigh 07733 361045 for information
and application form.

www.skkifwatford.co.uk

Medal Haul for CKA Member in Liverpool

Time certainly does fly! It does not seem like nearly 3 years ago that I was writing about my karate exploits in the fire fighter games in Hong Kong. This year the host city of the World Fire Fighter Games was a little less exotic...Liverpool to be precise! However as the City of Culture for 2008 and with numbers of participants hitting 5000 from all over the world, not too mention a bustling social calendar, it was set to be an enthralling eight days of competition and fun.

To help me prepare for the kumite competition I had been training at a shotokan club in West London, where they compete on a regular basis all around the world and have some members in the England squad. This was a good eye opener and I picked up lots of valuable tips.



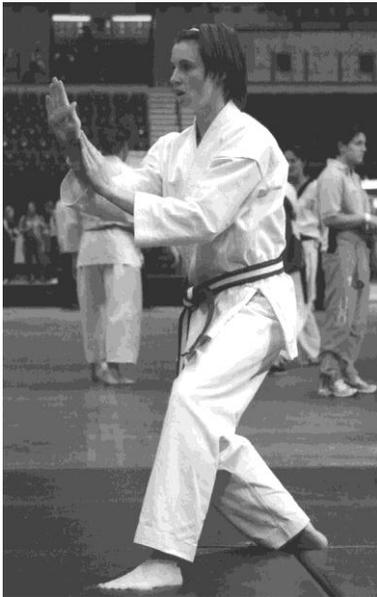
I arrived in Liverpool on Sunday 24th August as I was participating in several other events before the karate competition began. This year there was a female kata competition and there was due to be 5 females competing in the kumite competition (more than double the entrants in Hong Kong!) After an early (and sober) Saturday night, competition day loomed all too quickly on Sunday 31st August. My family had traveled up to support me. The martial arts events were being held in the Liverpool Echo Arena, a fantastic new venue built especially as

part of Liverpool's City Of Culture status.

There were 3 fire fighters competing in the female kata. There was a black belt from France, myself, and a purple belt from New Zealand. We were all guaranteed a medal, so there were no knock out stages. To get used to the pressure and to get us warmed up, we carried out some practice kata in front of the judges. This helped to calm the nerves and get us used to competition etiquette. For the medal round I performed Bassai Dai. All was going well, until, right in front of one of the judges I lost my concentration during the front uchi uke and oi zuki part of the kata. However I recovered quickly and carried on. The scores reflected my error and I was worried this would put me in the bronze position. The black belt was next and her scores put her in gold medal place. The girl from NZ went last, and during her kata, she made a mistake and had to restart, unlucky for her, but lucky for me as this meant I had won the silver. The point margin was very close, 26.4 for the black belt in 1st place, 24.6 for me in 2nd place and 24.3 for the purple belt in 3rd place.

There was then just enough time to wolf down some carbs before the female kumite started. One entrant did not turn up, so then there were the 3 of us from the kata comp and also a black belt from Great Britain. We were following WKF rules and each fight was 2minutes long. I was up first against the black belt from France. I had been a bit intimidated by her from the start, and this affected my performance

massively. I did not really get into the zone, I was too passive and not attacking and as a result I lost 12-1. My next fight was against the purple belt. This time I had no fear, and I came out more aggressive and positive. I was scoring with body punches and kicks and went on to win 11-1, thus securing me the bronze medal.



All of the combat sports finals took place on the Monday night at a special "Fight Night" The French girl was up against the GB girl. There was some dispute over the scoring, and although the French girl was in the lead to start with, she was not happy! The GB girl then staged a come back, gaining a lot of points from kicking and she maintained her advantage to take the gold medal from a very disgruntled French competitor!

All in all it was a great eight days of sport, socialising and fun and although I felt I had let myself down a little in the karate, I was pleased to come away from the games with a few medals!! A huge thank you to Sensei Davenport for his very generous support. (I certainly looked the part!)

Laura Noble

What is the CKA for?

We all get something personal from training and have our own reasons for doing so, here is Emily Conboy's opinion.

Chiltern Karate Association has been running for fifteen years, since 1993. Throughout the Chilterns it offers people of all age-ranges and ability the opportunity to develop the skills and technique essential to this Japanese form of martial art.

As well as experiencing the benefit of rigorous exercise Karate training provides, members of the Chiltern Karate Association learn values intrinsic to any martial art - training etiquette, self-discipline and above all, respect for others as well as themselves.

Many may think of martial arts and visualize a frenzy of flying fists and Matrix-style kicks and stunts; but broken down, karate is a lot less elaborate and more controlled than that. Some may point out kata and compare it to a set-piece from a martial

arts film - both appearing 'choreographed' or somehow artificial - whereas in actuality each block and strike has practical and effective application in real-life situations.

Karate is not just some arbitrary sequence of actions messed around with in a film studio - it's a life skill.

(...Not that I have a chip on my shoulder about The Matrix or martial art films or anything - if gravity would bend that way in real life it'd be awesome!)

Emily Conboy.

Don't forget

CKA Xmas Dinner and Dance....Sat 13th December, DeVere Hotel, Latimer. Please arrive at 7pm so we can have our presentations at 7.15pm before being seated for dinner. Special offers on pre-ordered alcohol, please contact the hotel direct, 01494 545552 if you wish to take advantage of this.

See you at the bar!

Laura Noble and Laura Graham

Demonstration – Elgiva. 8th November 2008

I was approached some months ago by a coordinator of "Way-In" to help them celebrate 21 years of advising and helping youngsters in the area. Their idea was to try and showcase things

that children can get up to in the area to challenge and channel interests and energy. I seconded Mr. Whittall who very kindly agreed to organise and arrange a five-minute demonstration. The first challenge was to get children to volunteer to showcase themselves in public, which can be a very nerve racking experience in itself.

My thanks go to Drew Pearce, Nia Madden, Rhys Madden, Emily Conboy, Joe Whittall and Joe Wheatley who all excelled themselves on the night by showing the audience what we, as a club, get up to. They ably demonstrated Heian Shodan, some basics and sets one and two as a group. It was then time for the more senior students to cover set three, with Nia being attacked by the two boys, and then a good demonstration of Heian Godan.

Well done all of you and thanks to all you parents for bringing you to the Chesham Dojo for practice. Thanks also to Brian Whittall for his time and effort in coordinating the children and to Bernard Murray for organising the accompanying music.

The event went very well and local groups showed the audience their versatility with acts ranging from dancing, singing, acting street dancing and of course Karate.

I am hoping to upload a video of the demonstration on to our website in the near future so have a look.

**Erin Thwaites
4th Dan**

Christmas Training Times

Denham

Mondays

Mon 22nd Dec Normal training

Mon 29th Dec NO TRAINING

Mon 5th Jan 09 Normal training

Holmer Green

Mondays

Mon 22nd Dec Normal training

Mon 29th Dec NO TRAINING

Mon 5th Jan 09 Normal training

Chesham

Tuesdays

23rd Dec one hour 8-9 p.m.

30th Dec one hour 8-9 p.m.

(Maybe in gym or new drama room)

Aylesbury

Wednesdays

Wed 24th Dec NO TRAINING

Wed 31st Dec NO TRAINING

Wed 7th Jan 2009

TRAINING AT NEW DOJO

JUNIORS 7-8 p.m.

SENIORS 8-9 p.m.

BCUC

Wednesdays

Wed 24th Dec NO TRAINING

Wed 31st Dec NO TRAINING

Amersham

Amersham

Thursdays

Thurs 25th Dec NO TRAINING

Thurs 1st Jan NO TRAINING

Upcoming Events

Sunday 11th January 2009

Grading Training Course

Chesham Dojo

10.00-12.00

Beginners courses start

week commencing

12th January 2009

Sunday 8th February 2009

Grading Training Course

Chesham Dojo

10.00-12.00

Sunday 1st March 2009

Gradings

Chesham Dojo

10.00 onwards

**CKA Kumite
and Partner
Work DVD**
Ideal Christmas Present

£15.00

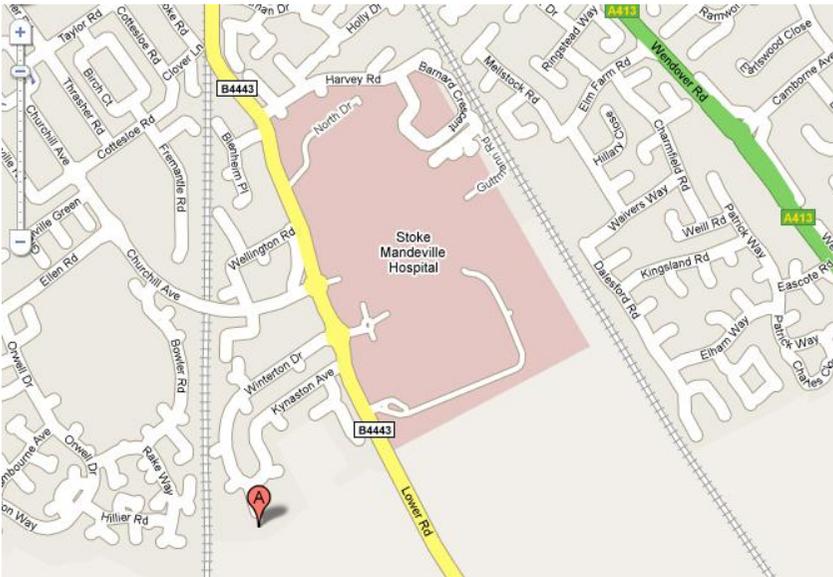
See your club instructor

Aylesbury Club Moves Dojo

From the 7th January 2009 Aylesbury club will be moving to its new dojo at:

**Booker Park Community School
Stoke Leys Close,
Aylesbury,
HP21 9ET**

**This will also mean that training times will change as follows:
Beginners to yellow belts 7.00 to p.m.8.00 p.m.
Green belts upwards 8.00 to 9.00**



http://maps.google.co.uk/maps?sourceid=navclient&ie=UTF-8&rlz=1T4GGLR_enGB205GB205&q=HP21+9ET&um=1&sa=X&oi=geocode_result&resnum=1&ct=title

If you have any material that you would like to be considered for publication in The Lion please contact Robin Thwaites at robin_thwaites@yahoo.com.

Material published may not necessarily represent the views of either the editor, the club instructors or CKA committee.