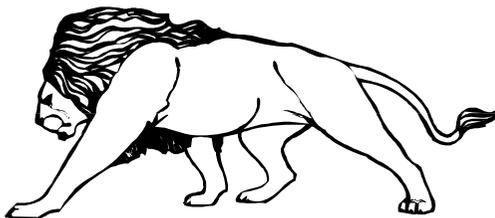
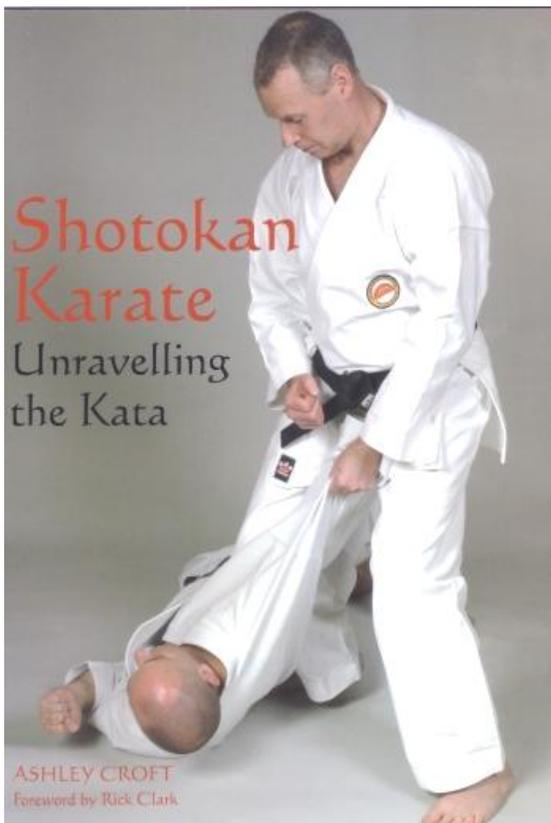


*The*

# *Lion*



*The official newsletter of the Chiltern Karate  
December 2010*



**Sensei Ashley Croft**

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*Cover picture:*

Sensei Ashley Croft, 6<sup>th</sup> Dan – from the cover of one of his three books. See forward.

*Notices:*

**CKA Annual Dinner Dance awards Ceremony Saturday 11<sup>th</sup> December.**

**Aylesbury Christmas training one hour only starting at 7.30 on the 22<sup>nd</sup> Dec, 29<sup>th</sup> Dec and 5<sup>th</sup> Jan.**

## **CKA Kumite and Partner Work DVD**

All our CKA kumite sets on DVD.

An essential learning aid!

£15.00

See your club instructor

## *Fore Word.....*

*This fore word for the Lion is something that I never imagined I would be writing and signifies some major changes within the CKA. Many will have noticed that Sensei Croft (much to his regret and frustration) has been finding it difficult to get to training for some considerable time due to the pressures of his working life. Moving forward Sensei has now made a career change which, except for special occasions, means that he will no longer be able to take an active regular part in the association.*

*For those of us that have been in the CKA since the start this is a major change however the organisation has been running successfully during the recent period while Sensei has not been able to get to regular training through the enthusiasm and effort of the local club instructors. Many other clubs have few grades higher than Shodan and maybe one third or fourth Dan chief instructor, the CKA has been successful enough and has high enough standards to have more senior Dan grades than you can shake a stick at. Having a second, third or fourth Dan teaching beginners is an amazing rare luxury.*

*There will be some changes in club instructors to spread the labour but this should not make any difference to the standard of training or lesson content. Briefly the major changes are that Sensei Warner will become the official chief instructor at Amersham, Senseis James and Entecott will take over at Aylesbury and, once I am over my various health issues, there will be two Sensei Thwaites teaching at Chesham. If you have any questions or doubts do please feel free to talk to your instructors.*

*I would like to take this opportunity to give my thanks to Sensei Croft from both Sensei Thwaites' for all his help, knowledge advice and friendship over our karate careers and also my best wishes for his future. I believe all members of the CKA would echo these sentiments.*

*Finally, since it is the festive season I would like to wish everybody a Happy Christmas and great New Year and look forward to seeing everybody at the Christmas Dinner.*

Robin Thwaites  
Lion Editor  
4<sup>th</sup> Dan

# CKA Competition and Open Day

On a cold November morning, 40 expectant CKA members gathered nervously in the Chesham Dojo. The reason? The long awaited and much anticipated CKA Competition.



The brainchild of Sensei Davenport, the tension in the air was palpable as juniors and seniors alike wondered what the day held in store. After a run through of the rules and regulations, the junior kata kicked off the proceedings.

The youngsters composure and concentration in the official competition setting was commendable and very encouraging for the future.

The senior kata proved no less entertaining, with all competitors pulling out the stops to gain the majority of judges flags.

Then it was onto the preliminary rounds of the junior kumite. Nerves were aplenty here, but to their credit, they all got “stuck in” and proved their mettle when it counted.



The senior kumite was next and blood was drawn early on (unintentionally of course!) The coveted semi-final places were hard won.



After a brief interlude, it was time to see some of the individual Dojo's in action. Jitte was performed to perfection by black belts from the Amersham Dojo firstly empty handed

as we know it and then using bo (six foot sticks).



This and was followed up by a display from a range of grades from the Denham Dojo.

Sensei Davenport also proved he still has what it takes during a demonstration taking on various assailants in different combative settings, highly entertaining! Hopefully his "victims" were not too sore the next day!



Then it was time for the kata and kumite finals. Again, great effort and spirit was demonstrated by all

involved, but of course there could only be one first place:

Results were:

Junior kata 6<sup>th</sup> Kyu and below - Peter Heath

Junior kata 5<sup>th</sup> Kyu and above - Rhys Madden

Junior kumite 6<sup>th</sup> Kyu and above - Rhys Madden

Senior kata 3<sup>rd</sup> Kyu and below - John Jackson

Senior kata 2<sup>nd</sup> Kyu and above - Laura Graham

Adult male kumite 3<sup>rd</sup> Kyu and below - John Jackson

Adult male kumite 2<sup>nd</sup> Kyu and above - Bernard Murray

Adult female kumite 1<sup>st</sup> Kyu and above  
Laura Graham

Best demonstration -  
"Jitte" Laura Graham, Mike Thornton, Bernard Murray

Best spirit and etiquette - Gareth Tainton

Sempai/Kohai challenge -  
Dave Davenport/Mick Brosnan/Juliette Guerri/Paul James/Brian Warner



All in all the day proved a great success. Sensei Davenport's enthusiasm and effort was fantastic and on behalf of all competitors, I would like to thank him for all of his hard work. Also the wonderful ladies who kept up an endless supply of refreshments throughout the day. Hopefully we can make it an annual event. Some of us are also looking into the possibility of representing CKA, competing in external events. Please contact myself ([nobble69@hotmail.com](mailto:nobble69@hotmail.com)) or Bernard Murray ([bmurrayxxx@yahoo.co.uk](mailto:bmurrayxxx@yahoo.co.uk)) if you are interested., juniors and seniors welcome!

Laura Noble

## Christmas Dinner

Hi everybody,

Only a few weeks to go now, where's the time gone?!

The Xmas party is on Saturday 11th Dec, we will be starting the speeches/awards at 7pm so please aim to get there before then! We will be sitting down for dinner at 8.

We are offered a discounted price on rooms if anybody fancies staying, it's about £50 per room, to book please contact the venue direct on 01494 545500 or go to <http://www.devere.co.uk/our-locations/latimer-place.html>

Also for anybody who if unsure how to get there hopefully this will help, there's a route planner on the right of the page! <http://www.devere.co.uk/our-locations/latimer-place/directions.html>

If anybody needs any further details please contact Laura Graham or Laura Noble

## Kancho Hirakazu Kanazawa Farewell Course

7<sup>th</sup> November 2010

There are few real living icons in Shotokan karate, of these Sensei Kanazawa is probably the most well known and respected. He has the highest grade that can be achieved - 10th Dan.

This was to be one of his final large scale training sessions in this country before he went into semi retirement. Everyone one of us that have an interest in karate will either have seen his face in magazines, on YouTube, or possibly own one of his books. I had missed several opportunities in the past to train under his instruction, i could not miss this chance.

Bright and early i arrived at Watford leisure centre, an hour early for an eleven o' clock start. To my surprise there was already a mass of karateka milling about the foyer of the centre, and a very strong smell of deep heat and tiger balm in the air.

Once changed and in the dojo i was amazed at the size of the room, more so by the sheer number of students that had turned up. I guesstimated that there must have been close to 600 people. Two thirds of this mass wore black belts from every shade of jet black to almost white.

Sensei Kanazawa arrived promptly with three assistants, including his son Nobuaki Kanazawa, 6th Dan and Sensei Ohigashi (Chief instructor, Nara Prefecture, Japan)

After the warm up Sensei Kanazawa took over to teach the correct way to perform a kneeling bow, stressing the importance of kneeling down left followed by right leg and getting up right followed by left. We practised this several times. He had a quiet voice but when the microphone was

working correctly we were able to follow his instruction. There were times when i had to strain hard to hear him, desperate not to miss any important gem of information.

We started with oi zuki, then stepping gyaku zuki, and gradually built up a routine incorporating mae geri and mawashi geri kicks. We were encouraged to work hard on our hip rotation throughout the combinations.

We then moved onto ushiro geri (back kick) techniques. After working on our kicks we partnered up, the attacker executed a ushiro geri, this was blocked by the defender with sukui uke and on the same side, ushiro geri (ushiro geri set, number three ).

There were regular breaks throughout the day, when we got to sit down and watch Sensei Kanazawa talk through or demonstrate a technique, it was always made to look so simple and effortless.

After an hour's break for lunch, we were back to more kumite. We were divided into threes, one defender and two attackers (one in front, one behind), all in freestyle stance. The first attack was a jodan punch, this was blocked jodan tate shuto uke, then gyaku zuki (jiyu ippon set 1 jodan). Turning to attacker 2 with a mae geri, you defend with gedan barai and gyaku zuki (jiyu ippon set 1 mae geri). The first attacker comes in again with a second jodan punch.

The defence here is step to the side age uke, mawashi geri, then gyaku zuki (jiyu ippon set 3 jodan). The final attack, again mae geri is blocked with gedan barai, tate shuto then choku zuki (jiyu ippon set 2 mae geri).

Once we had practised this, and got our heads round the combination, Sensei Kanazawa got us all to sit down and then invited individual groups to stand up and demonstrate this in front of him and the rest of the karateka. He wanted us to understand the importance of turning correctly after each successive defence, so as to not turn wrongly into an attack, but to rotate away, thus making the block more effective.

Finally he announced that we would all be doing Gankaku Sho, not one of the standard traditional 26 Shotokan katas.

This is a long and difficult kata with lots of subtle changes of movement. Because there were so many of us, and so few demonstrating the kata, it was difficult to pick up and copy the precise movements. I think we all managed to grasp the basics.

Overall, i really enjoyed the day and feel that, despite the communication difficulties, i learnt a lot and i also met some genuinely nice people. I felt very tired at the end of the day and had the option to go home. Sensei Kanazawa, however, had a queue of people that snaked right

across the dojo waiting to have their picture taken with him, then several hours of book signing to follow!

I am in awe of a man of his mature years that he has that much energy. I can only hope that i can carry on training into my latter years and perhaps have just a degree of his energy and enthusiasm.

**Michael Thornton  
Shodan**

## Calendar

With the New Year coming and the various changes within the CKA we have not finalised a calendar for 2011 I have decided that it will be better to issue it as a separate leaflet so no calendar this issue.

**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](mailto:robin_thwaites@yahoo.com).**

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