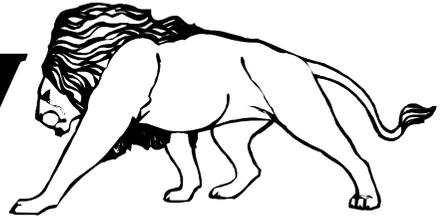


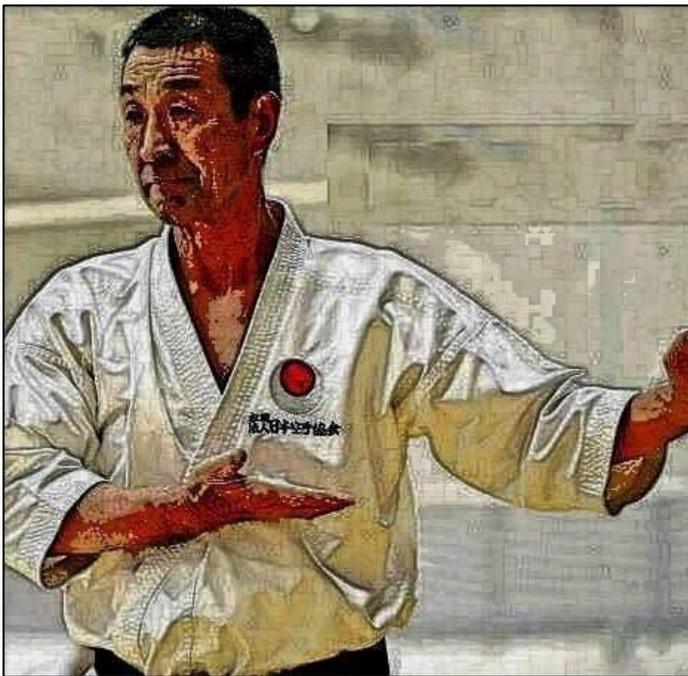
THE

LION!



THE OFFICIAL NEWSLETTER OF THE
CHILTERN KARATE ASSOCIATION

SEPTEMBER 2017



YOSHIHARU OSAKA 8TH DAN JKA

FOREWORD....



Osu!

Welcome to the September 2017 edition of **THE LION!**

The front page features the “Kata King” of JKA Shotokan karate– **Yoshiharu Osaka Sensei**. Born in 1947 and, as usual, a product of Takushoku University and the JKA Instructors Class, he won the JKA Championships for kata six times and won the IAKF World Karate Championships for kata four times in a row (from their inception in Los Angeles, 1975).



This is me with Osaka Sensei at the Swedish Embassy in Tokyo, 2001. Amazing at how both Osaka and I haven't aged a bit 😊

Up and coming events include Holmer Green Dojo hosting the world-famous instructor Scott Langley and the CKA Christmas Meal.

Good luck to everyone grading today!

GANBATTE!!

がんばって

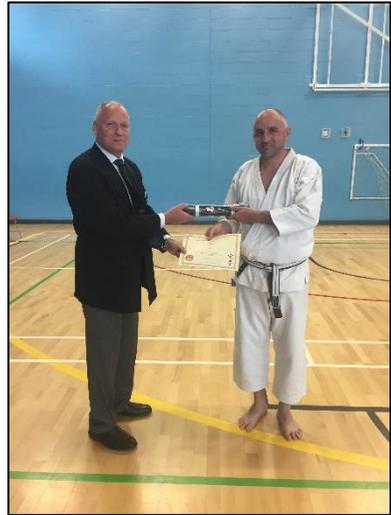
Dave Davenport

5th Dan EKF



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

CKA DAN EXAMINATION – JUNE 2017



OMETEDŌ GOZAIMASU !

- Olivier Javaud - Shodan
- Jonathan Parmenter - Shodan
- Damien Parmenter – Nidan

We look forward to these karateka continuing their own path....

OSU!!

REDFISH KARATE CHARITY CAMP – APRIL 2017

REPORT BY OLIVIER JAVAUD

Having previously attended a Rick Clarke (pressure points) course at the Amersham Dojo, as well as having been encouraged by Sensei Thwaites and Sensei Davenport to “experience training outside of the dojo”, I decided to take the plunge in April and attended a karate seminar organised by a local club (RedFish Karate) in Maple Cross, Rickmansworth, without truly knowing what to expect...

The seminar, organised to fund a donation to the Christopher’s Smile cancer charity, ran over 3 days but allowed students to attend for a day – which is what I decided to do.



The event was mainly attended by Shodan grades but also by a few brave Kyus, including myself. It started with a classic Bunkai session (the process of breaking down the movements of a given kata to understand how the techniques can be applied in self-defence), based on the opening moves of the Empi kata (‘Flight of the Swallow’). Enjoyable and reminiscent of our Monday night training sessions in the Holmer Green dojo. The second session focused on semi free-style Kumite – session during which I was

thrown on my knees by a Wado-Ryu practitioner 😞

But the highlight for me was the third session of the day, led by Sensei Paul Herbert. Google tells me Paul has been training in Shotokan Karate for 35 years and holds the senior grade of 6th Dan. A former member of the JKA, he runs a dojo in the South East of England. Like Sensei Davenport, he trained for many years under Sensei Enoeda (refer to the previous Lion) at the renowned Marshall Street dojo in London and remains the Japanese icon’s final senior student.



PAUL HERBERT
6TH DAN JKA

The 2-hour session essentially focused on knife-hand block (shuto), slowly building up on the individual components (feet movement to distance yourself from your opponent, right-hand to protect, left-hand to strike, etc.), before turning into an elaborated drill. Not sure whether this was enough to improve my techniques (especially when hearing Sensei James), but the key

takings for me were: -

- Use both hands
- Do not waste energy and move unnecessarily
- There may be more than one interpretation of any movement
- There is no such thing as a block
- Breath....

The day finished with a self-defence session outdoors and it was time to go. Bruised (thank you Mr Wado-Ryu practitioner), but content. I would definitely recommend others to attend this type of event and I am now looking forward to my next Bunkai seminar - with Iain Abernethy on 21st October at Queens School, Aldenham Road, Bushey, Watford, Hertfordshire, WD23 2TY. The seminar is from 12pm to 4pm and costs £35.

Contact Doug Connell 07990 668786 or e-mail doug.connell@shogunpracticalkarate.com

(FROM THE EDITOR - WELL DONE OLIVIER!)

Everyone should try and attend as many events outside the CKA as possible. Don't restrict yourself.... not only try different forms of karate-do (wado ryu, goju ryu, kyokushin) but also different martial arts like Judo, Kung Fu, Boxing! And if you can, seek out the styles that are a little out of the common reach like Krav Maga and Systema.

Shotokan is only one part of the answer.

Without experiencing other flavours, you can never truly discover your own taste.....)

KARATE – ABSOLUTELY

AN ARTICLE BY SCOTT LANGLEY (HDKI)

Scott Langley is one of the foremost karate instructors in the world today, and he is coming to Holmer Green Dojo on Saturday 11th November – details later in the Lion.

Here is a reproduction of an article he recently wrote...

“...I recently released a DVD; Karate Principles. In it, and in so many of the seminars that I teach, I talk about there being no such thing as basic techniques, only basic principles. The waza we produce are merely physical manifestations of those principles. However, it would be understandable if, for the majority of people, their takeaway is that there are certain absolutes that we must follow within our training. I can easily see how talking about the guiding principles can lead to a belief in unshakable facts; I want to talk truth to my students and after all if truth is not absolute it is not truth at all. However...



As an example, let's take one of the twelve principles I highlight in the above-mentioned DVD; the concept of Seichusen or Centre Line. In essence, when we do karate, we must keep our back straight. From day one in the dojo we are told to maintain form and posture whilst transitioning. I have spent whole classes on the concept and have invented or stolen many training mechanisms that focus on this principle. However, does this fundamental principle of physical movement apply to a judo-ka? A Boxer? Do we maintain our centre line as we leap from attack to defence in Empi? Of course not. When we start to look for this principle in other martial arts and our own, we understand that it is not absolute... So why do we put so much emphasis on it.

In mathematics and some philosophical debate, we often use axioms – propositions that are assumed without proof for the sake of studying the consequences that follow. Within a system of thought, the axiom provides a platform that all other discovery can be built upon. For me, the guiding principles of karate are axioms. That is to say, they act like a framework in which to discover and, more importantly, develop one's physical intelligence; like a sapling given a protective wire fence to aid growth. However, like any highly structured framework, the once guiding lattice can often turn into a cage, constraining the very thing it was designed to facilitate.

For many, this highly structured, heavily dictated structure can act like a comfort blanket, mitigating insecurity by focusing on the textbook version of waza, the one bunkai to kata, the specific grading combination that will automatically elevate them to the next level. Fortunately, for some this over-manicured, conformist, autobahn-esque travel along the path isn't what floats their boat. For some, decades of pounding the dojo floor, repeating combination ad nauseam becomes the futile fight against atrophy; forever trying to recapture that fleeting moment in their twenties or thirties when everything felt strong, powerful and good.

For me, as I meander through my forties, having a technique feel strong means that I am getting pointless bio-feedback from the flailing arm or leg. Having it feel powerful has no connection to creating force. Believing that it is good is the common by-product of punching thin air.

My good friend, Rick Hotton, burst onto the karate scene in early 2014. Since then he has taught seminars all over the world and has developed a large and loyal community, enjoying his lessons both in and outside the dojo. I'm sure many traditional Shotokan instructors look at his seminars and just don't get his popularity. For me, I believe it is down to the fact that (apart from his technique, unique blending of non-Shotokan principles, his humour and style of teaching...) he doesn't present absolutes. In fact, often is the case he starts his seminars with a mini-declaration.

"I am just here to give you ideas" he is fond of saying, "if you like them, I am honoured. If you don't like them, that is fine too." He then sets about sharing his hard-earned knowledge, rather than dictating the actions of his audience. In my career, I have taken many elements of my professional style from a vast array of instructors. The above I have happily taken from Rick. I believe at a certain level this message is vital and I attribute a substantial part of his success to this fact. Freeing people from the cage of the highly structured system of absolutes allows them to discover what the lessons they have learnt means to them.

Would I teach this way to lower grades? Absolutely not! In my dojo regular classes are taught regularly. I must always be able to revert to classic form, the strict regime once again challenging my body and purifying my technique. I also never want to attempt to short-cut my students journey. Directing them to learn my conclusions is an exercise in ego that makes the doomed presumption that we all share the same body type. However, as a traveling instructor I want to facilitate people along their Shu-Ha-Ri journey. I want to share my knowledge that they are freely able to accept or ignore. The beauty of Shotokan is its diversity. I look at past greats – Asai, Enoeda, Nishiyama, Kase and, of course, Nakayama; after many years of learning others' truth, they eventually presented their own, hard-earned, considered truth.

So, let us facilitate our own unique development by seeing the spectrum of possibilities that should give us all the freedom to break free of the heavily dictated karate absolutes...."

SHAMBLING GIRAFFE, DISAPPEARING MANTIS

A GOODBYE FROM RICHARD TUDOR - SHODAN

Richard Tudor is relocating nearer to his family in Gloucestershire – we wish him the very best!

“...After many years of training with the CKA, the time has come for me to leave the club. This is poorly timed (the story of my life), but it makes sense domestically. After years of wandering around the planet, I have found a great job nearer to my family in Gloucestershire. I shall effectively be leaving the club in September 2017, although I will try to get back to train at Aylesbury occasionally while I am selling my house and trying (and probably failing) to organize the next chapter of my life. I might try sumo or ballet... but I shall probably check out the karate options in Wiltshire and Gloucestershire instead. I wanted to scrawl a few words to pay tribute to the excellent training I have received from the CKA.

I first attended the Aylesbury club at the Grammar School in about 2001, after coming to Halton with the RAF. Many years before, I had tried judo and boxing - with a conspicuous lack of success. I also played a number of other sports, generally with more enthusiasm than talent. I had actually thought about trying karate while living in Hong Kong in the late 80s, but stuff kept getting in the way. The CKA finally gave me the impetus to have a go. Initially, as a lanky old bloke, I found it a little strange to line up with little people wearing red and blue belts, but I got used to it. However, I never really became a regular, because soon after I started I was sent to a couple of war zones – and (more scarily) Scotland. That rather disrupted my training, although I flirted with Tang Soo Do and maintained my fitness with my other sports. I left the RAF in 2006 after 16 years and I came back to the area as a teacher. I then started attending regularly at Chesham, as it was nearer to my work at the time.

My plan was to get a green or purple belt so that I could hide more easily among taller people in the middle of the dojo. Beyond that, I had no aspirations; I just wanted to stay fit, pick up a few useful techniques and roll up to a grading once in a while. That worked famously for several years. My main influences at that time were Sensei Thwaites (male and female), Sensei Brian Warner and Sensei Ashley Croft, all of whom were extremely positive and kept my karate competent (if untidy). Following a change of job, I went back to the Aylesbury Dojo, which had now moved to Booker Park School, just as it was being taken over by Sensei Paul James. Thanks to him, I passed my 3rd Kyu. This was where the trouble really started. I was delighted to be a brown belt and thought that it would be a good time to relax, put my feet up and smoke a cigar. Predictably, Sensei James had other ideas. I then re-joined the RAF (their standards had

clearly plummeted) after 8 years of teaching, and found that I quickly regained my sanity and my energy. The wheels really fell off at this point, as I had no more excuses not to go for my 1st Dan.

Due to the efforts of Sensei Paul James (once again) I managed to attain Shodan in September 2016. His humour and encouragement made a huge impression in my mind (as did his mawashi empi, whenever I was holding the pads). I had failed my first Dan grading in July 2016, but he encouraged me to keep training and work on precision - and it paid off. I must also thank Sensei Dave Davenport at Holmer Green, as well as most of the other blackbelts in the CKA. Most importantly, the Aylesbury Triad (John Jackson, Bob Pringle and Tanmay Mahesh) put me through my paces every week and it made the difference. I could have trundled along happily in the middle of the dojo, but I was swept along by the challenge, and by the dedication of the rest of the people training with me.

For me, there has always been huge encouragement from all kinds of people in the CKA who are too numerous to mention. I have appreciated their help enormously. In turn, I have tried to encourage people I have met while training at weekends and at other clubs within the CKA umbrella. The guys at Aylesbury have been excellent company throughout. I have even tried to assist Sensei James with training some of the youngsters - and enjoyed it. I have looked upon my karate as a journey and I hope that I have maintained the supportive and enthusiastic tradition of the CKA. My respect for all the karateka in the CKA is beyond question. There is no doubt that the current crop of purple and brown belts will continue in the same tradition. I shall miss the atmosphere in the club and enthusiasm which flows through it – and I am sure that will not change!...”

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

MONDAY 25TH SEPTEMBER

ALL CKA MEMBERS WELCOME!

TRAINING 7:30PM TO 9:00PM

AFTERWARDS AT THE RAJ, HAZLEMERE !!

SCOTT LANGLEY COURSE 2017

HOLMER GREEN DOJO

SATURDAY 11TH NOVEMBER

It's nearly here!

As mentioned in the last edition of the Lion, Scott Langley is coming to Holmer Green Dojo on Saturday 11th November!! So far 21 places have been booked, meaning we have just 9 places left for CKA members. Please confirm your place with me as soon as possible!

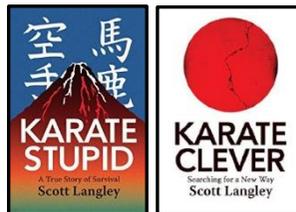


To ensure you get the best possible experience, close up & personal, the course will be limited to just THIRTY (30) places!

As has been well documented, 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 and his experiences. 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



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

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

JAPAN GASSHUKU 2018

合宿

Gasshuku literally means “together” and “lodging” – it means a group of people getting together with the sole purpose of training intensely over a short period of time.

Finally, after lots of false starts, I am finally going back to Japan after far too many years, flying out either the end of February or the start of March, and staying for one week, training 2hrs per day. The plan is to take a small group from the CKA to experience the unique challenge that is training in Japan!



THE TRAINING – we will train for five nights in succession, taking in the JKA Honbu in Koraku, the JKS Honbu in Sugamo, the KWF Honbu in Shinkawa plus the Hoitsugan (Nakayama’s personal dojo). But like everything in Japan, plans change! If we get a chance to train with Naka Sensei at his Taishi Juku Dojo in Myogadani, then we will grab the chance!



HOITSUGAN DOJO

THE COST – we stay in a Japanese Inn called Kimi Ryokan in tatami rooms...all very basic. We eat as cheaply as possible, either from street vendors or local restaurants. Training is expensive (expect £25 for an hour lesson) but travel is cheap. The budget, including air fares, food, accommodation, training etc is £2000.

THE SIGHTSEEING – there is so much to see in Tokyo, so in no particular order.... Tokyo Tower, Golden Gai, Yoyogi Park, cosplay on Harajuku Bridge, Meiji Shrine, pachinko, Shibuya, Shinjuku, Akihabara, Shinbashi, Enoeda Sensei’s grave, Mount Fuji, shinkansen, the Skytree, the Gichen Funakoshi shrine, Sensoji Temple, Engaku-ji zen buddhist shrine.....

GICHIN FUNAKOSHI SHRINE





TOKYO TOWER



SHIBUYA CROSSING IN RUSH HOUR



SENSOJI TEMPLE - ASAKUSA



COSPLAY - HARAJUKU



SHINKANSEN



AKIHABARA

THE ANNUAL HOLMER GREEN SUMMER COURSE & FAMILY BBQ! 12YR ANNIVERSARY – JULY 2017

Well, that was different!

Hopefully you are all aware we hold a yearly course at Holmer Green Dojo followed by a family BBQ at my home in Tylers Green. This year we had 21 willing souls learning the brutal kata that is Chinte! ... it is only when you go through the Bunkai that you truly appreciate this kata.



We then had a group of 36 (!) back to my house for food and the infamous katana session! In previous years we have honed our skills on cutting empty 2ltr plastic milk bottles filled with water but this year we went for the full traditional test cutting – **TAMESHIGIRI**.

This involves wrapping four thin tatami sheets, binding them tightly, and then soaking them for 24 hours in water. Once prepared, they have the same resistance as a human limb 😊

Here is Paul James in full Samurai mode!

Hopefully this event will continue to grow and grow.

Looking forward to 2018!



A REAL ADVERT....

A SIGN OF THINGS TO COME?

In the last edition of the Lion I wrote an article about my fears for the world of Martial Arts, and especially karate-do..... please look at this website and decide what **you** aspire to be.

<https://www.karateacademyonline.com/>

Karate Academy Online

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Earn Your Black Belt In just 12 Months!

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- Practice Anywhere
- Less Expensive than On-site Classes
- Effective E-Learning System
- Train at Your Own Speed
- Accelerated Training Available

[Start Here](#)

Why Online Martial Arts Training?

It's never been a better time to achieve your goal of Black Belt than it is right now. Through our Accelerated Black Belt Program, you can earn your certified and accredited Black Belt in Okinawan Karate in as little as 12 months. Develop self-defense skills, learn and study traditional techniques, discover the rich history of the Okinawan Martial Arts, and master the disciplines of Black Belt through our comprehensive Distance Learning Program. Sensei Mark Roscoe has taken 30 years of martial arts experience and combined it with his knowledge of e-learning (online learning) to create a martial arts training program that will help you reach your goal of Black Belt! Train anywhere – anytime! Check out the [Online Karate Program Here](#).

Master Instructor



Sensei Mark Roscoe began his martial arts training at the age of 14 in 1982 and has been teaching martial arts since 1985. A proficient and proven martial arts instructor, Sensei Roscoe has won multiple martial arts titles including World Champion Black Belt Kumite in 1995. Sensei Roscoe has been the instructor for more than 800 students and is now dedicated to helping students learn traditional Okinawan Karate through this comprehensive online martial arts training

Why Choose Karate Academy Online?



***HOLMER GREEN CHRISTMAS MEAL
THE SWAN, AMERSHAM***

SATURDAY 9TH DECEMBER

***COST IS £25 PER HEAD, TO INCLUDE A
3 COURSE MEAL AND A GLASS OF PROSECCO
LIMITED TO JUST 30 PLACES!
BOOK YOUR PLACE WITH PAUL ALLEN NOW!!***

AND THAT'S IT....!

I hope you have enjoyed this edition of The Lion! Please get in touch with any content you want me to include for the December edition. It doesn't have to be a literary masterpiece! Just write down as many words as you can manage and I will do the rest - contact me at: - david.davenport7@aol.com

- 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!

Remember this is your magazine and it needs to reflect the whole of the CKA.

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

七転び八起き

nanakorobi yaoki

(seven times down, eight times up!)

<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>

CKA KUMITE AND PARTNER WORK DVD

ALL THE CKA KUMITE SETS ON DVD.

AN ESSENTIAL LEARNING AID!

£15.00

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