

The

Lion



The official newsletter of the Chiltern Karate
March 2009

Fore Word.....

The March grading is always a funny time of the year coming round as it does after the Christmas break time and then the short month of February, it certainly seems to creep up on us. This means that fitting enough training between gradings can be a problem especially since it is important to get a minimum of twenty lessons. However, it can be done by varying your training regime between the various dojos and evenings that are available and the benefit is also that you get to train with different instructors.

On a slightly different note one of the cornerstones of our association and indeed Shotokan Karate itself is excellent etiquette amongst students in the dojo. This includes small things like bowing to senior grades however one should not forget that the point of this is as a mark of respect to someone who has been in your position

before. Other features of proper etiquette include the use of second names in the dojo (preceded by Mr. Mrs. Etc.), making sure that any classes in progress are not disturbed if you arrive to your class early and simple things like arriving and being ready to train in time. The CKA has a history of great etiquette, let's keep it that way.

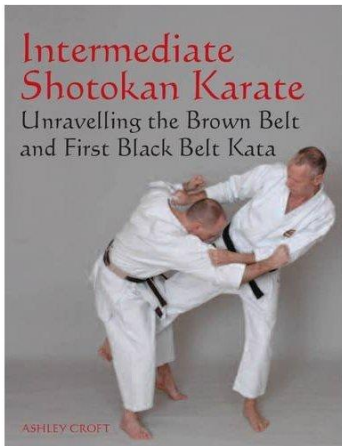
*Robin Thwaites
4th Dan*

A New Book from Sensei Croft

Despite his high pressure day to day life and his time spent studying and teaching Karate, Sensei Croft has managed to find a few moments to write and publish yet another book.

The subject of this one should be dear to the hearts of any student but particularly from purple belt upwards as it is a detailed study of the intermediate kata that they need to take them up to Dan grade.

The kata covered are Tekki Shodan, Basai Dai, Ji'in, Jion, Jitte, Kanku Dai and Enpi.



For details on how to get hold of a copy please see your club instructor.

Robin Thwaites
4th Dan

Sensei Kancho **Kanazawa Course** *November 2008*

Sensei Kanazawa as many of you know was one of Gichin Funakoshi original pupils back in the early mid 20th Century (woow that sounds a long time ago doesn't it).

He is notably recognized as one of the worlds greatest Karate-Ka in Shotokan Karate and a founder member of a number of global karate associations including the SKKIF where today he is President and Chief Instructor at 10th

Dan (the historians can talk to the details of his life and achievements much more accurately than I can - so I'll stop there - I actually don't want to get pulled up if any of my writings or details are wrong)

As Chief Instructor at SKKIF he runs courses all over the world - twice a year in the UK , and in November 08 he ran a two day Open Training session in Blackpool (with Gradings for SKKIF Members). Not wanting to be rude - I thought I'd take the opportunity and attend the course (he isn't getting any younger and neither am I you say)

So being an independent chap I decided I was going to go along - on my own if needs be - and I did. I do have to mention that Blackpool on a Saturday Night, without a Stag Party in support is daunting and very very different in the evening - Especially Sober !!!

Of note - CKA and Sensei Croft were very very supportive of my participation in the SKKIF event, and as you know from our club website CKA isn't at all restrictive in its training, or use of other clubs, systems or styles in its education of us student Karate-Ka folks. That's a great bonus to us as we move through our training gaining experience. The main concerns I had were around changes in style or technique and whether I would find the SKKIF training schedule and syllabus too difficult to follow on the day - however - Sensei Croft reassured me that I'd be fine and I was.

Day One – Was broken into a morning and afternoon sessions of 2 hours each:

Morning - Warm Ups were across all grades but the training was split into two groups, those 3rd Kyu and above and those below. In that first morning session the juniors (below 3rd Kyu) focused on the correct placement of feet within front, horse riding and back stances – followed very quickly by detailed placement of hands, feet and timing in punching and striking. The Senior grades did a good deal of Kata work and Bunki – and it was mentioned that this was possibly in preparation for the Dan Grading the following Sunday afternoon. Sensei Kanazawa split his time between the groups supported by his son and also the very Senior Grades from UK SKKIF.

Afternoon - Warm Ups were again across all grades and again the training was split into two groups. The juniors were put through our paces across a number of areas, revisiting punching, and practiced kicking the front snap, round house, thrust and back kicks from a single leg position and up and down the dojo. This may not sound much – but focused, prolonged and intense punching and kicking is hard for for many people (e.g. like Sanbon Zuki in Chesham Dojo) – and the various levels of fitness showed even through the Junior Grades (just like in our CKA Grading's). The Senior's were put through their paces on some of the more complicated Sets. With a very critical eye, attention to detail and requirement for perfection the Senior

Grades did feel the pressure of Sensei Kanazawa's gaze.

The afternoon ended with Sensei Kanazawa and his son taking photos and singing autographs.

Day Two – Primarily Training in the morning 2 hours with SKKIF grading in the Afternoon:

Morning - Warm Ups were again across all grades then again split into two groups. The juniors (below 3rd Kyu) focused on the Heian Kata's with a detailed breakdown of Heian Sandan and Godan. The Senior grades did a good deal of basic's and again both groups revisited the kicking exercises of the day before. For the second half of the morning Sensei Kanazawa supported by Senior SKKIF Dan Grades took the juniors through Sets 1 to 4 doing some very worthwhile one to one sessions as he moved around the pairs. If I can be honest – I'm not sure what the senior grades did in the second half of the morning – I was too focused on the training and drive in our own session to notice.....that's probably a good thing !!

All in all it was a very worth while two days, the night out in Blackpool was interesting if not traumatic (Ha Ha). Even if I only just improved my positioning, or the quality of my kicking or understood a little better the changes and moves within one Kata a little better it was truly worth the effort of attending. The quality of the Karate and the teachings/tutoring from Sensei Kanazawa and his son were first class

as you expect, obviously recognizing that there was a bit of a language barrier to overcome especially in a large hall. The fitness and quality of technique (even to my untrained eye) was remarkable, but then we must recognise that these two individuals are 110% dedicated to the "Life Style of KARATE" and even in his advancing years Sensei Kanazawa did put people half his age to shame in his approach, technique, flexibility and fitness – definitely a wonder to behold.

In summary – I will be going to the next session in Watford as advertised in the Lion Newsletter in May 2009. Or contact me directly to discuss.

John Jackson

An Inspirational Thought from Mrs. Ibson

Two quotes I found which have encouraged me in the past and I think might encourage some others.

"It is not the critics who count; not the man who points out where the strong man stumbled or where the doer of deeds could have done them better.

The credit belongs to the man whose face is marred with dust, sweat and blood. As best, he knows the triumph of high achievement, if he fails, at least he fails while daring greatly, so that his place shall never be with those cold and timid souls who know neither victory or defeat,"

Theodore Roosevelt

"Great works are not performed by strength but endurance"

Samuel Johnson

Upcoming Events

CKA SOCIAL

Join in the fun with CKA at

QUASAR ELITE-Hemel

Friday 20th March 2009!!

**7:45pm meet for 8pm start,
2 games for £11.95p/p.**

**Includes food,
Juniors welcome.**

**Limited places, book early to
reserve a place.**

**Money in full please to Laura
Noble or Laura Graham by Friday
13th March.**

Cheques to L.Noble

CKA Kumite and Partner Work DVD

An essential learning aid!

£15.00

See your club instructor

Upcoming Events

Professor Rick Clark Course

Once again the CKA are pleased to host an evening course with Professor Rick Clark.

Date 19th May
Time 7.00-10.00 p.m.
Chesham dojo
TBC

Some General Karate Musings

The grading season has begun again. My best wishes to all those grading today and I hope that you get the rewards for your efforts.

The CKA itself has a wide range of instructors across the number of venues that the club operates. We are to be afforded the experiences and teachings of Sensei Rick Clarke again this year as he flies in from Australia in May. Sensei Croft is still to confirm the dates, but I would encourage all CKA students to keep an eye on information coming out in the next few weeks regarding this event. Get yourself booked on early to this course which will be fun and educational for all grades.

Sensei Kanazawa arrives in the UK in May. One of the world's most renowned and respected traditional karate masters alive, Kanazawa is the only karateka ever to have won the notorious 'All Japan Karate Championships' an incredible three times in a row. On one occasion he won the finals while nursing a broken wrist from an earlier event! Kanazawa is a 10th Dan and I am looking forward to his instruction to supplement that which I receive every week within our own club. His website is interesting and many of you may find it of interest....the following quote certainly caught my attention, and is one that resonates with me.

"Karate is a good teacher and builder of character. For a Karateist who goes through the ups and downs of training, it will help him to control himself in whatever else he does, and through patience he will be able to build up his personality and create a harmonious character. But he can only realize this within himself and gradually discover the real spirit of Karate.

Karate, through its physical and spiritual training and rigid principles, has taught me to control myself. I am confident that in no matter what kind of situation I am in, I would not carelessly use Karate to defend myself. One must always be in a defensive attitude and avoid entanglements for Karate seeks no advantage. In Karate you start with defence and end with defence."
I am sure there will be a write up on this course in the next issue of the Lion.

A Small Advertisement

Finally, an advertisement for a fellow club member Mike Thornton. Mike has kept my body and a number of others within the club going on a number of occasions throughout the years. Mike is an Osteopath with clinics in Amersham, High Wycombe and Tring. If the aches and pains of training are getting too much for you, or if a family member has a persistent neck or back complaint.....then Mike's your man. He is also now qualified in the Chinese art of sticking sharp needles into people too, otherwise known as Acupuncture – highly recommended. Mike can be contacted on the following number 01494 433072.

Brian Whittall

Upcoming Events

Chalfont Village Day Demonstration

On the back of the success at the Elgiva Theatre, the CKA have been asked to participate in the Chalfont Village day. This event will be held on Saturday 13th June : 12:00 Noon until 5:00. Those that can give an hour or 2 for this event please let me know; brian.whittall@ntlworld.com We will have a stall at the fair to advertise the CKA and will be putting on a demonstration too. So, if you can get involved please let me know.

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.

CKA 2009 Calendar

Sunday 29th March	Grading Training	10.00-12.00	Chesham Dojo
Sunday 17th May	Grading Training	10.00-12.00	Chesham Dojo
Tuesday 19th May	Sensei Rick Clark Course	7.00 p.m.- 10.00 p.m.	Chesham Dojo
Sunday 7th June	Grading	10.00 a.m. start	Chesham Dojo
Sunday 28th June	Grading Training	10.00-12.00	Chesham Dojo
Sunday 19th July	Grading Training	10.00-12.00	Chesham Dojo
Sunday 6th September	Grading	10.00 a.m. start	Chesham Dojo
Sunday 27th September	Grading Training	10.00-12.00	Chesham Dojo
Sunday 18th October	Grading Training	10.00-12.00	Chesham Dojo
Sunday 13th December	Grading	10.00 a.m. start	Chesham Dojo

