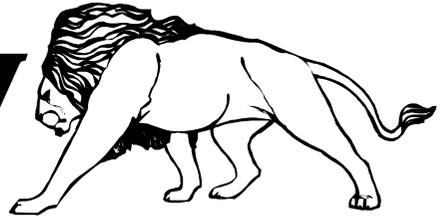


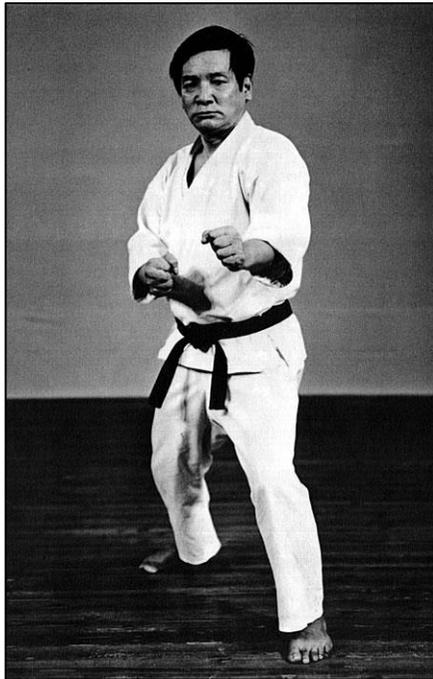
THE

LION!



THE OFFICIAL MAGAZINE OF THE
CHILTERN KARATE ASSOCIATION

JUNE 2018



HIROSHI SHOJI 1931 - 2003

FOREWORD....



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

The front page features another giant of Shotokan karate, **Hiroshi Shoji Sensei**. Born in 1931, he was renowned for his kata, especially his favourite Unsu. On 28th October 1957 at the first All Japan Karate-do Championship Tournament held at the Tokyo Metropolitan Gymnasium, he left the crowd spell bound with his performance. Still to this day he is the only competitor ever to score a perfect score for kata.



Shoji Sensei was very highly regarded within the JKA and he revealed shortly before he died that he was asked to be Chief Instructor – he declined as he knew that it would create great envy and jealousy amongst those who really wanted the fame and the glory, and that nothing good would come of it. Shoji Sensei was a very humble man, always smiling and he liked to play tricks on his students....at the end of training, instead of shouting “Saigo” which means “last”, he would sometimes change it to “Sah iko” which means

“let’s go!” for another round of techniques. Shoji Sensei would think nothing of an hour of karate basics as a warm-up before the lesson started!

A graduate of Takushoku University, he wrote a series of text books which are now very rare – the karate kata series – which gave instruction on Sochin, Wankan, Chinte, Nijushiho, Gojushiho Sho, Gojushiho Dai and of course Unsu!

Good luck to everyone grading today!

Dave Davenport

5th Dan EKF



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

END OF AN ERA

SENSEI ASHLEY CROFT STEPS DOWN AS CHIEF INSTRUCTOR OF THE CKA



After 25 years of leading the CKA, Sensei Ashley Croft has decided to hang up his CKA dogi and follow his heart on a new path of Budo.

The CKA and all of its students owe a huge debt of gratitude to Sensei Croft for his dedication in teaching traditional Shotokan karate-do. His energy & enthusiasm has built our karate association into a strong & stable unit which has surpassed the test of time.

One of main philosophies of the CKA is that we remain an independent organisation - Sensei Croft was passionate in keeping the CKA away from the mainstream single style organisations, away from the politics that so taints & constrains others.

We remain committed to that ideal and will follow that path, ensuring we continue to teach the very best in authentic Japanese Shotokan karate-do, and benefiting from the wonderful contacts we have made with the myriad of Shotokan groups around the world.

Sensei Croft has passed the honour of leading the CKA across to myself and with the help, support & guidance of the other Senior Instructors we aim to continue and build upon the legacy that Sensei Croft has left.

**Dōmo arigatō gozaimasu
Croft Sensei !**



どうもありがとう



KARATE DAN RANKINGS

AND WHY YOU NEVER CALL YOURSELF SENSEI..

A quick browse on the Web will reveal a lot of people engaging in the martial arts with a title that denotes rank. Here is a list of the most popular ranks in karate-do plus some rules about when you can use a rank (as determined by the Japan Karatedo Federation): -

先生 Sensei – literally “previous” and “life”; i.e. “one who has walked before” and a quick dictionary search will tell you that Sensei means "teacher" when translated to English. Usually a teacher will be someone that has lived & learned before you. The phrase saki ni umareta hito **先に生まれた人** means "a person who was born earlier." And shows this perfectly. Note the words saki **先**, "earlier," and umareta **生まれた**, "born," use the same kanji as sensei 先生, although the readings are different

先輩 Sempai – meaning "mentor" or "senior" often used to indicate an assistant instructor; a senior to a junior (**後輩 Kohai**). These are terms applied to the mentor system widely used in Japanese society

師範 Shihan – a senior instructor

範士 Hanshi – the head master of a style of karate; 5th dan & above for minimum 1 year, older than 40

教士 Kyoshi – a “teacher of teachers”; 6th dan & above for minimum 2 years, older than 50

錬士 Renshi – a “polished expert”; 8th dan for more than 2 years, older than 60

主席 師範 Shuseki Shihan - Shuseki means "Top position" i.e. Chief Instructor of an organization

宗家 Soke – the “head of the house”; the absolute head of a style, considered beyond the ranking system. In any style there is only one Soke

大先生 O'Sensei – a rarely used title meaning “great Sensei”; a senior master that is greatly respected, referring to a top master in a particular style.

館長 Kancho – as used by Kanazawa Sensei, “cho” means head or top and “kan” (like in Shotokan) means building i.e. the dojo; literally “top person in the dojo”

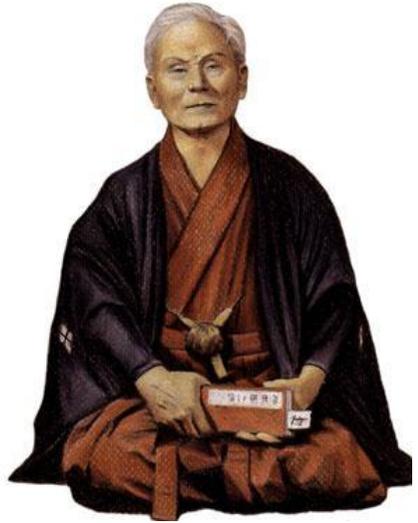
At this point it is worth remembering that Funakoshi Sensei did not like titles and never accepted any of these ranks for himself. He never called himself Soke, Hanshi, Kyoshi, Renshi

or even Kancho. The only exception was when the JKA was formed in 1948 at which point he accepted the title of Chief Instructor and the designation Shuseki Shihan. When Nakayama took over in 1956 he too assumed the title of Shuseki Shihan and nothing else.

So why does this all matter?

Why should you never call yourself Sensei?

We need to understand how the Japanese language works. To begin with, Sensei 先生 isn't just a noun. It's a noun *and* an honorific; it's a title, a suffix that goes after names of people. Which means you can use the same word in two different ways:



“watashi no sensei wa Enoeda-san” means *“my teacher is Enoeda”*

in this example, the word Sensei is a noun, and San is used as an honorific word. However: -

“Enoeda-sensei ga oshiete kureta koto” means *“..a thing Enoeda taught [me]...”*

This time the word Sensei is an honorific word.

When a Japanese person sees an occidental misusing their language they cringe and laugh. They are not saying that a non-Japanese can't be a Sensei. On the contrary, many Japanese are mightily impressed by non-Japanese karate-do and teaching methods. No...the reason why you never call yourself Sensei is this: -

みのるほどこうべのさがるいなほかな

Minoru hodo kobe no sagaru inaho ka na

This old Japanese proverb means *“..the boughs that bear most hang lowest..”* - I believe this proverb to symbolise those who are the most valuable and productive should also be those who are the most unassuming and least pretentious. It is a reference to modesty and humility being virtues, similar in meaning to *“not blowing your own trumpet”*.



So, why does one never call oneself Sensei? Simply because it's not a humble thing to do....

The word Sensei is not an objective title but an honorific title used by students who regard the Instructor as someone who has come before them. Sensei is a word that denotes respect for all the experience that has been gathered by the Instructor during their path of Budo and acknowledges the hardships & struggles that person has gone through to be standing in front, sharing their knowledge.

The word Sensei is a subjective word, not a factual statement i.e. it has no meaning other than a show of respect towards others. Other titles do have meaning and could be used as they are facts - hanshi, shihan, renshi, soke, kyoshi are all perfectly acceptable and many karate clubs operate hierarchal systems to denote rank.

For me, Karate-do is an intensely personal thing for others to recognise. Nagamine Takayoshi Sensei (10th dan, soke, Matsubayashi-ryu) summed this up when he wrote: -

"...you have to control what you are doing, or it will control you..."

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

MONDAY 18TH JUNE

ALL ADULT GRADES WELCOME!

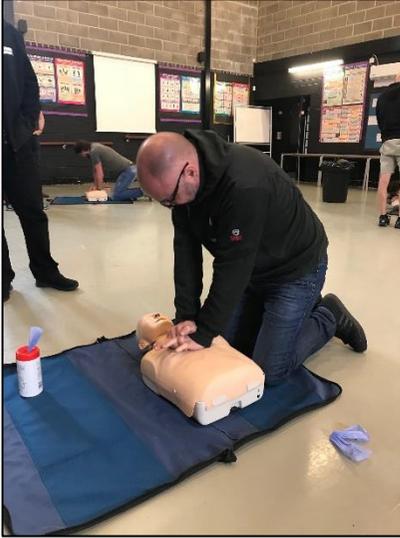
TRAINING 7:30PM TO 9:00PM

AFTERWARDS AT THE RAJ, HAZLEMERE !!

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

TGK -2018

FIRST AID COURSE – MAY 2018



First Aid – “...the help given to someone who is injured or ill, to keep them safe until they can get more advanced medical treatment by seeing a doctor, health professional or go to hospital...”



To ensure that the CKA provides its students with the best possible teaching in a safe environment, it is essential that we have a core of students who have been trained in First Aid.

With this in mind, on the 13th May 2018, twelve of our Yudansha attended a First Aid training course held at the Holmer Green Dojo. The training we received is valid for three years and the CKA now have a plan in place to conduct yearly First Aid courses, so that we

reach our goal that all Dan grades are trained in First Aid.

The course covered amongst other things CPR, the use of Defibrillators, how to deal with unconscious casualties, head injuries, sprains & strains, choking, seizures, and the recovery position.

Many thanks to everyone that gave up their valuable time on a Sunday morning!

Also, thanks go to Cheryl Mathews of **4 Minutes First Aid Training** for conducting the course and making it both informative & eye opening!



KARATE NI SENTENASHI

AN ARTICLE BY IAIN ABERNETHY

Iain holds the rank of 7th Dan and is a leading exponent of applied karate and Bunkai.

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

“Karate ni Sente Nashi” (no first attack in karate) is undoubtedly one of the most misunderstood phrases in our art. Many take it to be a tactical instruction to always concede the initiative to the enemy by doing nothing until an assault is underway. To illustrate both the ridiculousness and immorality of this position, we can consider a teenage girl who has just been threatened with sexual assault. Are we really saying she is being immoral if she strikes before the assault begins in order to escape? I would hope not!

The past masters who wrote about “Karate ni Sente Nashi” were very clear it is a moral instruction; not a tactical one! The karateka should never be the cause of the violence, but when we can’t avoid the unprovoked violence of others, despite our best efforts, then striking first is something they recommended:

“When faced with someone who disrupts the peace or who will do one harm, one is as a warrior in battle, and so it only stands to reason that one should seize the initiative and pre-empt the enemy’s use of violence. Such action in no way goes against the precept of ‘no first attack’ ...the expression ‘karate ni sente nashi’ [no first attack in karate] should be properly understood to mean that the karateka must never take a hostile attitude or be the cause of a violent incident; he or she should always have the virtues of calmness, prudence and humility in dealing with others.” – Kenwa Mabuni

“There is a saying ‘no first attack in karate’ ...To be sure, it is not the budo spirit to train for the purpose of striking others without good reason. I assume that you already understand that in karate one’s primary goal must be the training of mind and body... But when a situation can’t be avoided and the enemy is intent on doing you serious harm, you must fight ferociously. When one does fight, taking control of the enemy is vital, and one must take that control with the very first move. Therefore, in a fight one must attack first. It is very important to remember this.” – Choki Motobu



We can clearly see that both Motobu and Mabuni saw pre-emption as being very important and that it in no way violated “Karate ni Sente Nashi”.

Pre-emption is one of the few things that works consistently and that is why it should be the go to method when we have an *honestly held belief* that the violence of others is unavoidable unless we tactically intervene. It provides the most effective way out of a situation with the least amount of violence.



During the dialogue stages we should let the enemy believe they are in full control and that we have no intention of striking, we should then strike them and in the moment of surprise and confusion seek to escape. This is the exact tactic endorsed by Gichin Funakoshi in his book “Karate-Do Kyohan”:

“..When there are no avenues of escape or one is caught even before any attempt to escape can be made, then for the first time the use of self-defence techniques should be considered. Even at times like these, do not show any intention of attacking, but first let the attacker become careless. At that time attack him concentrating one’s whole strength in one blow to a vital point and in the moment of surprise, escape and seek shelter and help..”

The exact same tactic is also endorsed by the Bubushi: *“..It is often essential to deceive the enemy in order to make an opening. When violence can’t be avoided, be prepared to feign incapacity, weakness or cowardice and when they let down their guard, strike immediately..”*

While the law relating to self-defence varies around the globe, here in the UK using pre-emption (when you have an honestly held belief that an assault is imminent) is supported in law. This is true even if it is mistaken or unreasonable belief; providing the belief is not “attributable to intoxication that was voluntarily induced” (Criminal Justice and Immigration Act 2008 – Section 76).

“A man about to be attacked does not have to wait for his assailant to strike the first blow or fire the first shot; circumstances may justify a pre-emptive strike.” – Beckford v R [1988] AC 130

“A man who is attacked, or believes that he is about to be attacked, may use such force as is both necessary and reasonable in order to defend himself. If that is what he does then he acts lawfully.” – (R v Balogun [2000] 1 Archbold News 3)

“There is no rule in law to say that a person must wait to be struck first before they may defend themselves, (see R v Deana, 2 Cr App R 75).” – Crown Prosecution Service Website

Pre-emptive striking is highly effective, moral and legal. It was also a method endorsed by the past masters and it in no way violates the concept of “Karate ni Sente Nashi”. It should therefore be a part of the training of all karateka.

TOKYO 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 and at the end of February 2018 a group from the CKA set off to Tokyo.

This is the account of our karate adventures....

Day One – with Captain James at the helm we landed at Haneda Airport on route to our new home, Kimi Ryoken in Ikebukuro. After unpacking in our luxurious suites, we fought the jet lag by heading off to Asakusa to see the Sensō ji Temple and the Sky tree.

Sensō-ji is Tokyo’s oldest temple dating back to 645AD. It has the famous *Kaminari-mon*, the Thunder Gate, with a huge paper lantern hanging from the middle beam.

The Skytree is relatively new to Tokyo, being completed in 2010. At 634m it is the tallest tower in the world and the second tallest structure only behind the Burj Khalifa in Dubai.



After meeting some of Tokyo's residents and having our first taste of local cuisine, we headed back to Kimi Ryoken to sleep. And sleep....



Day Two – Sunday in Tokyo is when traditionally the youth movement comes out to play and that means heading out to Harajuku to visit the Meiji Shrine, Yoyogi Park, dance with the Rockabilly's, walk down Takashita Dori.



Meiji Jingū is actually in Shibuya; it is the Shinto shrine that is dedicated to the Emperor Meiji and his wife. The huge Torii gates and the sake barrels are synonymous with Meiji.



Takashita Dori is.....a little bit difficult to describe!



In the evening we headed out to the Akihabara, the electronics district of Tokyo.



Day Three – Finally we get to the start of training! But first, two karate related trips...a visit to the Tokaido shop to order new dogi's and belts...and then a pilgrimage to visit the grave of Keinosuke Enoeda Sensei, my inspiration in Shotokan karate-do, my mentor.



Eventually we arrived at the JKA Honbu to start our six consecutive days of training – this evening we trained with Ogane Sensei and Mike managed to injure a local woman...

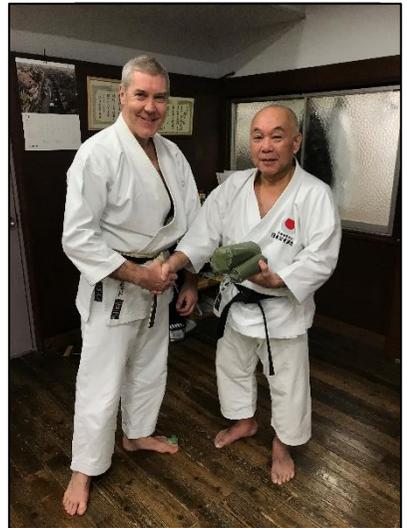


Day Four – the day we had been anticipating & dreading in equal measure...training at Takushoku University. Training was early so we had no time to go sightseeing. Lining up as one after another lean fighting machines wandered in, it seemed like a scene from Gunfight at the OK Corral! But even though the training was some of the most intense I have ever experienced, the welcome was one the best. We trained with Richard Heselton Sensei and Taniyama Sensei.



I left my mark on someone....and then my toe fell apart.... thank god for duct tape 🙏

Day Five – today we had an invite to visit the world famous Hoitsugan dojo; the “Hoits” was the personal dojo of Nakayama Sensei and the dojo is still being run by Kawawada Sensei. The uneven floor literally oozes history. Before we trained we visited a new feature of Tokyo, the Samurai Museum.



After training we went back to Kimi via the Golden Gai, a series of back streets littered with micro bars....a quite night before bed...

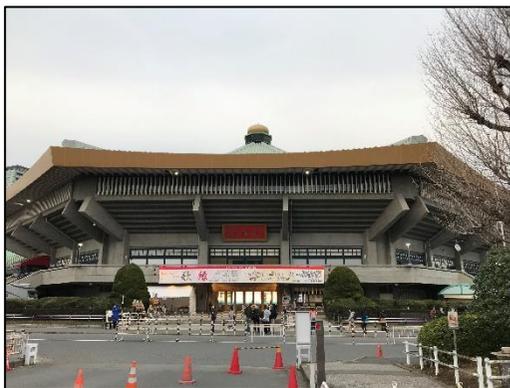


Day Six – back to Takushoku for round two of utter madness. And afterwards to a Korean restaurant where I had the honour of Taniyama Sensei trying his best to get me blind drunk.... he didn't have to try too hard 😊

The night will be forever remembered for a new game "hide the pigs knuckle"...



Day Seven – the plan was to train at the SKIF Honbu but the sheer effort of the training schedule had taken its toll, so we decided to head out to Kita-Kamakura and visit the shrine of Gichen Funakoshi, and to let our bones heal for the final training session the next day.



Funakoshi studied Zen Buddhism at Engaku-ji temple and he is remembered with a memorial stone erected in 1968, which features his famous quote “ Karate ni sente nashi (There is no first strike in karate), the second of Funakoshi’s Twenty Precepts.

Whilst having a well-deserved break upon the hill top, we even got a view of Fuji Yama.

Day Eight – the final training session would take place at the world famous Budokan, with Shibata Sensei.

And in what seemed like a blink of an eye, our trip was over.... but what a trip!

From Bernard’s dress sense to Szymon’s food cravings...Mike beating up women to Alex beating up young children.... Sam’s obsession with Taniyama’s son to Damian’s tales after a few cans of Sapporo.... Paul’s exceptional sense of direction to Jason scaring the locals....

Thank you for sharing karate adventures with me...until the next time!



TOKYO GASSHUKU 2018

A STUDENTS PERSPECTIVE..

“...Japan 2018 – what an experience!! And so many firsts.

Brought a Passport...Flew on a plane...Sat in the pilot’s seat...Visited a foreign country...Ate foreign food in its own country...Worked with Japanese Yen...Navigated around a foreign country...Trained in Japanese dojo!

The company kept was exceptional, and believe it or not there were no ego’s in sight! The nine of us all got on really well, no arguments. Eight of us shared rooms, sleeping on mats. Awesome.

Each day was jam packed with new and exciting things to do and try. Ranging from looking down from Skytree tower, watching rockabilly dancers in the street, visiting Sensei Enoeda and Funakoshi’s shrines, seeing mount Fuji in the distance, packing out Tokaido’s shop and the training - I even brought a shiny new black belt from Tokaido, so have now retired my 15-year black belt...but it might come out for special occasions.

Everywhere we went we were made to feel welcome, some good friendships forged.

As for the food, most of it is brought via vending machines, all words were in Japanese, so you just guessed...eating was like spinning a roulette wheel, if you were lucky you found chicken. Both Damian and I had our Birthdays in Japan, we got to choose the evening meal, mine was pizza, Damian’s was an open buffet.

Would I recommend it or go again, Yes, Oh Yes! Roll on Japan 2020!...” - **Paul James**

“...the highlight for me was without doubt training at Takushoku University. The feeling when we walked into their dojo will live with me forever. The students looking at us thinking “*what on earth are they doing here?*” whilst we warmed up feeling terrified at the prospect of what was in store for us.

But the opposite could not have been greater. The students were fantastic and accepted us with open hearts. For sure the training was like nothing I have experienced before but truthfully it was such fun. For a group of foreigners to be welcomed into their world with such warmth was incredibly special ...” - **Jason Guest**



“...I’ve been doing karate for just about 3 years now and when I was given the chance to go to Japan I jumped at the opportunity. The goal was to get outside my comfort zone in a hobby that I had increasingly become more comfortable in. And in a sense, I did. I didn’t speak the language, I was on a trip with people I liked but didn’t know if they could put up with me for 10 days and I did training at such meaningful and prestigious place, and with people that blew my mind. But what I got out of it, that was much more beneficial to not just my karate but my whole sense of self, was the camaraderie.



This wasn’t a trip of 9 individuals going to Japan and training.

This was a group of 9 struggling to get through six days of training in a row. We spent the majority of our time together going through an intense physical challenge and I realised I was comfortable. I had come to Japan to get out my comfort zone and yet found myself more comfortable with the people I had set out with. I went from being afraid to say someone’s name because I might get it wrong to making fun of them because they were a giant, couldn’t figure out which way to go, wore ridiculous shirts, or who hid pork knuckle in their sock 😊

I even witnessed the camaraderie of the Japanese karate-ka. Students incredibly loyal to their Sensei, stuck in the politics of their world. I saw the students of Takushoku and their bond through their ridiculous training schedule, and how their dojo captain would rally them with shouts and cheers when moral was wavering.

I guess my point is for me, karate isn’t just a beautiful martial art full of prestige, kumite and kata. It’s also the people who I have met on the way, the Christmas dinners, the barbecues, those 5 minutes before class where we all catch up and more.

Karate gives me discipline, confidence, focus and drive but it also gives me the people I would call friends and look forward to growing with, until the next trip to Japan...” - *Sam Green*

CKA 25YR ANNIVERSARY SPECIAL EVENT

SUNDAY 24TH JUNE 2018

GRADING TRAINING & KATA COURSE

10:00AM TO 12 NOON @ CHESHAM DOJO

BBQ FROM 1:00PM ONWARDS...



(DON'T PANIC – THE ENGLAND MATCH WILL BE ON!)

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

門前の小僧習わぬ経を読む

mon zen no kotō narawanu kyō wo yomu

“an apprentice near a temple will recite the scriptures untaught”

“.....people become the product of their environment...you are at your most creative & productive when surrounded by like-minded people in the right setting.....”

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



**KEEP
CALM
AND
TRAIN WITH
THE CKA**



TOKYO 2020



CKA KUMITE AND PARTNER WORK DVD

ALL THE CKA KUMITE SETS ON DVD.

AN ESSENTIAL LEARNING AID!

£15.00

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