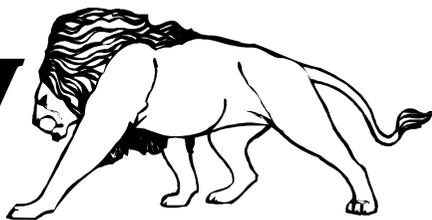


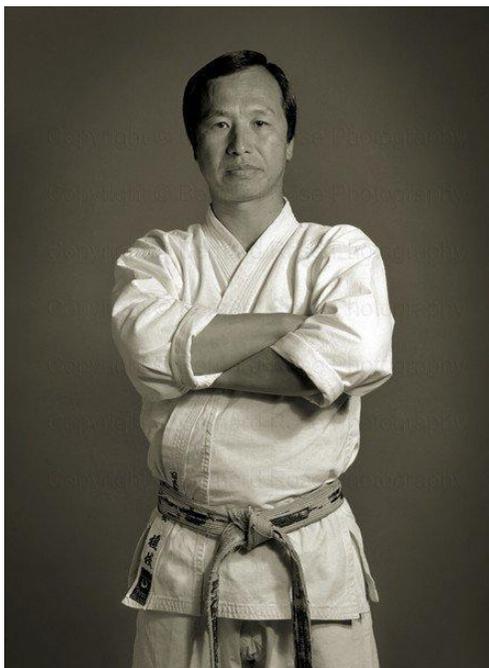
THE

LION!



THE OFFICIAL NEWSLETTER OF THE
CHILTERN KARATE ASSOCIATION

JUNE 2017



KEINOSUKE ENOEDA 1935 - 2003

FOREWORD....



Osu!

Welcome to the June 2017 edition of **The Lion**...my first as the new Editor!

The front-page features one of the greatest exponents of Shotokan karate the world has ever seen – **Keinosuke Enoeda Sensei**. Born in 1935, a product of Takushoku University and the JKA Instructors Class, he arrived in the UK in April 1965 to become the Chief Instructor of the Karate Union of Great Britain, part of the JKA.



In this edition of the Lion I have written piece about the way the world of Martial Arts may be changing....or is it just me yearning for the Good Old Days!

Thanks go to Sensei Thwaites for providing the photos from the recent Dan Grade Examination – well done to all!

There are also some excellent events coming up that I implore you not to miss....the annual Holmer Green Course & BBQ and a very special chance to train with one of the world's most sought after Shotokan instructors.

Not sure which one will be better 😊

Good luck to everyone grading today!

GANBATTE!!

がんばって

Dave Davenport

5th Dan EKF

(Material published may not necessarily represent the views of the CKA)

CKA DAN EXAMINATION – MARCH 2017



OMETEDŌ GOZAIMASU !

- Kelsie Wright - Shodan
- Paul Allen - Shodan
- Ryan de Costa – Nidan

We look forward to these students continuing their own karate path....

OSU!!

IS KARATE LOSING ITS “WAY”?

In 2019 I will be celebrating 40 years of training in Shotokan karate.....cue the banners and the party poppers!

I have witnessed many changes during this time and sometimes I find myself wondering if the ethos which makes up the karate-do I love is gradually being worn away. Am I the only one that feels this? Or is there a growing band of disenfranchised karateka looking for a return to the good old days?

You train every week.

You put your heart and soul into each lesson.

You leave drenched in sweat...until the next lesson comes around and the cycle starts again. The life of the karateka, that never-ending search for a better punch or a faster kick, aspiring for perfection, the battle with yourself. This is the true “Do”, the Way of Karate, practising a Martial Art as a Way of life, not merely physical exercise. But increasingly I look around the karate world and see the emphasis & reasons for training in karate-do shifting... Is the “Do” side being lost? Is basic technique being eroded and replaced by an emphasis on the *effectiveness* of a technique rather than the *precision* of correct form?

One could argue this is the fault of the Instructor. I am as much to blame as anybody(!) as I always push the “exotic” side of karate-do but I always ensure that performing a technique correctly is just as important as the application. And I always teach, in my humble opinion, authentic Japanese Shotokan karate-do.

40 years ago the options for an aspiring martial artist were quite limited. Now there are clubs catering for every taste. In this increasingly violent but at the same time intolerant society, are other martial arts clubs simply supplying what the masses now desire? And if we continue down this road, can an art like karate-do survive?

Back in the mid-eighties I was part of the JKA (ex KUGB) under the tutelage of Keinosuke Enodeda Sensei. It was hard work but enjoyable. Sometimes repetitive but mixed with an inventive flair. The club had a core, a soul. We trained with each other and for each other. Always pushing each other to the limit, and then some more. I try to nurture that same spirit & feeling in my Holmer Green dojo. My heroes were the true masters of the time, names that still resonate across dojo around the world ... Osaka ... Yahara Tanaka Enodeda Kase ... Shirai

I can still remember the first time I saw Osaka perform kata – it was spellbinding, almost sensual with a controlled undercurrent of violent intent. Therein was the beauty of kata right in front of my eyes and the only thought I had was “how can I *ever* emulate this level of skill?”

No one in their right mind would look at his performance and say “...*yeah but, like, is it effective against an MMA fighter?...*” for to do so would miss the whole point of karate-do. I remember the feeling when Enoda Sensei walked into a room....the air simply fizzed & crackled. Could anyone question the late, great Enoda Sensei about his effectiveness? Would anyone dare!

And what of my European heroes Hazzard O’Neill Valera Brennan

Am I just being myopic? Am I just nostalgic for the “good old days”?

This conflict of *Effectiveness* versus *Correct Form* can be seen in many martial arts clubs, and indeed many karate clubs, across the UK. I visit a whole host of clubs and train in many styles, and I see more & more are moving further away from the classical precision of traditional karate-do why?

1) Instant Gratification?

Our current generation is all about the quick fix and the instant success. Society is now too time intolerant and we reside in a world of fast living & microwave food. All around the message is loud & clear - “you don’t have the time anymore.....try this for instant gratification”. People expect instant results. Try This Diet and Lose a Stone in Two Weeks shout the glossy magazines. The same is true of the Martial Arts. When I started the mantra was “a black belt could be yours in five years” but now I hear the time being cut to three years, sometimes even two? How can that be correct? How long does it take to attain Shodan?

2) Boredom?

The cancer of the 21st century. People just do not want the old ways of repetitive training anymore. People want results and they want them fast. A bored class is an empty class and an empty class doesn’t pay the bills. Are Instructors neglecting the essential long hours of basic training just to keep the money rolling in? Or are they just giving the public what they want so the club can stay open for another week? The Class of ’85 never had this conflict, we would just get on and do it.....and that’s what made us good. We had the luxury of cheap halls! We trained for the Art first and for self-defence second. Look around the martial arts training halls of UK and you can tell immediately who has been taught the “old way”. It stands out a mile. I’m not advocating a return to an hour long gedan barai lesson (shudder the thought!), just a need to ensure the balance is kept and maintained. Without this grounding in basic technique everything else will fall apart.

3) Failure?

NINJA FIGHTING TRAINER

I WILL TRAIN YOU TO FIGHT LIKE A WARRIOR

LEARN TO USE:

- NINJA SWORDS
- BOW STAFF
- THROWING SHARPS
- CHAINSTICK
- FLASHING POWDER
- UZI

SKILLS

- ❖ RUNNING
- ❖ JUMPING HIGH
- ❖ NINJA FLIPS
- ❖ INVISIBILITY
- ❖ CONTROL ANIMALS
- ❖ BATTLE DANCING
- ❖ LIGHTNING PUNCH
- ❖ BREATHE UNDERWATER
- ❖ SWORD

ABOUT ME:: I AM A 10TH DEGREE DRAGON BELT IN KARATE, AND I RUN ALOT. I HAVE USED MY SKILLS AND SAVED PEOPLE. THE NINJA WAY IS NOT TO FIGHT BUT IF YOU HAVE TO FIGHT YOU FIGHT TO WIN. I CAN SPEAK A LITTLE JAPANESE BUT IM LEARNING MORE EVERY DAY.

REALNINJA4@GMAIL.COM
REALNINJA4@GMAIL.COM

We find ourselves now in a culture where failure is a dirty word. Only last week I read of a secondary school which was about to ban the word “fail” – instead all pupils were to be given a pass but some were advised they still had space to reach their full potential! The most recent pass rate for A level’s would suggest that today’s teachers are 17 times more successful than 50 years ago. I’m sure I’m not alone in thinking “are our children getting smarter or are the exams getting easier to pass?” Has society reached that point when failure to achieve is simply unacceptable?

People just don’t fail anymore. Twenty years ago failures were common place,

and as the grades got progressively higher so did the failure rate. Enoeda failed me for Shodan five times! I know, it’s hard to believe!!! ☹

Why? Because I simply was not good enough at that time.

These grading failures were the making of many a karateka and ultimately served to increase the feeling of achievement. With today’s reluctance to actually fail anybody, more & more people in *Martial Arts LaLaLand* are passing grades they should not, and thus not making that technical leap from mediocre to acceptable. And when these people get to 1st & 2nd kyu the Sensei who graded them now find themselves in an increasingly difficult position – how do I continue to pass this person or worse still, how can I fail them? But they do pass them because they have created their own problems born out of society’s abhorrence of failure. They are just adding to the problem for future generations. Not everyone is cut out to be a karate

master and not everyone is destined to pass Dan Grade after Dan grade.....there has to be natural selection based on ability.

Important point – not every Dan grade will be a carbon copy of each other. We all have our differences and some will be better than others. My point is there has to be a basic level of competency that must be achieved to progress. And if you haven't got that level of basic competency then just enjoy your training for trainings sake. Passing grades in a martial art

should never be a given based on the length of time you have trained.

"...Good Afternoon Ladies & Gentlemen, welcome to flight RK771 to New York. My Name is John Brown and I am your pilot today. I actually don't have the basic competency to fly this plane but I did attend every lesson and tried really, really hard. I am also a lovely chap! Ensure your seatbelt is securely fastened and enjoy your flight!....."

I guess my fear is that in the years to come a new crop of Martial Arts Instructors will start to ply their trade in church halls and the like across the UK, a product of Society's issues with instant gratification / boredom / failure. The gradual degradation in the standards needed to acquire Dan grade status and

beyond will continue. You will see Dan grades from non-descript martial arts that cannot perform basic techniques but still wear a black belt. As their students' progress, they aspire to acquire a level of skill that is at best watered down and never acquire an all-round syllabus of techniques. And then these students will start up a new club looking for beginners. And so it will continue.....

What is Karate-do?

KIDS Martial Arts

BOXING. MUAY THAI. TAEKWONDO. BJJ

- ★ Improve Self-esteem
- ★ Improve flexibility for good posture
- ★ Improve fitness, technique, coordination and skill components
- ★ Improve your child's ability to focus
- ★ Build confidence, learn respect, discipline, control and self defense
- ★ Coordination & Flexibility
- ★ Increase strength
- ★ Courtesy for others
- ★ Teach Goal setting and patience
- ★ Leadership Skills

NO JOINING FEE
Terms & Conditions Apply

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What is it that makes me relish the prospect of putting on a dogi?

In my opinion too much is made of the self-defence aspect of the martial arts and too many people have forgotten that karate is a Do, a way of life, a true Martial Art. It is a journey that will involve success and failure in equal measures (just like life itself), of which each will add equal value. The all-encompassing lifetime quest to seek that excellence of technique is being lost. People are forgetting that the biggest challenge you face is the challenge within, to seek that perfect technique, that perfect moment when it all comes together. Of course, the ability to defend yourself if the situation arose goes without saying! Karate is a combative art but its beauty must not be lost.

The karate-do I teach has depth and breadth and colour and texture. We have the purity of basics mixed with the blackness of street fighting. We mix the logic of science & body mechanics with the spiritual. We practice the perfection of kata and the adaptability required for application. We train in straight lines and then in circles. We reverse the old and seek out the new. We embrace competition techniques as much as destructive & debilitating techniques. We constantly shift from light to dark and back to light.

Karate is like writing....you can write in capitals, joined up, short-hand, a signature etc.

You can have classical karate, beautiful karate, sport karate, brutal karate, fighting for your life karate.... it is this blend that is the essence of karate-do. We keep the old with the new and as such we keep that balance.

But what is so bad in treating a martial art as purely as a self-defence system? Logically you would have to strip out all the techniques that you would not attempt to use in a real-life situation. So, let's start with all kicks to the head...in fact, take out all kicks as 99% of all fights will start inside kicking range. Follow this logic on and you end up with a short-range system that depends mostly on knees & elbows, locks & strangles, which can also be effectively applied on the floor i.e. grappling. Welcome to the world of Mixed Martial Arts and Ultimate Fighting. Probably as far from the true nature of karate-do as one could possibly reach.

I don't want this.

I haven't spent nearly 40 years of my life to get to this.

There has to be more to a martial art than that.

Somewhere along your karate journey you have to make a choice. You have to decide why you train. What is it that makes you get out of the chair and drag yourself to the dojo when you really don't feel like it? For me it is the constant strive for perfection, the love of the art

form, a desire to pass on my knowledge and experience. Karate-do infects your soul and permeates across your world. It becomes a way of life.

I hope the next generation of karateka are ready for the challenge.

I hope they don't lose their "Way"

Dave Davenport

5th Dan EKF



***THE NEXT "AFTER TRAINING CURRY NIGHT"
AT HOLMER GREEN DOJO WILL BE ON: -***

MONDAY 10TH JULY

ALL GRADES WELCOME!

TRAINING 7:30PM TO 9:00PM

AFTERWARDS AT THE RAJ, HAZLEMERE !!

SCOTT LANGLEY COURSE 2017

HOLMER GREEN DOJO

SATURDAY 11TH NOVEMBER

Scott Langley is one of the foremost karate instructors in the world today, has survived the infamous Instructor's Course in Tokyo and has authored two fabulous books about his experiences.

And he is coming to Holmer Green Dojo on Saturday 11th November!!

Scott famously endured the JKS Instructors course, graduating in 2002. Upon his return to the UK he wrote a “warts and all” book about life in Tokyo, training at the JKS and what it’s like to be beaten every day for two years: -

“...I woke up with dread. I was constantly vomiting. Most mornings I’d either feel like I was going to vomit or vomit. From the train station to the dojo there were little alleys where I’d nip down and throw up. And it was all just to get in the door...”

“...I distinctly remember, I was on all fours and blood was just dripping on the dojo floor, and my senior was giving Inada — who had just beaten me up — tips about his fighting style. And I thought, does he really need tips? I think he’s got it! Then I started thinking, ‘oh, that’s quite



funny,' and was almost chuckling to myself.....then my senior kicked me really hard in the ribs and said, 'don't bleed on the dojo floor. What are you doing? Have respect for the dojo floor...'"

The two books he has authored can be found on Amazon and other good book retailers: -

Karate Stupid - ISBN-10: 178301346X; ISBN-13: 978-1783013463

Karate Clever - ISBN-10: 1911013548; ISBN-13: 978-1911013549

After parting company with the JKS, and subsequently joining and then leaving the WTKO, Scott has formed his own association called **Hombu Dojo Karate International** (HDKI).

The format for the Holmer Green course will be as follows: -

- 2 x 90 min sessions
- Lunch provided in the break between the two sessions (don't expect more than a sandwich, a bag of crisps and a soft drink!)
- First session – 10:30am to 12 noon
- Second session – 1:30pm to 3:00pm
- Cost (inclusive of lunch) is just £25 per person



THE COURSE WILL BE LIMITED TO JUST THIRTY (30) PLACES!

This will ensure you get the best possible experience, close up & personal, with one of the world's most sought after instructors!

So far 17 places have already been snapped up and I have committed to offering the remaining 13 places to members of the CKA before we advertise externally.

No time to lose!

Confirm your place with me as soon as possible!

Contact me at: - david.davenport7@aol.com or send me a text on **07753 761778**.

SHOTOKAN KATA...HOW MANY DO YOU KNOW?

I am sometimes asked “...how many kata are there in Shotokan Karate?...”

Here is the classical JKA grouping up to Yondan – note the CKA has a slightly different classification: -

<u>kyu grades</u>
taikyoku shodan (kihon)
taikyoku nidan
taikyoku sandan
heian shodan
heian nidan
heian sandan
heian yondan
heian godan
tekki shodan



<u>Shodan</u>	<u>Nidan</u>	<u>Sandan</u>	<u>Yondan</u>
bassai dai	bassai sho	gojushiho dai	gojushiho sho
kanku dai	kanku sho	chinte	wankan
jion	jitte	jiin	meikyo (rohai)
empi	nijushiho	sochin	gankaku
hangetsu	tekki nidan	tekki sandan	unsu

In answer to the question, there are 29 kata in the Shotokan style of karate.

Ten No Kata (“Kata of the Universe / Heaven”) was created by Gigo Funakoshi as a simple training tool for beginners and is not considered a kata but actually kihon ippon kumite. It is found in Gichin Funakoshi’s book Karate-Do Nyumon and has unfortunately become obsolete.

THE ANNUAL HOLMER GREEN SUMMER COURSE & FAMILY BBQ! HOLMER GREEN DOJO – 12YR ANNIVERSARY SUNDAY 2ND JULY

It's that time of year again!

For those of you not aware, since the 10th anniversary of the Holmer Green dojo, we hold a yearly course at Holmer Green Dojo followed by a family BBQ at my home in Tylers Green.

The course will always follow the same format – 90 mins looking at a single kata with instruction on the intricate applications of all the signature moves. It is supposed to be a fun course that is about knowledge, not sweat!

In previous years we have covered Kanku Dai and Bassai Dai, and this year will be turn of CHINTE kata.



MR ALLEN RELEASING HIS INNER SAMURAI...

But the main reason for the day is to bring together the people that sit at home whilst we go out training! The BBQ that follows the course is for the wives, the husbands, the partners, the children.....bring along your granny!! We want you to bring along the family....the more the merrier....

We usually get about 20 students to the course and 40 people (including children) come along to my house for the BBQ – there is food & drink, my library (if you wash your hands), a makiwara to punch and usually the katana come out at some point 😊!!

Costs: -

Adults - £8 for course + BBQ; £6 just for the BBQ

Children - £6 for course + BBQ; £4 just for the BBQ

This pays for the hall, food, drinks (beer, wine & soft drinks)

Ask around and I hope everyone who comes regularly will agree it's a great day for ALL the family.

Contact me at: - david.davenport7@aol.com or send me a text on 07753 761778.

***HOLMER GREEN 12YR ANNIVERSARY
OPEN COURSE & FAMILY BBQ***



SUNDAY 2ND JULY



EVERYONE WELCOME!

TRAINING 1 1:00AM TO 12:30PM

BBQ FROM 1:00PM ONWARDS....

AND THAT'S IT....!

I hope you have enjoyed this edition of The Lion as much as I have putting it together.

Please get in touch with any content you want me to include for the September edition: -

- Any special events at your club?
- Your thoughts about karate?
- What is it like to take a Dan grading?
- Any courses you have been on with other clubs / styles / instructors
- Birthdays!

It doesn't have to be a literary masterpiece! Just write down as many words as you wish and I will do the rest - contact me at: - david.davenport7@aol.com

Remember this is your magazine and it needs to reflect the whole of the CKA, not just my musings!

We are also always looking for new content to add to our website, Facebook group, Twitter and YouTube. If you have any ideas we will be glad to hear from you, email info@chilternkarate.co.uk

FINAL THOUGHT

猿も木から落ちる

saru mo ki kara ochiru

(even monkey's fall from trees!)

<p>Sunday 25th June – Grading training <i>Class will be divided into groups and training focused on the grading syllabus including the kihon (basics) kumite (sparring) and kata required for grading examinations.</i></p> <p>Venue: Chiltern Hills Academy, Chartridge Lane, Chesham. Time: 10.00 a.m. to 12.00 p.m. Grades: All grades Cost: Adults: £8.00 Juniors: £6.00</p>	<p>Sunday 9th July – Grading training <i>Class will be divided into groups and training focused on the grading syllabus including the kihon (basics) kumite (sparring) and kata required for grading examinations.</i></p> <p>Venue: Chiltern Hills Academy, Chartridge Lane, Chesham. Time: 10.00 a.m. to 12.00 p.m. Grades: All grades Cost: Adults: £8.00 Juniors: £6.00</p>
<p>Sunday 3rd September – Grading Examinations <i>Grading examinations will cover all grades up to Black Belt 3rd Dan.</i></p> <p>Venue: Chiltern Hills Academy, Chartridge Lane, Chesham. Time: 10.00 am start Grades: All grades Cost: Standard grading fees apply</p>	<p>Sunday 8th October – Grading training <i>Class will be divided into groups and training focused on the grading syllabus including the kihon (basics) kumite (sparring) and kata required for grading examinations.</i></p> <p>Venue: Chiltern Hills Academy, Chartridge Lane, Chesham. Time: 10.00 a.m. to 12.00 p.m. Grades: All grades Cost: Adults: £8.00 Juniors: £6.00</p>
<p>Sunday 5th November – Grading training <i>Class will be divided into groups and training focused on the grading syllabus including the kihon (basics) kumite (sparring) and kata required for grading examinations.</i></p> <p>Venue: Chiltern Hills Academy, Chartridge Lane, Chesham. Time: 10.00 a.m. to 12.00 p.m. Grades: All grades Cost: Adults: £8.00 Juniors: £6.00</p>	<p>Sunday 3rd December – Grading Examinations <i>Grading examinations will cover all grades up to Black Belt 3rd Dan.</i></p> <p>Venue: Chiltern Hills Academy, Chartridge Lane, Chesham. Time: 10.00 am start Grades: All grades Cost: Standard grading fees apply</p>

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ALL THE CKA KUMITE SETS ON DVD.

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