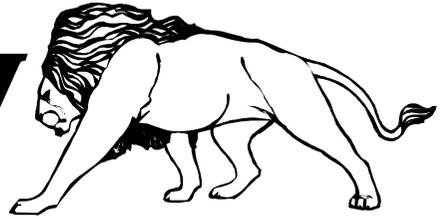


THE

LION!



THE OFFICIAL NEWSLETTER OF THE
CHILTERN KARATE ASSOCIATION

MARCH 2018

I ♥
東京



TETSUHIKO ASAI 1935 - 2006

FOREWORD....



Tōkyō kara konnichiwa!

Welcome to the March 2018 edition of **THE LION!**

The front page features a true giant of Shotokan karate, **Tetsuhiko Asai Sensei**. Born in 1935, he was taught by Gichin Funakoshi and Masatoshi Nakayama. He was the Technical Director of the JKA for many years. After the death of Nakayama in 1987, Asai tried to usurp the Nakahara faction for control of the JKA in 1990 but lost a protracted court case nine years later. The Asai Faction renamed themselves Japan Karate Shotorenmei (JKS) – this is the association where Scott Langley completed the infamous Instructors Course.



Asai was an unbelievable innovator and truly embodied the spirit of **Shu Ha Ri**. He invented over 20 new kata, of which the most well-known are the Junro & the Joko kata. He is credited for adding *yoko geri kekomi* into Nijushiho.... up until this point the kata used *name ashi* (like in Tekki Shodan) but he decided to change the kata in the middle of a kata tournament.....the crowd went wild! Nakayama Sensei said just prior to his death "...Mr. Asai is the

only one who can execute Nijushiho properly..." - the Nijushiho in Nakayama Sensei's 'Best Karate Volume 10' is reflective of this.

Even though he was slight, Asai could generate frightening power - he was known for super-fast whipping techniques that he developed after studying White Crane Kung fu in Taiwan.

Good luck to everyone grading today!

Dave Davenport

5th Dan EKF



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



CKA AWARDS 2017



OMETEDŌ GOZAIMASU !



ATTITUDE TOWARDS TRAINING: -

Ian Page (pictured)
Paul Allen
Tom Connor
Varsha Vinod
Ira Kirve
Sam Green

PERSEVERANCE: -

Harry Jones

JONOTHAN GREEN AWARD: -

Jason Guest

EFFORT AND ETIQUETTE: -

Damian Parmenter
Patrick Busby (pictured)
Dan Compton
Leo Fitz-Gibbon
Brian Hammond
Toby Allen
Sharon Rogerson
Caan Thomas
Jonathan Parmenter
Rendle Gabriel

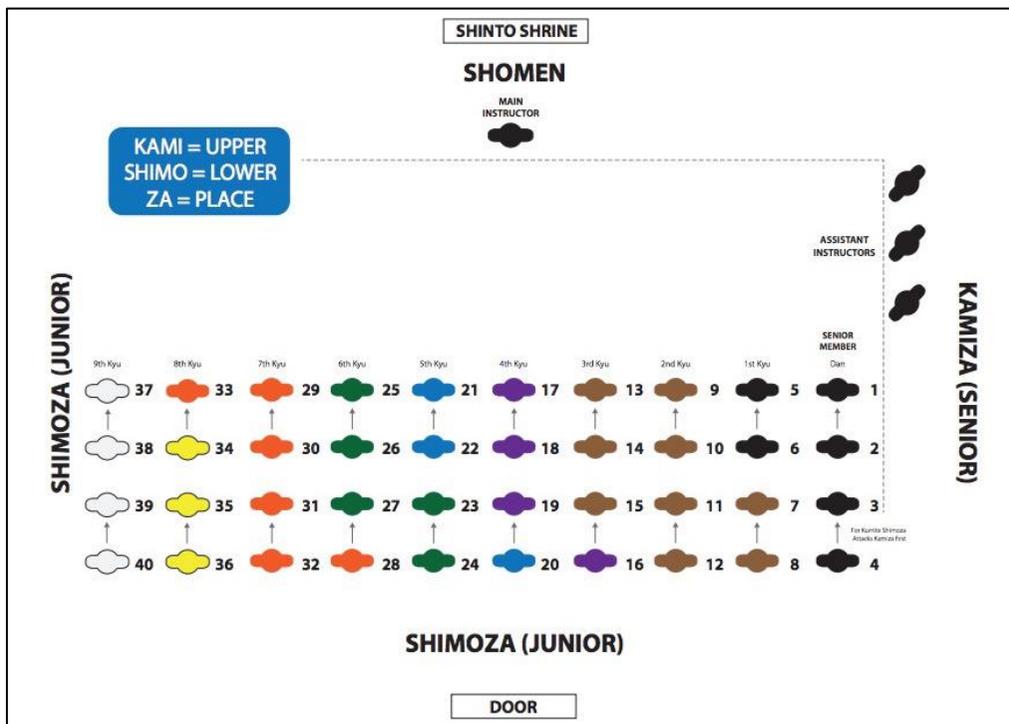


COMMANDS FOR THE START AND END OF TRAINING

I get asked a lot about the formal commands that are spoken at the start and end of a karate training session, so here is the definitive guide to what it all means.

As a general rule of thumb, commands are performed by the most senior member in attendance (in terms of rank, number of years training, etc.)

Here is the layout of a typical karate dojo, showing SHOMEN (the front of the dojo), the SHINZEN (the Shinto shrine) and the positions of the students from KAMI to SHIMO: -



START

Seiretsu -

Meaning: Line up!

Seiza -

Meaning: Sit! (kneeling with the legs tucked underneath)

Mokusō -

Meaning: Silent meditation

Mokusō yame -	Meaning: Halt meditation!
Shōmen ni rei -	Meaning: Bow to the front
Shinzen ni rei -	Meaning: Bow to the alter (when training in a dojo with a Shinto shrine)
Sensei ni rei -	Meaning: Bow to the Sensei
Otagai ni rei -	Meaning: Bow to one another
Kiritsu -	Meaning: Stand up!
Hajimemasu -	Meaning: We will begin!

END

Seiretsu -	Meaning: Line up!
Seiza -	Meaning: Sit! (kneeling with the legs tucked underneath)
Mokusō -	Meaning: Silent meditation
Mokusō yame -	Meaning: Halt meditation!
Dōjō-kun -	Meaning: Rules of the dojo!
Shōmen ni rei -	Meaning: Bow to the front
Sensei ni rei -	Meaning: Bow to Sensei
Otagai ni rei -	Meaning: Bow to one another
Kiritsu -	Meaning: Stand up!
Owarimasu -	Meaning: We have finished

***THE NEXT “TE KARA GETSU-YŌBI KEIKO”
AT HOLMER GREEN DOJO WILL BE ON: -***

MONDAY 19TH MARCH

ALL ADULT GRADES WELCOME!

TRAINING 7:30PM TO 9:00PM

AFTERWARDS AT THE RAJ, HAZLEMERE !!

- ***TE KARA*** – “*AFTER DOING*”
- ***GETSU-YŌBI*** – “*MONDAY*”
- ***KEIKO*** – “*“PRACTICE”, “STUDY” OR “TRAINING”*”

TGK -2018

TEN THINGS YOUR SENSEI SHOULD REMIND YOU ABOUT IN EVERY LESSON....

I originally penned this article in 2015 and thought it was a good time to resurrect it, as the values still hold true for every lesson....

Here are the things I like to remind you all to concentrate on every lesson, that need to be ingrained into your soul as the best habits to embrace. A mantra you adopt that leads to the ultimate path of self-correction. For when you self-correct, you truly start your journey through Shu Ha Ri, for self-correction is a crucial element of allowing yourself to break free from Shu and enter Ha.

With every sensei you train under, with every lesson you take, they should be telling you: -

- 1) **BREATHE** – you can go weeks without food, days without water but only minutes without air! If you hold your breath you cannot get oxygen into your muscles and get rid of the waste carbon dioxide. You will quickly run out of energy and turn very red in the face. And if your mouth is closed, your jaw tightens, your shoulders get stiff.....
- 2) **SHOULDERS** – if your shoulders are raised, you must have tension in upper body. Tension in the shoulders means you will not be punching / blocking with a fluid motion. Which results in a loss of speed, and thus power. And you look like Lurch. And move like him.
- 3) **HIPS** – your ability to produce power is directly related to your ability to maximise the percentage of your own body you utilise in each technique. Learn to use the whole of your body mass. Not just your arms or your legs.
- 4) **RELAX** – relax your body AND your mind. Tension is your nemesis. You must do everything to maximise your speed and tense muscles are slow muscles. A tense mind will slow your reaction time. “Unconscious Thought Theory – Dijksterhuis & Nodgren 2006” shows the distinction between conscious thought (involving attention) and unconscious thought (thinking occurring without attention). Your ability to relax will exponentially improve the effectiveness of your karate.
- 5) **ELBOWS** – keep them in at all times. No chicken dancing please. Aesthetically it looks awful. And in terms of body mechanics, you are destabilising your movement as the weight of the arm increases the further away it is from the body.
- 6) **HEAD** – keep your head up, don’t look at the ground. You look an opponent in the eye and you can see the whole body. But you also see into their soul. Everything you need to know is

in the eyes. Look down and not only do you miss most of your opponent but you miss the opportunity to assess, react & dominate.

7) **FOCUS** – this is your time, your moment. This is not a time to think about life and its stresses. This is a time to lose yourself in another world. Focus everything on those precious few moments you spend in a dogi.

8) **ADAPT** – karate is like handwriting, you have longhand, shorthand, block capitals and signatures. You have dojo karate, grading karate, street karate, beautiful karate, messy karate. Not one size fits all. Not each environment can be faced with the same style of karate.

9) **THINK** – the dojo is not a dictatorship. It is a place of shared knowledge and experience. The Sensei learns as much from the students as they do from the Sensei. Don't leave your brain in the changing room. Never be afraid to ask a question. Each question closes the door on Shu and opens the door to Ha.

10) **SMILE** – karate training should not be endured. You should come away with a feeling of euphoria, even though you may have just scaled the highest peak. If there is no enjoyment, then there is no point in turning up each week. Pain can be fun. Honest. Ask Mr Parmenter. And Mr Green. And Mr Guest....

H - hips

E - elbows

A - adapt

R - relax

T – tension (shoulders)

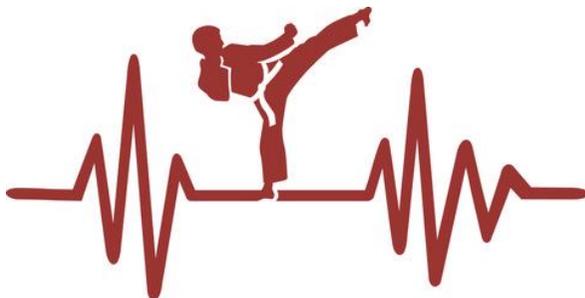
B - breathe

E – eyes (head)

A – attitude (focus)

T - think

S – smile!



These ten habits should be as ingrained & as autonomic as your beating heart.

To finish off, a little poem by Uesugi Youzan from way back in the Edo period: -

naseba naru
nasaneba naranu nanigoto mo
naranu wa hito no nasanu nari keru

*“...If you try, you may succeed.
If you don't try, you will not succeed. This is true for of all things.
Not succeeding is the result of not trying...”*

FINDING ZEN IN VENN

AN ARTICLE BY SCOTT LANGLEY (HDKI)

Scott Langley is one of the foremost karate instructors in the world today, and he is coming to back to Holmer Green Dojo on Sunday 11th November 2018 – details to follow.

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

“...In the classic 1974 book, “Zen and the Art of Motorcycle Maintenance”, Robert M. Pirsig describes in poetic detail one’s innate ability to recognise quality... If you haven’t read it, I implore you to do so. It is a fantastic novel that I read at a very impressionable age. The story and sentiment has stayed with me ever since. Pirsig introduces the idea that we all have an ability to identify and appreciate excellence, and that it is fundamental to our artistic nature, whether that be martial or otherwise. Finding Zen in the everyday, he believes, is a worthy pursuit; I couldn’t agree more.

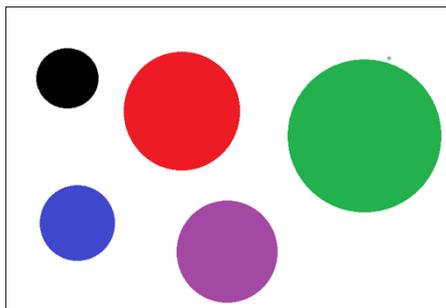
A Venn diagram is a diagram that shows all possible logical relations between a finite collection of different sets. Such a diagram consists of multiple, normally overlapping, closed curves (usually circles) and each represent a set.

So, how can we find Zen in Venn... and more importantly, what does this have to do with my day job?!?

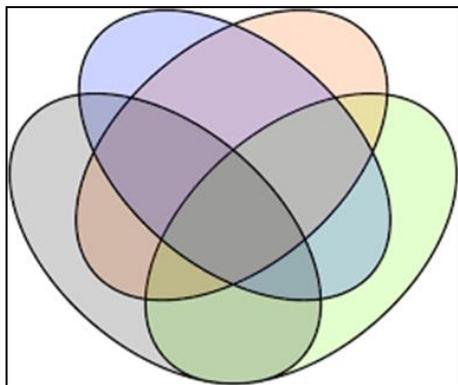
For me, this diagram is a classic example of how karate groups have worked in the past. Different, mutually exclusive groups that never mix or meet.

Over the years I have taught at a number of dojos who belong to this type of closed, protective groups; collectively attempting to live in isolation. My hosts, rebels within their chosen group, black sheep within the pack of white dogis, tell me in hushed breath about how they aren’t really allowed to do this, to train with someone beyond their pale. Some associations are huge, others, not so big, but they all have a similar characteristic – they are dictated over by a gatekeeper of knowledge, the person (or persons) at the top controlling courses, gradings and competitions... even governing legitimacy, access and connections to the extended community. These gatekeepers, using a model and working in a paradigm of a bygone age, increasingly tighten their grip as their wards break free or unsettle the status quo. They produce a karate political landscape that can be characterised by the Venn diagram with no overlapping.

But does it have to be like this?



What I have experienced over the last few years is a blurring of the lines, a contamination of groups and cross-pollination of karate-ka. The majority of my work is for the HDKI and as our policy is to insist that all our training events are open, we always have a number of guests – both training and teaching. There is a fluid exchange of ideas and as a result we find a number of individual karate-ka no longer fit into the old model of belonging to one group forever. I am Chief Technical Director of the HDKI, there is no one above me. I am, however, also a member of Rick Hotton Sensei's Sunday Morning Keiko. There is no conflict of interest and, in fact, anyone who is interested in Rick Sensei's karate, whether you are HDKI or other, I recommend you join his growing community. I recently had an impressive Shito Ryu sensei teach at my dojo. Next year we have three big seminars in Dublin and on each of them there is a non-HDKI



sensei making up part of the instructor team. My point is that for an increasing number of karate-ka, myself included, the martial arts landscape looks very similar to this Venn Diagram.

Some, of course, will always continue to live within the world of one group. Others predominantly live in one group, but dabble in others. And a further group live comfortably within a number of groups, finding their own way with guidance from a diverse variety of senior voices.

I can hear traditionalist screaming – “what about loyalty?” Shouldn't we be forever loyal to our seniors, sensei and association? Well... for me, loyalty goes both ways. As sensei we must be providing a spectrum of ideas and voices to maximise our students' ability to progress along their personal karate journey. I have had the displeasure of hearing some instructors say they don't trust anyone else to teach their students. Apart from being the height of arrogance, I think this is an exercise in ego. What they are saying is that their karate is applicable to everyone, regardless of body type, ability and interest in the different aspects of karate. Limiting the input to students' karate journeys shows no loyalty to them. This is then starkly contrasted by insisting students show loyalty to the instructor by only training with them.

So, this is how I see the karate world developing, an ever increasingly complex Venn diagram of over-lapping connections, fuelling innovation and karate adventures. Therefore, it is then important to find the Zen in the Venn. Quality and one's innate ability to recognise it will become the guiding force when choosing where and whom to train with. Of course, quality can be very subjective. A young fighter, developing their skills in the WKF arena doesn't want to train with me. A doorman wanting to gain specific functional skills for their job doesn't want to be refining the art of the martial. However, karate is a broad church and having a community that looks like my second example of a Venn diagram can limit the continuous fracturing of our art and ensure the continued development through cooperation.

KAGAMI BIRAKI 2018

HOLMER GREEN DOJO – 8TH JANUARY 2018

A traditional Japanese dojo will celebrate the start of a New Year with a special training session called Kagami Biraki 鏡開き

Kagami – means “mirror”

Biraki – means “to open”

So Kagami Biraki literally means “to open the mirror” and is practiced in households across Japan and not just martial arts dojos.

It should take place on the 11th of January (remember, odd numbers are lucky, even auspicious, in Japan) and is predominantly a celebration of welcoming the New Year.



The tradition dates back to the 15th century and the fourth Tokugawa shogun, when he gathered his Generals (daimyo) before an important battle to bless the army with good luck. He won! So Kagami Biraki became a popular practice.

What happens? Two things....

First, the lid of a sake barrel is broken open with a wooden mallet called a kizuchi. Then a special wooden ladle, a hishaku, is used to fill masu cups with sake from the barrel. A masu cup is

square in shape and was traditionally used to measure rice.

So why “to open the mirror”? The sake barrel has a round lid and base, so when you open it, you can see the round surface of sake which is said to resemble the moon ☺

Second, two special rice cakes (Kagami Mochi) are made and placed on the Shinto shrine (kamidana) prior to the Kagami Biraki ceremony.



The rice cakes are called mochi and are usually the size of a dinner plate, with a larger one at the bottom and a smaller one stacked on top. Placed atop would normally be a bitter orange mochi called a daidai to symbolise the continuation of generations and long life.

Because the mochi are made at the start of the festive season, by the time of Kagami Biraki they have become hard, quite brittle and have surface cracks.

Mochi are never cut with a knife! The cutting act symbolizes the cutting of family ties and so a hammer is used instead.

Once broken the pieces are shared out and eaten.

In a karate dojo the Kagami Biraki lesson usually takes place early in the morning and at the end of the lesson everyone sits down informally for some food, sake & mochi!



JKA ENGLAND OPEN CHAMPIONSHIPS

SATURDAY 3RD NOVEMBER 2018



On Saturday 3rd November, JKA England are holding their biennial Open Championships which are truly “open” to non-JKA members.



In 2016 the CKA had three competitors and came back with two medals. Now we want to double the number!

If you want to compete in either kumite or kata, please contact me at: - david.davenport7@aol.com or send me a text on **07753 761778**

The championships are held at K2 Sports Centre, Pease Pottage Hill, Crawley RH11 9BQ.

This will be a great day out – if you don’t fancy competing, please come along to spectate, support and cheer on the CKA!!

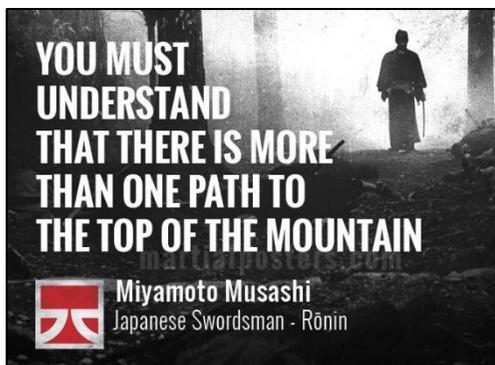
5 TIMES YOU WILL THINK ABOUT QUITTING KARATE..

Practicing traditional Shotokan Karate is not like going to the shops, it is not like ordering something from Amazon or indeed not like going to the gym.

Years of training are involved to achieve Shodan and quite a few times you will feel like you are not going anywhere, and that this may be a total waste of your time. The prospect of quitting Karate can always be an option if you are finding it hard or you are in a difficult patch. So here are 5 times you may well think about quitting Karate but if you look carefully.... these are actually opportunities to grow and develop both as a Karate-ka and a person.

YOU WILL EXPERIENCE PRESSURE

This isn't just one instance but a gradual trend throughout your training. You will be put under pressure many times. Demo's with your instructor, on a course or at your grading - you will continually be put in an uncomfortable position and asked to perform. This is the opportunity to learn to achieve under these circumstances. When you go for your Shodan, Nidan, Sandan or higher, you will be staring across the floor at a table full of 6/7th Dan grades who will judge you. Learn to live with the pressure and flourish.



YOU WILL EXPERIENCE SELF-DOUBT

At various points in your journey you will experience times when more is asked from you than you think is possible to deliver. More is needed to make the grade. The first reaction from everyone is "I can't do that" - you don't have to do it right now, just train and practice and you will. Do not let self-doubt stop you before you start.

YOU WILL CONTINUALLY EXPERIENCE FRUSTRATION

"Why can't I do it, I must be terrible at Karate! What's the point?" - Learning a martial art is difficult let alone Karate, where you need to perform a hundred tiny details just to execute one simple punch! I think we have all been there when our Sensei demonstrates something which looks relatively simple but we just cannot get right. These are breakthrough opportunities where your brain knows what to do but your body just can't do it. These moments can last 5 minutes, a day, a week or even longer and can drive you mad!!! The hard

thing is to keep forging forward, ignore the frustration and accept that it is all part of a learning process. Keep pushing, the breakthrough will come and you will be better for it.

YOU WILL EXPERIENCE PAIN

I am not saying that someone is going to break your leg or your nose (!) but you will experience some sort of pain on a variety of occasions. Tight muscles, blisters on feet, bruises, strains and sprains. All these are a rite of passage to a Karate-ka but can put a person off. The key thing is to train through these periods. Your body will heal, get stronger and all the while your mental strength, resilience and toughness will develop and improve. In the extreme and unfortunate event that you may have to use Karate outside the Dojo, do you always think you will always be 100% fit? Maybe not. Train and get used to working with your body. Getting the most out of it in any circumstance.

YOUR EGO WILL BE TESTED

"I gave it 100%, I did everything I could but I didn't pass...perhaps this is not for me" - In traditional Karate, there are many times that your ego will be tested. Can you shake hands with the person who soundly beat you in sparring? Are you able to go back to the Dojo after failing your Shodan and train with more intensity? Can you realise that you have work to do or maintain an open mind when you hear something different? Ego will give you confidence, push and drive but it will sometimes not allow you to accept feedback and improve.

The journey to Shodan is hard but it doesn't get any easier afterwards. Kata, Kihon and Kumite will continually test you but your biggest challenge will be yourself.

Quitting Karate is always an option and if you do, then that's ok. However, if you can overcome these obstacles you will be a better Karate-ka and will feel the benefits elsewhere in your life.

Karate training gives you a martial arts state of mind.

HOLMER GREEN DOJO 13YR ANNIVERSARY OPEN COURSE & FAMILY BBQ

SUNDAY 1ST JULY 2018

EVERYONE WELCOME!

TRAINING 1 1:00AM TO 12:30PM

BBQ FROM 1:00PM ONWARDS....

KARATE FOR BREAST CANCER

HOLMER GREEN DOJO – 18TH DECEMBER 2017



The final lesson at Holmer Green Dojo for 2017 was in aid of a very worthy charity – **BREAST CANCER AWARENESS**. It is a sad fact that 1 in 8 women in the UK will face this most horrendous disease during their lifetime but through amazing research, survival rates are now 78% and prevention stands at 27%.....literally, every penny raised saves a life.

To mark the occasion, all students gave up their treasured obi and wore **PINK** belts...some of the students looked more comfortable with this than others 😊

I received this from Maria Tsaousi, the Community Fundraising Executive for London & South:-

“...Thank you for helping us be there for more women facing breast cancer! The money you’ve raised could give 40 younger women with breast cancer the expert support of a specialist younger women’s nurse for one and a half days at a bespoke event. I’m sure all of you will feel very proud for what you have achieved. Thank you for sending us a picture! We love looking at our incredible supporters! You look fabulous! Thank you for your generous support and all the best for the new year...”



Many, many thanks to the students who came for their extreme generosity on the night!

We managed to raise **£330!** Well done to all!!

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 next 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, not just me!

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

あさせにあだなみ

asase ni adanami

“restless waves in shallows”

“.....deep rivers move in silence, shallow brooks are noisy – similarly, those who know a little are often the most talkative....”.

Grading Examinations

Grading examinations will cover all grades up to Black Belt 3rd Dan.

- **Sunday 4th March 2018**
- **Sunday 3rd June 2018**
- **Sunday 2nd September 2018**
- **Sunday 2nd December 2018**

Venue: Chiltern Hills Academy, Chartridge Lane, Chesham.

Time: 10.00 am start (prompt)

Grades: All grades

Cost: Standard grading fees apply

Grading training

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.

- **Sunday 14th January 2018**
- **Sunday 4th February 2018**
- **Sunday 25th March 2018**
- **Sunday 29th April 2018**
- **Sunday 24th June 2018**
- **Sunday 22nd July 2018**
- **Sunday 30th September 2018**
- **Sunday 28th October 2018**

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



TOKYO ● 2020



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