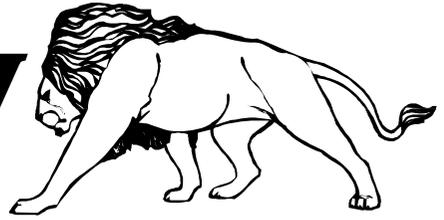


THE

LION!



THE OFFICIAL MAGAZINE OF THE
CHILTERN KARATE ASSOCIATION

SEPTEMBER 2018



CELEBRATING 25 YEARS!

FOREWORD....



Welcome to the September 2018 edition of The Lion!

At today's grading we are launching the new logo for the CKA!



To mark our 25th anniversary, we decided to revamp our current badge with a new version, fit for the *next* 25 years. The design has been produced by a top London graphics agency that has worked with prestigious companies like Audi, Burberry, Ocado etc...! I hope you like it 😊

We wanted the design to be an *evolution* and not a revolution, and we wanted to ensure the following: -

- Retain the Lion symbol, still facing right & in gold, but making the image more contemporary

- Retain the three main colours of Red, White and Gold – in Japanese culture, red is related to passion, white to purity and gold to strength.

Traditionally, Japanese kanji is always in black.

- Introduce the word “Shotokan” in kanji, forging our links to authentic Japanese karate-do
- Keep the outer ring with the words “Chiltern Karate Association”
- Celebrate our rich heritage & history by showing when the CKA was formed
- Tighten the red half circle, sitting within a full white circle - again a reference to Japan and the rising sun emblem of Shotokan karate-do

From today onwards, ***all*** members of the CKA will be required to wear a badge on their dogi – those with an old design badge can exchange for the new one (for free!). However, if you do not have a badge at all, then the cost will be £3 per badge.

Over the coming months we are hoping to offer clothing items to further promote the CKA!

Good luck to everyone grading today!



D C Davenport

Dave Davenport

Chief Instructor - 6th Dan EKF

SCOTT LANGLEY COURSE 2018

SUNDAY 11TH NOVEMBER



I have the greatest of pleasure to confirm that Sensei Scott Langley (Chief Technical Director of HDKI) is returning to the CKA on Sunday 11th November!!

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

Please confirm your place with me as soon as possible to avoid disappointment 😊



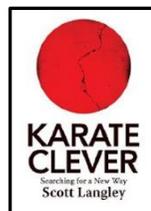
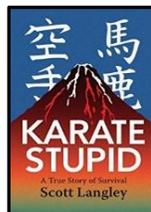
As has been well documented, Scott famously endured the JKS Instructors course, graduating in 2002. Upon his return to the UK he wrote a “warts and all” book about life in Tokyo and his experiences. Don’t forget that Scott won at the National Championships five times, European Championships three times, and at the 1996 JKA World Championships in Moscow.

The three 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

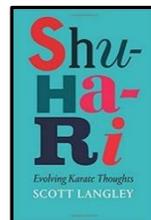
Shu Ha Ri – ISBN-10: 1720680744; ISBN-13: 978-1720680741



The format for the CKA course will be as follows: -

- Holmer Green dojo
- 2 x 90 min sessions
- First session – 10:30am to 12 noon
- Second session – 12:30pm to 2:00pm
- Cost is just £20 per person

(there will be a short break between the two sessions for a snack etc)

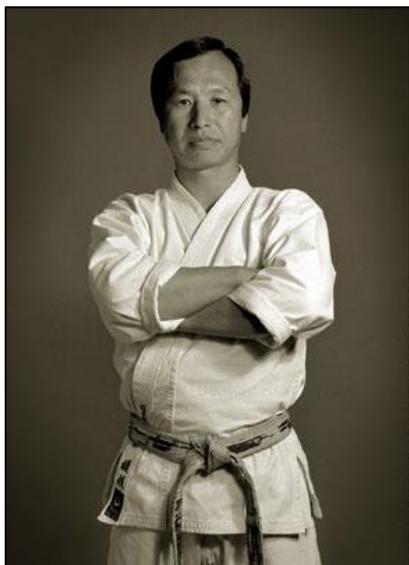


Contact me at: - david.davenport7@aol.com or send me a text on **07753 761778**.

REFLECTIONS OF MY EARLY DAYS OF LEARNING KARATE

AN ARTICLE BY KEINOSUKE ENOEDA – 9TH DAN

Enoeda Sensei was one of the greatest exponents of Shotokan karate the world has ever seen. Known by his students as “The Boss”, here is a reproduction of a short article he wrote...



Shortly after I took up karate, I hit a wall, figuratively speaking – I was worn out mentally and physically. I passed my time discontentedly and could not put my heart into training.

Then someone suggested that I might find some distraction in the practice of **zazen 座禪** (Zen meditation). So, I went off to the Zen dojo (meditation hall) without knowing a thing about it. I am not sure whether it was due to all the distractions but all that happened was that I was filled with delusions, like a lantern that revolves constantly, and I came to the hasty conclusion that I was unable to put up with that situation, so I gave up **zazen 座禪** after a short time. Immediately afterwards, perhaps as a result of discovering that I was absolutely useless, I found myself sufficiently composed to be able to reflect quietly on what had happened.

When I considered carefully my motives for taking up karate, I realised that the purpose of my karate training was to become strong and I only thought about brute force, the first principal of strength.

Moreover, by examining my feelings towards becoming strong and my attitude towards winning, I realised that I would never get any peace of mind. The conditions for peace of mind and ease of mind exist when one has no anxieties and one's mind is tranquil. This is an all-embracing problem; it is a basic problem for all of mankind and is very complex. But if we restrict it to the question of karate, the art originally developed as a means of self-defence; nobody can disagree with that. What happens is that one imagines an enemy in karate and this stimulates one's technique training. There is no limit to the quality and the quantity, as well as innumerable variations in the enemy's movements. Training in techniques must enable one to take the appropriate action on any given occasion or in any given place. But human beings will never become Gods and so cannot perfect this precisely. Consequently, attempting

to resolve karate by means of strength alone is failing to properly evaluate the importance of karate.....a situation that will never give one peace of mind and tranquillity.

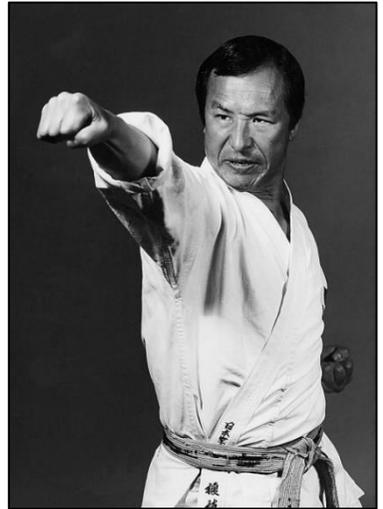
I worry that taking as a goal only the acquisition of strength leads to contradictions and this in itself is of concern. I feel very strongly the importance of grasping the correct goal.

We are talking about karate here, so it goes without saying that technique training is of the upmost importance. However, there is a problem with people having incorrect goals, being over confident about their own strength, or being super-strong in everything they do. If one relies solely on strength, but cannot resolve matters by means of this strength, there will be a great feeling of unease. The fact is there is a limit to human strength and I do not think it is possible for anybody to perfect self-defence that relies only on strength.

Here we come to the elements, by that I mean **do 道** (the Way). In movement that flows spontaneously and naturally, lies the confirmation of the reality of karate within the martial arts, which enables us to obtain peace of mind from the spiritual training in true karate.

The above are my reflections on karate and ideas I have when I let my mind roam.

I think that however you look at it, the ultimate aim of karate is the "*perfection of mankind*".



**THE NEXT "TE KARA GETSU-YÖBI KEIKO"
AT HOLMER GREEN DOJO WILL BE ON: -
MONDAY 24TH SEPTEMBER**

ALL ADULT GRADES WELCOME!

TRAINING 7:30PM TO 9:00PM

AFTERWARDS AT THE RAJ, HAZLEMERE !!

- **TE KARA** — "AFTER DOING"
- **GETSU-YÖBI** — "MONDAY"
- **KEIKO** — "'PRACTICE", "STUDY" OR "TRAINING"

TGK -2018

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 please come along to spectate, support and cheer on the CKA!!



JKA ENGLAND
日本空手協会英口



CKA CHRISTMAS MEAL
THE SWAN, AMERSHAM



SATURDAY 8TH 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!!**



MATT PRICE COURSE 2019

SUNDAY 17TH MARCH



Some very exciting news..... we have been able to secure Matt Price (6th Dan JKS) to teach a course for the CKA!!!!!!

You may be aware that the JKS have become very insular in the past few years (in Tokyo we could not train with them!) and Matt only ever gives courses to JKS affiliated clubs..... but will make an exception for the CKA!!

Matt is the current JKS England National Squad Coach and was **THE** top Shotokan competitor, a true World Champion..... seriously this guy is Shotokan royalty!!

- 9 times KUGB (JKA) National Champion
- 16 times Grand Slam Kumite Champion
- 2 times voted European Competitor of the Year
- In 2002 Matt became the fourth person in the history of the KUGB to become Grand Champion by winning both the kata and kumite at the National Championships



- 2006 saw Matt taking the title of individual European Champion at the ESKA Championships in Lucerne, Switzerland; the first British competitor to do this since 1989. During this time Matt was also competing under Sensei Ticky Donovan OBE as part of the English All-Style team and added WKF International Medals to his collection
- 2007 - captained the Senior Men's Kumite team which won Gold at the World Shotokan Karate Association championships in Bydgoszcz, Poland

I hope you will agree this is a MASSIVE coup for the CKA and I hope you are all as excited as I am about the prospect of training with one of the true greats of Shotokan karate.

Matt retired from competition in 2007 - here follows an article that Matt wrote in April 2011 for Shotokan Karate Magazine...

COMPETITION KARATE

: A CASE FOR THE DEFENCE BY MATT PRICE

I personally find it a great shame when I hear instructors not promoting tournament karate to their members. Many instructors proudly boast that they do not do tournament karate. Telling anyone that will listen that they have no interest in this watered-down touch-tag karate and the karate they teach is the real deal.

Before I put forward my defence, I would first like to answer a question I am frequently asked as I feel it will add to my case. Since retiring from competition I am often asked, "Do you miss competing?"



It's an easy answer to give. No, on the whole I do not miss competing. I do miss aspects of competing; I would be fibbing if I said that I didn't miss winning. Now I could tell you that I only started competing to gain a higher level of Budo understanding, but the truth is I did it to win. I enjoyed the feeling of being able to beat an opponent, looking for a weakness that could be exploited. It was exhilarating when a technique, combination or tactic that I had spent hours working on just happened as if by itself and worked. But as I said, no I don't miss it.

I feel that the years I devoted to tournament success (I started competing at age 13 and retired at age 36) were fantastic for me. I eventually achieved all the goals and targets I set myself. I fought against many of the world's best competitors in both the all-styles and Shotokan circuits, winning more than I lost. I would spend almost all of my training time perfecting tournament techniques with the aim of winning. Most days I would train twice and spend the sessions pounding out the same techniques and combinations and working on my tournament kata. I would get together with my training partners and work pad drills and sparring. We would watch videos of the top competitors from around the world and work out their techniques and tactics. We would set ourselves punishing fitness drills. Hill sprints with sparring at the top, only stopping to let a car or pedestrian pass. Sometimes competing almost every weekend for weeks on end.

I loved all this and believe it acted as a great base for my future development as a karate-ka. I believe competition karate has many great benefits that will help the student become a better karate-ka.

An extremely valuable lesson that can be learned from tournaments is controlling the inevitable stress of competing. Going into an environment where you could end up getting punched or kicked by an unknown aggressor is obviously scary. The inevitable fear of the unknown makes it very different from dojo training. Overcoming this barrier is something a karate-ka should endeavour to do, and a tournament is an excellent environment to do this. Anxieties and fears will always be there when you compete; it's learning to control these



emotions that will improve your ability as a karate-ka. As Master Funakoshi said "First control yourself before attempting to control others." We all turn up at an event and look at the draw sheet to see who we will be competing against, looking for the big names. We walk around the arena looking at competitors thinking how sharp or aggressive they look, a little voice in the back of your head saying, "I hope I don't get him," this is human nature. As a competitor I had to learn to deal with the demons in my head, I learned to take them

for what they were, just thoughts. I learned to believe in myself, knowing if I'm having these thoughts then so is my opponent. So just accept they are there and get on with it.

I understand that competition karate is not for everyone and that many students will consistently train and never feel the need to compete. I am also sure that many karate-ka would like to compete but fear taking part in tournaments. For these students I believe they should do it at least the once and face their fears. You never know, they may love it and they will be at the dojo every week. Training hard preparing themselves for the next event. For many, just having them compete and conquer a fear will progress them as a martial artist. For them winning or losing is irrelevant, just doing it is enough.

Competition karate will also help you deal with failure. Unless you are superman you don't just start entering tournaments and winning them. At first you will probably feel completely out of your depth. Learning to accept the setbacks and build on small victories is vital for success. The ability to bounce back is an essential part of competing. You learn to analyse your failures and work to eliminate them.

A good competitor must also learn to cope with and come back from disappointments. In a shobu-ippou contest your fight can be over in a flash. You may have trained for months leading up to a particular event and you could be packing your gi back in your sports bag after a fight that lasted a few seconds. Sometimes you may rightly or wrongly feel that you have been hard

done to, by a referring decision. In tournaments we have all suffered from "*I've been robbed*" and it can feel devastating after you have dedicated so much time and effort in the run up to the event. Do we spit our mouth guard onto the mat, refuse to bow to our opponent and stomp out of the arena? No, we do not; as karate-ka we learn to take it and control our emotions. If a competitor of mine acts like that at a tournament they will be severely reprimanded. My students are taught self-control, if they need to vent some steam they can do it away from the public eye.

As you improve you will also have to learn to deal with pressure. The expectation on you to win can stifle your ability to perform. If you want to reach the top and stay there for any length of time you must learn to cope with the pressure of expectation. When you arrive at a tournament and someone comes up and tells you that everybody else may as well go home now you're here, it is horrible. They probably think they are being nice, but that weight on your shoulders can drag you down. So, you learn to deal with it.... you have to if you want to remain successful.

I believe that if you want to keep younger members of your dojo motivated to train, tournaments are a great incentive. I started karate aged 9, and I have to wonder would I have kept training throughout my teenage years if tournament karate hadn't been there for me. My early years in karate were fuelled by stories of Yahara Sensei leaping into the air for a kick and Terry O'Neil Sensei somersaulting across the floor into an axe kick. This is what made me get on the bus and go to the dojo. At 16 I remember making my dad bring me home a day early from a family trip because I had to go training. I remember explaining to him that due to injury



Randolph Williams wasn't competing and a place was up for grabs on the Leeds 5-man kumite team. I told him that I couldn't miss a Wednesday night kumite lesson as someone else may get the place. My determination to succeed in tournaments instilled a discipline towards training that could only benefit my karate. Many a time I could have stayed home and missed training but the discipline I knew I must adopt to succeed in competition made me get up and go. That same discipline is still with me now and I hope it always will be.

An argument levelled by some anti-tournament instructors is that competition karate is just touch tag. This I find frustrating; I can tell you that in the 20 years I spent on the KUGB National Kumite Squad, starting on the Junior Squad age 16, tag was never played. These sessions were frequently brutal and I don't want to get into the in's and out's of what went on in the sessions,

that's maybe for another article, but conquering the fear of the sessions was all part of the growing process. The all-style squad sessions were also hard-hitting affairs maybe without quite the same level of ferocity, but with an added element of extreme fitness to push you to your limit. If you want to compete as an International level karate competitor these sessions were essential as top-level competitors hit hard. This is as true in WKF fighters as it is with Shotokan competitors.

Now that I have been retired for a few years I still do a lot of the training that I mention above,



just not the same amount. This has freed up a lot of training time for me and has enabled me to do the training I never had time to before. In the past when the opportunity to train on a course or seminar with a visiting instructor came up I would rarely get the opportunity to do so. I would inevitably be away competing or at a pre-training camp, or often I just couldn't afford the time away from my tournament training schedule. That has all changed now. I have trained with many different instructors both within Shotokan and top martial artists outside of Shotokan and karate. I

along with members of my club have travelled to Japan to train with Kagawa Sensei and Yahara Sensei and their instructors and we are currently in the process of planning our return trip for spring next year. Since retiring from tournaments I have been able to expand my knowledge of karate as a complete art. I find that almost every top-level instructor that I train with is able to add something to my understanding of karate.

I enjoy my training now more than ever and I believe the reason I get so much out of it and enjoy enhancing my karate spectrum is the solid base it gained from my competitive years. I never find myself bored or disheartened with karate, I always have new ideas to work with and to teach. I am constantly inspired both by competitive karate-ka and senior instructors. For me karate is fresh and alive, not stifled and dying. For a dojo to stay fresh the young blood must be encouraged and kept and I believe tournament karate can do this. These days most dojos struggle to recruit members who are already into their teenage years. By their mid-teens their interests are already formed. So, get them young and mould them, use competition to fire them up and keep them motivated. Give them goals to achieve and watch them grow. Before you know it, they are adults who have a fantastic karate base and hopefully a thirst for further karate knowledge.

SHU HA RI

A JOURNEY THROUGH BUDO ..

I put this article together to try and explain how Shu Ha Ri is the journey one takes on the path of Budo and describes the natural evolution of a karateka..... Asai Sensei embodies this.

One of the hardest concepts for all karateka to grasp is that the art we love is a constantly changing form. As we as individuals make our way through our journey of Shu Ha Ri, it is only natural that enlightenment brings change.

As students of Budo, we all follow a path of Shu Ha Ri with some karateka journeying further than others....



shu (守) "protect" or "to obey" - initially the student follows the traditional wisdom & teachings of the Sensei precisely. The student concentrates on how to do the task, without worrying too much about the underlying theory. If there are multiple variations on how to do the task, the student concentrates on just the one way the Sensei teaches. The dual meaning of the term is aptly descriptive of the relationship between a martial arts student and Sensei in the student's early stages, which can be likened to the relationship of a parent and child. The student should absorb all the Sensei imparts, be eager to learn and willing to accept all correction and constructive criticism. **Shu** stresses basics in an uncompromising fashion so the student has a solid foundation for future learning.

ha (破) "break free" or "frustrate" - at this point the student begins to break with tradition by simply questioning & daring to wonder. With the basic practices working, the student now starts to learn the underlying principles and theory behind the technique. The student may also start to learn from other Sensei and integrate that learning into their practice. **Ha** is another term with a double meaning...sometime after the student becomes **yudansha** (lower ranking black belt), they will begin to break free in two ways. In terms of technique, the student will break free of the fundamentals and begin to apply the principles acquired from the practice of basics in new, freer, and more imaginative ways. The student's individuality will begin to emerge in the way they perform techniques. At a deeper level, they will also break free of the rigid instruction of the Sensei and begin to question and discover more through personal experience. At the **Ha** stage, the relationship between student and Sensei is similar to that of a parent and an adult child, and this can be a time of frustration for the Sensei, as the student's journey of discovery leads to countless questions beginning with "Why..."



ri (離) "leave" or "set free" - the student transcends, now following their own path and isn't learning from other people, but from their own practice. The student creates their own approaches and adapts what they have learned to their own particular circumstances. **Ri** is the stage at which the student, now a *kodansha* (high ranking black belt), separates from the Sensei having absorbed all that he or she can learn from them. This is not to say that the student and Sensei are no longer associated! Actually, quite the opposite should be true; they should now have a stronger bond than ever before, much as a grandparent does with their son or daughter who is now also a parent. The student treasures the wisdom and patient counsel of the Sensei and there is a richness to their relationship that comes through their shared experiences. But the student is now learning and progressing more through

self-discovery than by instruction and can give outlet to their own creative impulses. The student's techniques will bear the imprint of their own personality and character. **Ri**, too, has a dual meaning, the second part of which is "to set free" ...as much as the student now seeks independence from the Sensei, the Sensei likewise must set the student free.

Shu Ha Ri will never be a straight-line progression but more circles within circles thus there is Shu within Ha and both Shu & Ha within Ri. The fundamental principles of the techniques remain constant but the application of them and the subtleties of their execution change as the student progresses and their own personality begins to flavour the techniques performed.

The student and Sensei are always bound together by their close relationship and the knowledge, experience, culture, and tradition shared between them. Ultimately, Shu Ha Ri should result in the student surpassing the Sensei, both in knowledge and skill. This is the source of improvement for karate-do as a whole.

If the student never achieves the Sensei's ability, karate-do will deteriorate.

If the student never surpasses his Sensei, then karate-do will stagnate, at best.

But, if the student can assimilate all that the Sensei can impart and then progress to even higher levels of advancement, karate-do will continually improve and flourish for the next generation and beyond.



BEWARE OF FALSE PROPHETS

AN ARTICLE BY RICK HOTTON (SMK)

Rick Hotton is an outstanding karate instructor in high demand around the world. His unique style of teaching has created a following known as the Sunday Morning Keiko – a collective designed to share knowledge that will improve the whole and not just the individual.

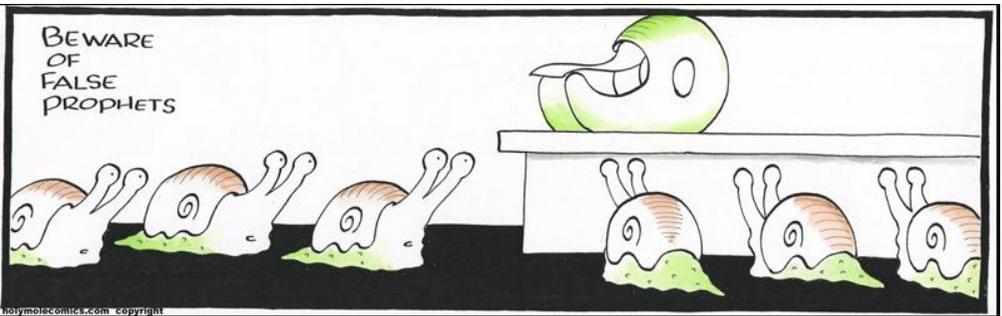
Here is a reproduction of a short article he recently wrote...

“..Recently, I was interested in a particular turn from the kata Nijushiho - just out of curiosity I wondered how many high level karateka turned on the ball of their foot and how many turned on the heel - that endless debate! As it "turns" out, it was about half and half.

Of course, there are great arguments that can be made either way - which illustrates in my mind that both ways have sound validity. Perhaps the greater epiphany is that beyond the ball of foot/heel debate there exists a deeper truth - that there is no gospel Truth!

When a student and friend of mine suggested we put some video content on YouTube a few years back, I was resistant for that very reason - because I did not want to come across as telling anyone how they should or should not do their karate, just offer some of the observations that I have discovered over the arc of a 50-year practice. Yet even with that said, it is not the gospel truth! Just observations - if they make sense to you please take them, if they don't, then disregard them. No matter what anyone tells you, just remember, it is ALL hypothesis.

My Aikido teacher Matsugi Saotome Sensei often says "*no groupies*". In other words, don't fawn after an individual – because you are looking out when you should be looking in. You have one life, find it..."



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

石の上にも三年

ishi no ue nimo san nen

“(to stay) three years on a rock”

“.....this proverb teaches the principle of perseverance by encouraging one to see an enterprise through to its conclusion.....”

Grading Examinations

Grading examinations will cover all grades up to 1st Kyu.

- **Sunday 4th March 2018**
- **Sunday 3rd June 2018**
- **Sunday 9th 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



CKA KUMITE AND PARTNER WORK DVD

ALL THE CKA KUMITE SETS ON DVD.

AN ESSENTIAL LEARNING AID!

£15.00

SEE YOUR CLUB INSTRUCTOR