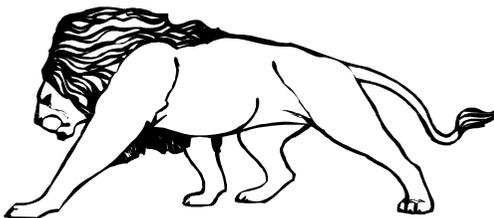


The

# Lion



The official newsletter of the Chiltern Karate  
June 2009

## *Fore Word.....*

*Well the summer is here and what a busy time? With external courses and guest instructors it does seem that the CKA is very much alive and kicking and that has given us a bumper summer issue of the Lion.*

*Many thanks to all those that contributed to this issue, it is great to see some fresh input. Watch out for info on the Summer Barbeque, the Competition and also the Christmas Dinner and dance, good luck if you are grading today and enjoy the read!*

*Robin Thwaites  
4<sup>th</sup> Dan*

## **Coming soon.....**

### ***Club Competition***

**The 25th October has provisionally been set as the date for a CKA Club Competition. Running Venue is to be confirmed but probably Chesham Dojo 09.00 – 15.00. The format is not fixed yet but is likely to be mainly Kata with Kumite for adults only, purple belt and above (separate male and female categories).**

**This would work out as:**

#### **Kata**

**Juniors up to green belt**

**Juniors Purple belt and above**

## Kata

**Adults up to green belt**

**Adults Purple belt and above**

## Kumite

**Purple belts and above male**

**Purple belts and above female.**

### ***CKA Xmas Dinner and Dance 2009***

**We will be returning to  
Latimer House, Devere Hotel  
again this year for our annual  
dinner and dance. It will be  
held on Saturday 19th  
December 2009 at a cost of  
£33.50 p/p so put the date in  
your diary now and look in  
The Lion or on the website for  
payment details nearer the  
time!**

## **New book about to go to print**

The Shaolin Temple

A History and Evolution of  
Chinese Martial Arts,  
Zen Buddhism and the Shaolin  
Warrior Monks

Following five years of research and numerous trips to China and the Shaolin Temple, Sensei Croft is now close to publishing a history of the Shaolin Temple and its world-renowned soldier monks. This has included speaking with the surviving Shaolin Monks, secretly getting access to the most sacred parts of the temple and getting translations of inscriptions on stone tablets at the temple itself that are hundreds of years old. Sensei has also researched and had translated many Chinese documents not yet available to the wider world. This is a great read with many tales of heroic feats of the monks who have undoubtedly helped to shape the martial arts we practice today.

The Shaolin Temple has a fascinating and intriguing past. It started with a small covered platform built at the base of the Songshan Mountains on the order



Part of The Shaolin Temple

of Emperor Xiaowen for an Indian monk named Batuo, as a place for him to translate scriptures, and to spread the word of Buddhism. The year was 495.

It is known that the forest and region surrounding the temple was often plagued with bandits. Wild beasts such as tigers and bears are also known to have roamed freely. This is recorded on early stone tablets preserved at the temple. As a consequence some of the monks trained in martial arts to act as a protection force for the temple and its property. Records suggest this occurred almost as soon as the first

stone was laid. Batuo's early disciples are said to have been exponents of martial arts and were the founding fathers of a regiment of warrior monks that are known in Chinese as Seng Bing, meaning literally monk soldiers. The word seng means monk and bing soldier. Over time the warrior monks became an inseparable part of the temples culture and a national tradition that has continued throughout the temples 1500 year history.

Over time the monk soldiers were a combination of home grown martial artists who learnt and developed

their fighting skills within the Shaolin Temple, and people who entered the temple already skilled in some form of fighting art. It is not hard to imagine that some of the monk soldiers were probably hired for their fighting skills and were in effect mercenaries similar to what occurred with the Knight Templar's in medieval Europe in the 1300's.

At times the martial art skills of the monk soldiers were used outside of the original protective remit. There are records of Shaolin monks' engagement in battles across China in support of the ruling dynasty and on occasion as part of an orchestrated rebellion to remove the incumbent emperor and with the emperor the dynasty concerned.

The first of such recorded feats was as early as 621 when 13 Shaolin monks assisted Prince Li Shi Min (who became Emperor Taizong of the Tang Dynasty) in a decisive battle against the forces of a rival warlord Wang Shi Cong. A contemporary record of this event is carved into a stone stele at the Shaolin Temple which names the 13 monks involved. To reward the assistance provided Li Shi Min gifted the Shaolin Temple with a watermill and land, and the monks themselves were offered official titles. This and many other martial feats that have been attributed to

the Shaolin monks are described in detail within book. The book also provides a photographic journey through the temple and its main buildings.

There is more to the Shaolin Temple than its martial arts. What is not so well known is it was the birth place of Chinese Chan Buddhism which is more commonly known across the world as Zen. The creator of Chan Buddhism and therefore the first ancestor of the now widely practiced Zen sect was the Indian monk Bodhidharma (Da Mo in Chinese). Bodhidharma arrived at the Shaolin Temple in 527 and legend states that on arrival he found that the monks in general were in a poor state of health and unable to cope with the long periods of meditation required when practicing his style of Buddhism. He reportedly climbed the Shaoshi peak and lived a hermitic life for nine years during which time he meditated and contemplated the dilemma. When he emerged he started to teach a series of exercises to the monks to help with the vigour's of long periods of meditation. These exercises are thought to be the forerunner of Shaolin Qigong and are known as Shi Ba Louhan Shou (18-hands of arhat).

The Shaolin Temple has over the years occupied substantial tracts of

land with satellite buildings being located as far as 3.5 km away from the main temple compound in the foothills of the Shaoshi peak. At one time the temple is reported to have had 1000 buildings and a curtilage covering 9.3 sq km of cultivated land. At its height the temple housed 1000 monks of which there were 500 monk soldiers. Its past has however been turbulent and its fate often at the whim of the incumbent emperor and the popularity of Buddhism at any given point in time. As a consequence the temple has frequently been attacked and on occasion destroyed by fire. The last attack was in 1928 when warlord Shi Yousan led a contingent of his forces against the temple and almost totally destroyed it.

Despite these past attacks the temple has always been rebuilt and survived the test of time. The current temple has again been restored to close to its former glory and restoration work is still ongoing. There are many historical artefacts and relics still in situ that provide an invaluable insight into this amazing place. Anyone who has a serious interest in martial arts and the history and origin of the styles having roots in the Shaolin Temple will find it difficult not to be taken in by the temple's story. Likewise anyone interested or following Chan / Zen Buddhism will

be fascinated to learn of its history and how the Shaolin Temple played a significant role its development and spread across China, Japan, and Asia, and now the rest of the world.

To pre order your copy of the book just email [acroft@chilternkarate.co.uk](mailto:acroft@chilternkarate.co.uk) and state how many copies you would like and which Dojo you are from. The book is priced at £19.95.

## **End of an era!**

After eleven years of training at the Buckinghamshire Chilterns University College (BCUC) the dojo lights will finally go out...The entire site is finally being closed down (before it falls down) and will be completely redeveloped for new housing\*.

The club opened its doors back in 1998 when everyone still referred to the campus as "Newlands". Newlands had been a teacher training college some many moons before but the name stuck.

The dojo was just the right size, had a wooden suspended floor (suspended over the ground as in on stilts) and there were lots of willing students most of whom

where Nurses on two or three year courses. These nurses (and others both from the campus and outside) wanted to learn Karate, get fit or learn a bit of self defence before being unleashed on the general public. The dojo was fitted with neat hand rails to aid the practice of Kekomi or leg stretches; even at two heights to accommodate shorter people. Additionally, there were swing ropes, kick bags and training apparatus to allow us to set up swinging kick bags of various shapes and sizes..

In those days no one seemed to mind that in winter there was no heating and the dojo was often colder on the inside than it was out. After a couple of years the heating was finally fixed and on occasions after its repair we would even turn on the blast heaters when it wasn't cold to push the temperature up still further...BCUC was also the home of the now legendary 'Stamina Nights' where with all sorts of devious activities and equipment were laid out a up to 10 'training stations' and where the class would be divided into equal groups with five minutes working on each station before it was time to roll round to the next activity, nice..! Also, who remembers 'Migi nights' where everything we did had to be done on the migi side only, those were the days... The mix of

instruction between the style and technical accuracy of Sensei Jon Lockwood and well 'me' meant there was often something for anyone and that added to the overall appeal.

Things began to change at the once vibrant university when the courses shifted to short terms only. Most of the students were from abroad and in the long summer breaks the campus opened up to foreign exchange or kids summer clubs which meant less full time students training from the campus. Also the dojo's location was not exactly 'on the high street' and the actual hall was condemned as being structurally unsafe. But in true CKA spirit this didn't prevent the hardcore students from continuing to train on.

There has been many a tough session, many a Kata performed, a fair amount of punches and kicks thrown and lots of combination, confusion and partner work over the years. I'd like to thank anyone who took the time to come along and I for one will miss the old place. But as with karate things must evolve and improve. We'll be looking for a new location in the autumn so watch out in the LION for announcements and hopefully the new dojo will have all of the

spirit (but some better changing facilities) of the old place but be more accessible, newer and hopefully no ivy growing on the inside walls holding the windows in...

**Craig Jones**

**Former BCUC Instructor**

**Yondan,**

*\*actual dates still to be confirmed but will probably be end of June or July 2009.*

## **Bassai Dai in Barnstable**

**Steve Warren has an "Away Day" training experience.**

I spent the week before Easter down in North Devon and while preparing for the day ahead by watching the Jeremy Kyle show, I realized that there must be more to life than what I was forcing myself to watch so decided that remedial action was required.....I needed to set myself a challenge, but what to do.....I did an internet search on "Shotokan Karate Barnstable" and would you believe it, up came a

promising web site called "Barnstable Shotokan Karate Club".....as easy as that !

With some trepidation, I rang the number and asked whether it would be ok to attend a training session, yes, no problem at all, Sensei Mark Blanche was very welcoming and said the club never turned anyone away, at this point I thought it was advisable to point out that I was getting on a bit, and that knees, back, shoulder and neck weren't all performing at optimum levels but again, not a problem, he was very encouraging about coming down to train.

I must admit that his positive attitude certainly made me feel more at ease, I find it quite nerve racking to go to different clubs, training outside of our CKA comfort zone - not that the CKA training is always comfortable (!) but we know the instructors and other students so there's no feeling of entering the unknown - a less "friendly" telephone conversation could easily have put me off going so a big Thank you to Sensei for sending out the calming vibes.

Tuesday, Not sure of the traffic so gave myself plenty of time, Sensei said to get there for 7.30 for a 7.45 start - got there at 7pm. Sitting in the car, watching the clock..... I

could still get to the pub for the Man U v Porto game.....

Anyway, decided the only thing to do was get to the dojo and get committed. Popped my head in and there were a few students doing pre-lesson practice, a few minutes later, Sensei arrived and so I introduced myself, got changed (as luckily, I happened to have my gi with me !) and went back into the dojo.

My first thoughts....."Mr Jones would like this room" - the entire floor was cushioned - one inch deep.....take down heaven !

Had a chat with Sensei who said the lesson would cover the grading syllabus for the forthcoming gradings, and after with some of his students before the class started, initial thoughts on Barnstable SKC - great location and a very friendly club.

"LINE UP"

The class ranged from beginner to black belt, and started with Sensei taking the warm-up. Within 5 minutes I had my customary red faced glow and was feeling a bit sweaty so was starting to feel more at home !

The lesson started with basics, running through the grading - all the techniques were familiar, but what made it more challenging was that the techniques were often in different drill patterns to what I was familiar to, this meant, along with trying to memorise what for me were new drills, I also had to concentrate on not inadvertently adding bits from CKA techniques - I frequently ended up with right foot forward while everyone else had left, step forward gedan barai whilst everyone else stepped back !

Having completed the basics, each group took it in turns to run through their basics, by this it seemed that each grade had a specific drill to perform, this becoming progressively more complicated as you go up the belts, up to 1st kyu having to do something like -

Mia geri / double punch / gedan barai (backwards) / double punch / step through uraken / oi zuki

Dan grades basic routine looked more like doing a kata, Sensei demonstrating 3rd Dan basics which must have comprise somewhere in the region of 20 moves !

As with CKA, hip movement, or rather lack of, was consistently

picked up on by Sensei, height of the knee determines height of kick, position of knee allows for change of kick, good spirit was encouraged and we were expected to kiai on each turn. Sensei commented that good spirit and full effort in a grading can count more than reasonable technique but no spirit and effort !

At this point, a purple belt came out with a big yawn....unfortunately for him, Sensei was standing next to him at the time.....50 press-ups and a severe talking to about attitude, commitment and spirit did the trick !

After the basics, we moved on to kata, junior belts doing Heian Shodan / Needan, brown belts doing Bassi Dai and then Heian Needan, dan grades doing their grading kata, either Meikyo or Gojushiho Sho.

With 15 minutes to go, we moved on to jiyu ippon kumite (free style), unlike CKA attacks which are from a stationery position, here, the attacker can move about, changing line of attack etc before stepping in, takes a bit of getting used to !

I ran through set 3 and 4 defences but quickly realized I had a small problem in that having completed

set 3 defences up to mawashi geri and then expecting a jodan attack so was mentally preparing set 4 jodan defence, my partner announced (thank goodness !)...ushiro geri so I had to make one up on the spot which meant getting out of the way and countering and including a loud kiai – seemed to work ok !

We finished the class with freestyle sparring, Sensi saying to the class not to worry about wearing gloves and gum shields....made me wonder what was coming my way.....but it all went off without any injuries.

The 2 hours flew by, it really was enjoyable and the club were very friendly, Sensei inviting me back whenever I made it down there again, an invitation that I will certainly accept. I would encourage all students to experience training at other clubs, for me, it's not just the training that may be different but also the feeling of intrepidation of walking into the unknown, similar to that feeling of attending your first CLA class as a beginner and not knowing what to expect.....gets the adrenaline flowing for sure.

Happy training !

**Steve Warren**

# **SKIIF Kancho Hirokasu Kanazawa Course**

On Sunday 10th May 2009 Kancho (Japanese for Master) Hirokasu Kanazawa was hosted by SKIIF at the Watford Leisure Centre.

Kanazawa is a 10th dan and trained under the founder of Shotokan, Gichin Funakoshi. Kanazawa is one of the first generation of graduates from the JKA's instructor program and is one of the people that spread karate around the world since the 1960's.

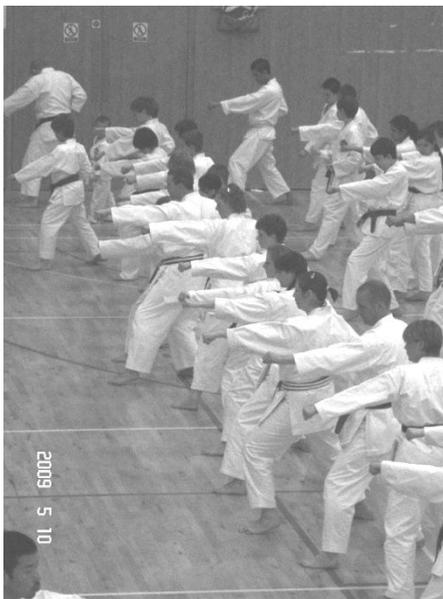
The CKA were quite well represented with around ten of us there. I whole-heartedly recommend



all CKA students attend as many courses as possible. It is always good to experience training with other instructors.

I had never trained with Sensei

Kanazawa or any other Japanese instructors before. I knew what he looked like from hours of watching his kata on You Tube or reading his kata books but I did not know what to really expect.

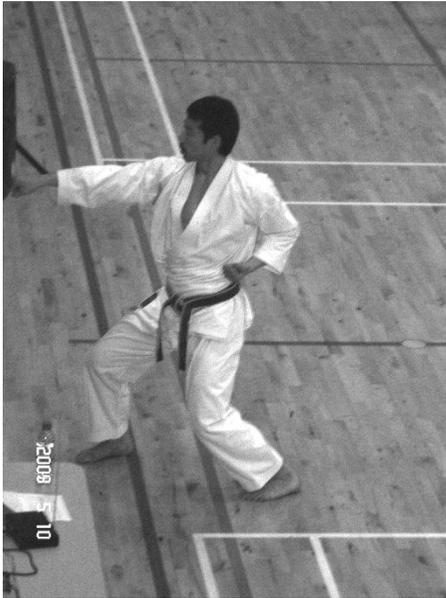


His son was also there and was demonstrating the techniques. I was impressed with the balance, precise transitions and kime. His front leg mawashi is just clinical. I was in awe. Why can't I get my knee up that high?

We started with some basics focusing on twisting of the pulling hand in all punches whilst leaving the punching hand palm up until later in the move.

Then the correct timing of the hips in all blocks; Where you leave

pulling your hips back until the last second synchronized with the hand movement.



Gyaku-zuki was next, first on the spot then walking, again with an emphasis on hips and timing of the punch with kime.

We then split with black belts covering Bassai Dai, Bassai Sho and Sochin. Sensei Kanazawa laughed at our pronunciation of So ChiNN saying that meant something different in Japanese. I think it's more like SOHchin.

Before we rested for an hour, there was a demonstration of the Bo (long stick) kata Kanazawa No Bo Dai by Sensei Kanazawa's son.

There was then a demonstration of the applications in a two man drill

and another run through showing the karate moves the kata is based on.

Finally there was Kanazawa No Bo Sho which is the minor form of the kata. It is a rare thing to see a kata performed by the son of the person that created it.

After the break we did some sanbon sets (set 2 and 3 are not part of the CKA syllabus) and then some semi free sets. Again some of the sets were new to me. But they were notes from kata or other sets so I could keep up just about!



I quite liked some of the moves and will keep them in mind for set 5 (you need to work on your own defences for those going for brown belt and above).

By the end I was more tired than I thought I would of been from the pace of the day but I was happy

with my experience.

I had found a new drive to sharpen up all my techniques and get rid of unnecessary movement.

I also gained an even greater respect for Kancho Kanazawa and will train with him or his son again when I get the chance.

**George Entecott**

**Shodan**

## **Sensei Rick ClarkCourse**

*Catherine Whittall reports on a  
"different" family evening out.*

The Sensei Rick Clark pressure point course took place in Chesham on Tuesday the 19th May from 7pm to 10pm.

In the car we were in high spirits laughing about how most families go out for a pizza or to the cinema, but not us. A night out for us is going to karate for three hours of pressure point pain! Rick Clark is a jolly, friendly, easy going chap. He looks harmless and kind but his exterior camouflages a world class

expert at pressure point techniques. He has spent decades



mastering this art and, like any expert, makes it look easy. He taught each Pressure point by demonstrating on someone plucked from the crowd whilst we were gathered around grateful if it wasn't us. He carefully showed us each technique several times whilst explaining the mechanics and effortlessly causing excruciating pain. He started with finger and arm locks then a pressure point in the neck. We learnt about unzipping chests, breaking wrists, fingers, thumbs and necks. With just a hold of the wrist or grab of the hand he had belts of all colours on their knees or doubled over. He seemed particularly enthusiastic when practicing on the black belts; they were jumping and crawling in pain, all with humour and smiles. After each demonstration we practiced on each other. Sensei Clark and his wonderful sidekicks John and Bill toured the room correcting and re demonstrating until they were sure

we had cracked it. I could see when someone felt the pain because a black flash of animal anger would glint in their eyes, quickly followed by a forced smile and a nod of the head to acknowledge success, well done you really hurt me that time.

Sensei Clark taught life lessons too. He spoke of the importance of manners, discipline and moral



values whilst keeping the atmosphere relaxed and informal. He explained that Kumite is about practicing the feel of moves with restraint whilst Kata is a way to practice karate at full power and advised using visualisation of the moves at full force on an attacker. He asked us to think outside the box about the applications of kata and demonstrated a move from

Hiean Yondan as a head and arm lock if you and your opponent are on the floor.

We learnt many pressure points each for a different situation, many I can't remember or would not have the confidence to use but the ones I got the hang could be very effective for restraining or persuading an aggressor in a quiet and controlled way.

We really enjoyed the evening and on the way home agreed we would definitely go again and felt privileged to spend an evening with someone so knowledgeable.

It was great to see such a good turnout from our club across all

grades particularly at short notice. Thank you to Sensei Croft and the club for organising such a memorable and fun 'family' evening out.

**Catherine Whittall**

# Iain Abernethy and Mike Liptrot Seminar May 2009

Having trained with Sensei Abernethy on a number of occasions over the years and having a healthy interest in Judo, Ne-Waza (ground techniques), Katame-Waza (grappling techniques) and the practical applications of Kata, when I spotted an email for a combined Karate / Judo Seminar, I decided I had to go!

However a couple of minor issues presented themselves; firstly the course was over two days and in Cumbria, the second (and more pressing) was the arrival of Baby Marcus leuan only seven weeks earlier. This meant to obtain a whole 'weekend pass' to indulge in my interests would need some careful and cunning negotiations. This challenge was to be all the more daunting because the arrival of child #4 had brought with it the 'joy of sleepless nights' an endurance talent of which our new son was already a master at...

So after rehearsing all the good and valid reasons why I should be allowed to go I was somewhat taken aback when my equally sleep deprived wife agreed without any hesitation...

All I had to do now was to order my ticket on-line, sort some time off work to travel, book a nearby hotel, pack some Gi's, fill the Landie with diesel and spend 4 hours pointing north..



I arrived on the Friday evening have failed to entice anyone else from our club to make the weekend, granted it was all a bit last minute and some two hundred and sixty miles up the M40 and there was a grading training course on the Sunday back in Chesham, but I was not to be deterred. The countryside was breathtaking, the rain was now only drizzle and the hotel only a mile away from the superb facilities of the Kendal Judo Club that I had

driven to to make sure I knew where to go next morning.

Saturday morning 0900 I returned full of anticipation and a probably larger than wise cooked breakfast. Having signed the 'crash-damage-waiver' form and getting changed into my Gi I spotted Sensei Abernethy and had a quick catch up as others arrived.

The Dojo at the Kendal Judo Club is probably the nicest place I have ever trained in, truly 'world class' with large raised sprung floor and ample high quality Judo mats. We were going to need them as after a quick line up the thirty four assembled students from various clubs, styles and nationalities were divided into those that had done 'some Judo' before or attended the course last year and those that hadn't and hadn't. Well I have but didn't so spent a few seconds standing in the middle of the Dojo not knowing which group to go with..

Indecision and lack of sleep meant I just went right and joined the 'Had' group. Iain quickly reassured everyone that it made little difference as each group would be covering broadly the same subjects. We started with Sensei Mike Liptrot

and covered some Grapping techniques and Sumi-Gaeshi (Corner Throw) off a two handed wrist grip and Tai-Otoshi (Body Drop) which to Karate people looks just like the Oi-Zuki punch (to get the Uke's lapel) and a twisting Gedan Barai from Heian Shodan / Pinan Nidan. The session continued with ground work (Ne-waza), pinning your opponent sorry partner and some Shime-Waza (Strangles/Chokes) for good measure.

After a short break we swapped mats and Iain took us through the first of a four part breakdown of Tekki Shodan so named by Funakoshi from it's original name of Naihanchi. In the style of Wado-Ryu the Kata starts with the hands rising above the head, coming together, rolling over and returning downwards to where we (in the Shotokan style) call our Tekki Shodan Yoi or starting position. There is also an interesting twist of the head to the left and to the right which we don't have. The first set of drills had a flinch reaction (in Iain's words a 'fail safe' mechanism or default reaction) defence against a right or left hook. The joined raised arms and hands making contact with the attackers face. After countering with a thumb in the eye raking technique there were the first of several options the Kata

shows us. One such option is to place both hands firmly behind the attackers head; this was explained as having the advantage of us knowing where their head is, even if you can't see them, this controls the head and neck and prevents the attacker from raining in more serious hand attacks to our head and face. And the look left and right at the very start of the Kata...well at a superficial level it could be described like a quick check to see where the first attack is coming from but in the real world of applied Kata Bunkai it is seen as being used to grind your attackers head to either the left or the right to gain access to their unprotected ear... from the clinch it was obvious how effective and nasty this would be on the now disadvantaged attacker. If the fight ends there then great you survived and they are minus a bit of ear. But the Kata shows more if the attacker continues. With the hold/clinch maintained and your arms commanding the inner position (attacker has their arms outside of you holding your neck/head) you have the advantage and the leverage off your elbowed the floor. Mechanically they don't have this advantage as their arms occupy the weaker outer position. With the now slightly depleted attacker crumpled on the floor or at best in a full bent crouch the 'defender' is in a perfect position to 'finish off' with knees,

fists elbows or a nice hammer blow or two the back of the head... definitely not one for the playground.

If the head push down was used we looked at the next combinations as we moved on through the Kata and we added the Empi's (elbows) and back fist strikes or clearing techniques depending on distance. At this range and working with our partner's natural self preservation reactions they worked really well. Once the attacker was brought to the floor the step over (first step in the Kata) was employed as moving in to stamp upon the downed and at this point rather vulnerable one-time attacker. Techniques could be employed, joined, skipped or the order re-arranged with what would be deadly effect if speed, intent and power needed to be added.

Lunch laid on by Mike came all too soon but gave me a chance to write down what we had covered in the morning.

After 30 minutes for lunch we re-convened for a 30 minute lecture given by Iain entitled the 'Seven Aspects of Combat'. I found this really interesting as Iain covered distance, weapons (including effective use of your voice), applying the right responses not only to the type of attack but in the

correct environment; no point doing ground work if you're a doorman, the floor is covered in beer and broken glass and your 'Customer' (attacker) has two mates who fancy lending an unwelcomed hand (or foot) to the proceedings.

Iain also raised a really interesting question, one that I have been pondering ever since. He said "consider what you are training for" don't assume that training in dojo perfecting Kata patterns or Kihon will prepare you for a pub brawl, Iain eloquently referred to this as the Bi-Product myth. We should all train for an objective in order to achieve that objective. If you want to be good at punching then learn boxing. Grappling, do some MMA. Takedowns; throws, holds get some mat time in and learn Judo. Self defence, learn awareness. Sport Karate drill the points scoring moves etc... May be we should all ask ourselves "what am I trying to achieve" I know I am..

After the lecture we reassembled on the mat and returned to more turnovers and holds on the ground with Mike or the second instalment of Tekki Bunkai with Iain. In the final Tekki session we added in the returning wave kicks (Nami ashi) and Fumi-komi (stamping kick) after blocking the attackers punch and

enacting a straight arm arm-bar. Once the attacker had been 'dropped' by the first kick to the knees the second kick was there just in case the first hadn't been successful. The augmented hammer fist strike to the back of the head or the neck (depending on where they collapsed) finished things off nicely. We also worked the neck crank takedown which was virtually impossible to resist and if done with any speed would certainly cause major damage to the neck and if it didn't the follow up stamping kick would certainly be the end of any attack.

After a short break some people 'dressed down' out of their Gi's for the final element. Mike took us through the principles and techniques employed when conducting weight training. Rather than picking up heavy loads and doing some 'reps' we focused on posture and power. Part of the emphasis was on exploding from the legs and Mike had us all jumping and spring from the crouching position like baboons off a hot plate (maybe not the intention just how it looked to me) to simulate the power required. We finished off leaping and throwing medicine balls either into the mat with as much force as possible or at each other while doing sit-ups .. nice!

We then bowed off and some people who were not there for the two days said their goodbyes and left. Those of us who remained chatted about the days activities and awaited the arrival of the Yoga instructor. Now some people may have some preconceptions on Yoga and I was a little sceptical. The session started by aligning a correct standing posture with arms stretched above our heads. A stance we were told could be held for 45 mins by monks reciting prayers without having a lactic acid burn out. After several minutes and courtesy of a day of throws, arm bars and not enough salt I was glad I had never embarked down the road of becoming a monk. That said once I had relaxed and forgotten about the fact my arms had no blood left in them it did get easier. This was followed by some lying down breathing and tensing different core muscles in the nether regions and attempting to stretch the spine and make it flat on the floor. We next worked on the 'Cat posture' that was surprisingly relaxing if somewhat an unnatural feeling. Our teacher then proceeded to put all her weight on her wrists and slowly (but surely) stretched up and with her feet still flat on the floor made a perfect upside down U shape . My spine refused to perform such a task without my hamstrings threatening to snap so I remained a slightly hunched but

relatively uninjured Cat. The final lay down and breathing with nothing but the sound of the air-vents on the roof flapping in the wind and the occasion dong of a gong was very pleasant and I must admit was a great way to end a day of training.

That evening we hit the bright lights of Kendal and a few local beverages, complete with a fair few Germans (who had travelled to Cumbria for the course) a pizza for twenty and a walk home in the refreshing rain brought the first day to an end.

Sunday morning, less breakfast, check out from the hotel and back to the Dojo.

We recapped over the previous day's activities in both of the morning sessions. In Mike's group we practiced Ashi-waza with Okuri and De Ashi-Barai (Double & single leg sweep) and Tai-Otoshi which is in fact a hand throw. We worked these into some holds and pins and a couple of very effective turnovers showing that with the correct technique your Uke was never 'safe' on the floor.

After in Iain's group we moved on through other aspects of Tekki working the applications into two man drills. In my case our group was odd (numbers not literally) so I was drilling with Craig and Vince from Fudoshin Karate in Falkirk,

Scotland in a three. As the smell of bacon rolls filtered through the dojo we worked on securing an effective defensive/offensive set of grips to gain the advantage while your opponent tried likewise. The difference being your partner could slap, knee, and generally batter you senseless (although with control) while trying to gain dominance while you too tried to defend and counter. A great drill and one to get the heart pumping, there is no time for strategy or fancy techniques and if the impacts were harder then it's as near to the real thing as you can safely go without getting badly hurt.

Lunchtime Bacon Rolls – every seminar should have them!

After lunch Mike presented a lecture entitled the 'Grappling Map' and explained a lot about his own Judo career and how by drilling only five core throws he managed to defeat bigger and stronger opponents. Mike allowed me to video the presentation and was even kind enough to use me for part of the demonstration as his temporary Uke. Mike wanted to show the principles and directions of the five throws. You really know a throw is effective when you get that feeling that resistance is futile your balance is broken and the mat rushes up to meet you before you realise you have left the safety of your own two feet. After the lecture we resumed with some fun pins

including kneeling on your partners head to control them and a nasty turnover that left your partner face down with their legs bent up behind them.

The final Tekki session had us recapping over the other three components and adding in the standing half nelson arm lock. This could also be delivered on the floor and to add advantage the partner being sat upon could have the arm/shoulder lock applied by the one on tops legs. This meant their arms were free to continue to 'convince' the once attacker to lay still. This was extremely painful and the slightest movement of the one on tops weight forward would all too easily dislocate the shoulder. Nice...

The afternoon drew to a close with a recap and a brief question and answer session. I said my goodbyes to those I had trained with thanked my hosts and with the Seminar t-shirt in my bag as a souvenir loaded up and headed back South. The journey was over in a flash as I had so many things whizzing round my head from the last two days. Hopefully, Mike and Iain will be doing a similar event in 2010 and I for one will be making sure I'll be there....

**C. Jones  
Yondan.**

# Karate Ni Sente Nashi

*(There is no first strike in karate)*

This is inspired by comments made by Professor Rick Clarke at his most recent CKA seminar and also other instructors I have trained with over the few years I have trained so far. I have only trained for about six years but the instructors I have learned from collectively have hundreds of years experience between them.

Gichin Funkakoshi set out 20 guiding principles of karate to guide karate-ka in the practice and application of karate. The second of these is Karate ni sente nashi, There is no first strike in karate. I would like to put forward my thoughts on the meaning of this to inspire debate as I feel it is something we should all consider should we ever feel the desire to use the techniques we all learn in the dojo.

Possible interpretations:

## **Go straight for the kill**

The Book of the Five Rings is by a great Japanese swordsman. To him the fight is one move - him killing the opponent immediately in the most straight forward and quick

way possible. He would train every day to perfect his technique and would use his skills to kill. He lived in a very different world to the one I live in. Our first reaction clearly cannot be to immediately kill anyone who dares to cross us!

## **Do not fight**

As martial artists we learn many ways in which to inflict pain or damage other people. However we do not expect any karate-ka to recklessly use this knowledge outside the dojo. In our licence we all sign a promise not to use our techniques against another person outside the dojo. In short, we are peaceful friendly people that don't get into fights.

From a legal perspective, if you wear a gi and karate belt then in the eyes of the law you are a trained fighter and the court may take a dimmer view if you are sent before them for a violent crime. Everyone has the right to use reasonable force to prevent a crime but what counts as 'reasonable' could be decided by the legal system after the event.

## **A karate-ka must never throw the first punch**

As peaceful people we should never start the fight, but does that mean that we must wait until we have

been physically assaulted before striking back?

A problem with waiting until you have been hit before responding is that quite often the person who lands the first good punch usually wins the fight. They immediately have an advantage over the opponent that is experiencing being hit and the adrenalin dump that will follow immediately after. The attacker is more likely to get the next good shot in and therefore win.

The feeling of the sudden adrenalin dump can be overwhelming. It is a natural reaction of your body and it is there to help but it is all too easy to let it have negative effects on your body and concentration. Remember: Adrenalin is your friend!

### **Use a pre-emptive strike**

You can respond the feeling that you are in danger with a pre-emptive strike at the moment before you will be physically attacked. But remember you can only use what is considered to be a reasonable amount of force.

There is no first strike because you deliver the counter before the first strike against you has landed.

How do you know when the right time to act is? One possible opening for a mugger to attack you

may be to ask you for the time but is it reasonable to immediately roundhouse anyone that asks you for the time! on the off chance they may just want to rob you? I suggest the answer is No.

### **Stay calm and do not immediately react violently to a situation**

At a time when you are considering yourself to be in real danger, you need to be calm and aware of yourself, others around you and your environment. The person that is causing you concern should have your complete attention and it you cannot politely just leave then you need to resolve the immediate problem. Talk to them.

But you can't resolve problems with fighting verbally or physically. Raising your voice, making insults or pointed comments, using intimidating body language are among the many ways to escalate the situation. The karate-ka should respond with extreme care as you may be moving closer to the fight.

You must remain clam and dispassionate and offer to resolve the matter. You can take time to understand what the problem is, apologize or offer to make recompense or simply just politely leave.

You should be assertive in the true

sense of the word; in that you are fair to the needs of yourself and the other party equally. Being assertive does not mean 'you do what I want'. You have a right to do as you please and so does everyone else. Your feelings should not be hurt but neither should theirs.

If a solution can be found that deals directly with the problem at hand that is fair to all parties then that is the correct outcome. It is truly a great martial artist that can turn a problem (a potential fight) into a fair solution without the need for violence in any of its forms (including swearing). You do not need to solve the world's problems, you need only to get out of the current situation.

**Talk to them, maybe fight them, then you need to talk about it, only then should you consider letting them have it**

I personally am a big fan of Geoff Thompson, he is a karate-ka that is an ex-bouncer and is now a writer and continues to be an instructor in Shotokan.

In Goeoff's book Dead or Alive he sets out his view on personal self defence. The book underlines the importance of zanshin or awareness of your environment. You should never be walking around in your own little world

because it is then that you are open to attack.

The book also includes an Expected Response chart (I was genuinely so amazed at finding this - a book that covers 'when' to fight rather than 'how', or moves from a kata). This flow diagram covers how you could react to a given situation such as someone starting a fight, trying to mug or otherwise attack you.

The first response is to talk to your opponent in a non-confrontational way. This alone can dissuade an attacker as you show yourself not to be a easy target.

If this does not work then you are likely to be attacked, you should react appropriately (you hit them but aim to cause pain rather than damage) but once the fight is underway continue to talk non-confrontationally and try to calm the situation down.

If the attacker remains after the tussle, you should pretend to give in to what they want (ok look have my wallet) and use that opportunity to attack without holding back. Remember you can only use a reasonable amount of force.

Do enough to make good your escape and no more.

## **Don't be there!**

Iain Abernathy says the best form of self defence is Don't be there!.

Most acts of violence happen with people that know each other. They are fights between partners or following adultery. Or mates getting into stupid arguments because they are drunk. You can avoid these situations by looking at the impact of your own behavior on those that you care for and treating them with respect even if you feel you are not receiving sufficient.

Self defence training should be used in the much rarer situations like random acts of violence or crimes such as robbery or attempted rape.

If you have a choice between walking home or taking a taxi - always call a cab. If you can take a short cut down a dark alley or walk down a brightly lit street - always take the brightly lit street. Don't hang around with violent people or anyone who makes you feel uneasy. Don't hang out with the bullies at school.

In short never take silly risks and always be aware of your environment. Always treat yourself and everyone else with respect. And let's be nice to each other.

**George Entecott**  
**Shodan**

## **Pain is good, but injury is not !**

This was one of the points raised by Prof Rick Clark (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, a really nice chap but you don't want to point your fingers at him, those who attended will know why !) in his recent seminar at Chesham dojo.

In fact, we enjoyed the pain so much, myself (1<sup>st</sup> Kyu) and Paul Lacey (10<sup>th</sup> Kyu) decided to attend his final seminar on his UK tour at Lacy Green, Bank Holiday Monday and it's this seminar that we are attempting to document.

Sensei went on to qualify this statement by saying it's imperative to understand pain and pain thresholds, by increasing the intensity of training over the years, karate-ka should get to know what it's like to be hit, to be able to continue to react even if winded or experiencing that unpleasant dizzy feeling (aka missing a jodan block) or even more unpleasant "eyes-watering" having been caught on the nose - not nice but if you don't know the feeling then how can you

expect to react in an appropriate manner ?

The course started at 7pm, very informal, trainers and trackies being the dress code and about 15 students.

From talking to Sensei before the class, I said that I had big problems in the Chesham class with his first exercise, the opening move of Kanku Dai, Sensei kindly agreed to start the evening with going over this again, and again, kindly "invited" me to be his partner, a few seconds later, I fully understood the effects of the technique but it took a few more attempts before I could then get my partner to also enjoy the experience !

Similarly with Chesham, Sensei insisted that we regularly changed partner, it's essential to train with different people - different heights, weight, strength and susceptibility to pressure points all need to be examined.

Sensi made the point that there are locks in the dojo but these should be considered as breaks in the real world, I asked how do we know where the line is, ie do you need to apply twice as much "power" to turn a lock into a break, feeling quite pleased with myself as he then demonstrated this with someone else, he said that the

difference between the two is minimal, like breaking a stick.....apply pressure (in a certain direction, knowing where the fulcrum is) and you get to feel where the breaking point is.

Going back to his comment on pain is good, he asked the student "helping" with this to tap out when it got painful. The student tapped, Sensei ignored it, held it on, the student tapped again, Sensei held it for a further second on two before releasing (with no damage done !), the point being, when you feel pain, you need to fight through it and so discover that where you thought was enough, you can still go on further (although in this case, with a little help from Sensei !).

I also asked about the speed of technique, in reality, these need to be performed fast so as to surprise your opponent but in the dojo, Sensei reiterated that we are training....Pain is good.....but injury is not acceptable, there's a big difference between a few bruises and a serious injury.

We finished with a few of Sensi's favourites, double knuckle strikes to wrist grabs and of course, "the zipper", for those who don't know this one, feel free to ask !

We both enjoyed the evening, there were some things that Paul got to

grips with better than me and vice versa, so when Sensei comes back to the UK, he said maybe later this year, then irrespective of belt, I urge you all to go and share the experience, you'll enjoy it !

One last message to Sensei Croft – Peter from Leighton Buzzard said to say hello !

**Steve Warren**  
**Paul Lacey**

## **Special Evening Course**

*Thursday 18th June*  
*8.00 p.m. to 9.30 p.m.*  
*Grades: Yellow belt and above*

Sensei Croft will be holding a special evening course on the 18th June. The first half will be dedicated to basics in detail and the second half will cover some of the techniques of Shaolin Qinna (Chi Na). This is a fascinating art of grappling combined with strikes and pressure point techniques.

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

**All our CKA kumite sets on  
DVD.**

**An essential learning aid!**  
**£15.00**  
**See your club instructor**

This promises to be an excellent event and all grades, especially seniors should make a point of attending.

**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).**

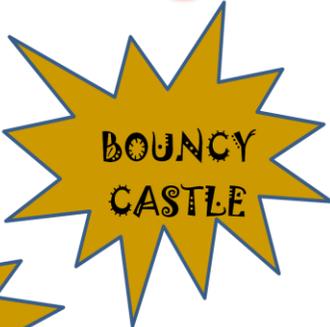
**Material published may not necessarily represent the views of either the editor, the club instructors or CKA committee.**



# **CKA FAMILY BBQ**



**SWIMMING  
POOL**



**BOUNCY  
CASTLE**



**MINI  
FOOTBALL**

On Sunday July 12<sup>th</sup> at White Lodge  
House, Tilehurst Lane, Denham.

2 till 7pm

Price approx £7 pp (to cover food and  
bouncy castle)

Final numbers and payment by 29<sup>th</sup> June

See Laura N or Laura G for more info

**CKA 2009 Calendar**

<b>Sunday 7<sup>th</sup> June</b>	<b>Grading</b>	<b>10.00 a.m. start</b>	<b>Chesham Dojo</b>
<b>Thursday 18<sup>th</sup> June</b>	<b>Special Evening Course</b>	<b>8.00p.m.- 9.30p.m.</b>	<b>Amersham Dojo</b>
<b>Sunday 28<sup>th</sup> June</b>	<b>Grading Training</b>	<b>10.00-12.00</b>	<b>Chesham Dojo</b>
<b>Sunday 12<sup>th</sup> July</b>	<b>Family Barbeque</b>	<b>2.00p.m.- 7.00p.m.</b>	
<b>Sunday 19<sup>th</sup> July</b>	<b>Grading Training</b>	<b>10.00-12.00</b>	<b>Chesham Dojo</b>
<b>Sunday 6<sup>th</sup> September</b>	<b>Grading</b>	<b>10.00 a.m. start</b>	<b>Chesham Dojo</b>
<b>Sunday 27<sup>th</sup> September</b>	<b>Grading Training</b>	<b>10.00-12.00</b>	<b>Chesham Dojo</b>
<b>Sunday 18<sup>th</sup> October</b>	<b>Grading Training</b>	<b>10.00-12.00</b>	<b>Chesham Dojo</b>
<b>Sunday 25<sup>th</sup> October</b>	<b>CKA Club Competition</b>	<b>9.00a.m. – 3.00p.m.</b>	<b>Chesham Dojo</b>
<b>Sunday 13<sup>th</sup> December</b>	<b>Grading</b>	<b>10.00 a.m. start</b>	<b>Chesham Dojo</b>
<b>Saturday 19<sup>th</sup> December</b>	<b>CKA Christmas Dinner Dance</b>		<b>Latimer House</b>

# Caption Competition

OK so no big prizes but answers on e-mail to [robin\\_thwaites@yahoo.com](mailto:robin_thwaites@yahoo.com)

Two questions:

1/ Who was the victim?

2/ What was he saying at that moment in time?

