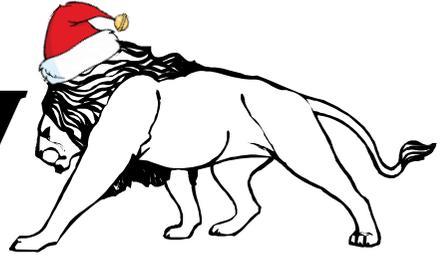


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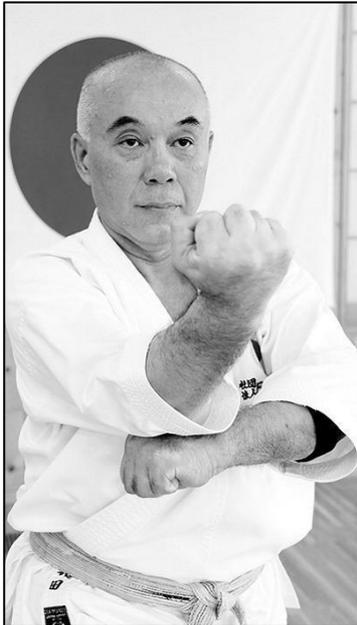
LION!



THE OFFICIAL MAGAZINE OF THE

CHILTERN KARATE ASSOCIATION

DECEMBER 2018



MINORU KAWAWADA 1952 - PRESENT

FOREWORD....



OSU!

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

The front page features a truly great karateka – **Minoru Kawawada Sensei**. Born in 1952, he was a student of Takushoku university. At the age of 26 yrs old he graduated from the JKA Instructors course and became a full-time Honbu dojo instructor.



A kata specialist, he won the all Japan Karate Championships for kata in 1985 and 1986, plus he became grand champion in 1987 (placing 3rd in kumite as well).

Now retired from the JKA, Kawawada Sensei is the resident instructor at the Hoitsugan, the personal dojo of Nakayama Sensei that was established in 1972. Hoitsugan literally means “*..the place where people with similar goals practice and study together..*”

Kawawada Sensei keeps the traditions of Nakayama and the Hoitsugan alive, and in February 2018, members of the CKA had the great honour of training at the Hoitsugan under the direction of Kawawada Sensei.

My heartfelt thanks to you all for the support you have shown myself & the CKA during 2018. Without the commitment of you, the students, the CKA could not continue to thrive & flourish.

Many thanks also for so many of you taking part in the Voice of the Student! Over **50%** of all CKA students participated and I will be giving feedback on the results in the next issue of the Lion.



Good luck to everyone grading today!



D C Davenport

Dave Davenport

Chief Instructor - 6th Dan EKF

CKA DAN EXAMINATION – NOVEMBER 2018



OMETEDŌ GOZAIMASU !

- Toby Allen – Shodan (junior)
- Brian Hammond – Shodan
- Sam Green – Shodan
- Szymon Warsinski – Shodan

We expect further progress in skill and character building in the future....

THE NEW CKA DAN CERTIFICATE



As well as the new logo and new licence books, we have decided to introduce a new style Dan grade certificate that more closely resembles an authentic Japanese item.

Each certificate is unique and contains the students name translated into Japanese.

The **kanji** on a Japanese Dan grade certificate is read from right to left:-

- The first series of characters (top right-hand corner) is the date of the examination
- The large red stamp (called a **Hanko**) is the official seal of the CKA!!
- Below this is a single character "**Sho**" meaning "certificate"
- The blue text shows the students name – this is personalised to each certificate & is black for the genuine article
- The next two columns of **kanji** say "...your examination results line you up with **XX Dan ranks...**", your rank is the blue single character, in this case Sandan (3rd Dan)

- Next comes the date column showing day, month and year – in a traditional Japanese certificate, the year is determined by the reigning Emperor at the time. The first two characters signify "**Heisei**", which represents the reign of Emperor Akihito. For 2018, we are in the 30th year of his reign, hence the "**Heisei 30**".
- The next column of **kanji** says Chiltern Karate Association
- Finally, we come to the last column of **kanji** relating to the presiding Chief Instructor at the time – the first 4 characters usually say **Shuseki Shihan** but I am uncomfortable with that level of **keigo** (honorific title), so I have chosen instead **Gijutsu Shacho** which means something more like "Head of Craft"
- The last characters are my name (ㇿ) and the stamp below is my personal **Inkan**

The final part of the process is the registration of the certificate in the official **CKA Dan Grade Log Book**. Every association should keep a record of all Dan grades issued, and each certificate is authenticated by being stamped. Half of the stamp sits on the certificate, the other half in the log book, such that upon inspection they should line up like a jigsaw piece. **Osui!!**

The new style certificate is available to all *existing* CKA Dan grades – for anyone wishing to upgrade their current certificate to this new version, the cost is **£25** (see your Dojo Head).

SCOTT LANGLEY COURSE

SUNDAY 11TH NOVEMBER 2018



Once again, we had the pleasure of hosting Scott Langley Sensei (6th Dan Chief Technical Director HDKI) on Sunday 11th November.



With other guests from different associations, 29 x *karateka* of all grades experienced a very unique and inspiring lesson, with 3hrs of training flying past. The first session was all about power generation and the correct use of the legs, the hips and finally the top half of the body. It seemed that every time Scott Sensei asked the group a question, we collectively got the wrong answer!



We also spent a lot of time hitting focus pads...it is truly inspiring to see the correct application of body weight and the effortless way Scott Sensei was able to produce such a devastating impact force. Bernard was lucky enough to be chosen as *uke* for the day ☺

For the second session, Scott Sensei choose the kata *Chinte* for closer inspection, managing to bring the moves alive with some excellent *Bunkai* applications.

If you didn't make it this time, or were unsure about what to expect, please talk with your fellow grades... I am sure they will put you at ease and you really won't want to miss the next one!



MALCOLM DORFMAN - KWF

SEPT 18 — REPORT BY ALEX RAMSAY



KWF

KARATE-NOMICHI WORLD FEDERATION
空手之道世界連盟

Malcolm Dorfman, 9th Dan, is Deputy Grandmaster of the KWF and was the first westerner to reach that grade in a Japan-based mainstream Shotokan organisation. At over 70 years of age he still completed a physical grading in front of the Master panel of the KWF.

This session with him was being hosted by Luton Karate Academy who are affiliated with the KWF, Malcolm having been in Paris during the week before, was taking this session in the UK before travelling back to South Africa that evening. There was a good-sized crowd, the LKA students were a broad range through the kyu grades, mostly children and young folk with not many black belts there on the day.



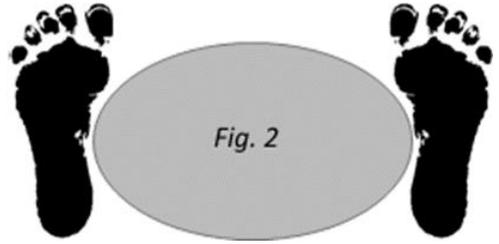
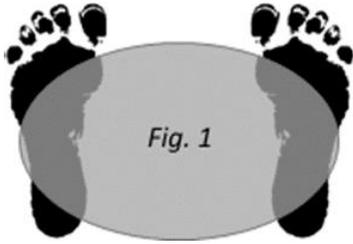
I've been to a few karate seminars in the past, not loads, but heading to this one I had a bit of a concern that it might be slow, with a format of 'see this, try it out' and then lots of waiting to see something new again, as sometimes they can be. Being fortunate enough to go to Japan earlier in the year and train with some serious karate instructors showed me though that a new perspective can give light-bulb moments and ideas that can enhance our everyday training, so this was an opportunity not to miss so close to home.

This session turned out to be more like a 3-hour lesson, Sensei Dorfman was a stickler for people putting in maximum effort throughout which was a theme he came back to a few times, but was seen in him ensuring that everyone stayed in a good stance until **yame** was called. This wasn't in general calls for effort, he pointed at individuals & told them to do better!

We started off with a basic seeming topic:

Foot Position

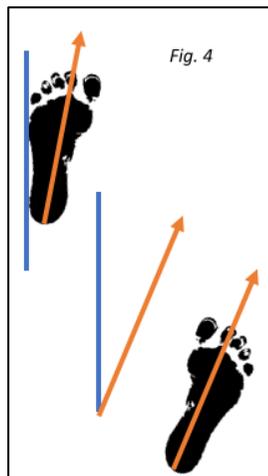
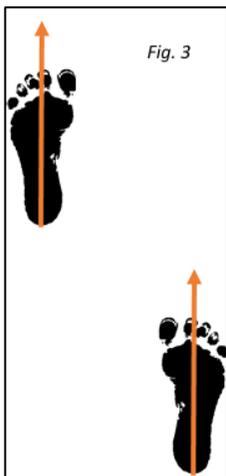
The connection with the ground, then grip and put the power from the muscles down into the floor to drive forward and apply changes of direction, so we began looking at stance width, length and angle.



‘Stance width should be hip width’, I think we’d mostly agree with that, but a bit of clarity in his definition of hip width is to consider it as the inside of your feet level with the outside of your hips; the wider your hips the wider your feet are set to ensure you have a stable base. I certainly have tended to have a hip width where my feet are in line with the hips as in fig.1 below, rather than beside the hips as in fig.2; with a natural standing hip width I have found myself off-balance on occasion and like the idea of a slightly wider footing while having a good explanation of how this is still a ‘hip-width’ stance.

Moving on; maintaining that width, onto stance position front to back; less of a defined distance with this, the explanation started with the familiar phrase that the front leg should be bent forward at the knee to an extent that that you just lose sight of your toes, however the back-leg distance was explained just as being ‘*far enough back to allow the correct bend in the front leg*’. There were some other factors to it; having a bend in the back leg so that you are ready to push off and being long enough to be stable, but there was no formula for how long the stance should be.

Next; setting the angle of the feet, feet are in line and the front foot points forward of course! But, standing at a stance length with feet in line, like in fig 3, is awkward, and Malcolm called it unnatural for anyone to be able to stand like that and said it’s not true that there are any regional genetics involved with ankle flexibility.



It turns out we’ve got slightly triangular feet. If you set the outside edge of the front foot pointing straight, line the inside edges of your feet up, then set the width and length of your stance as described above, you’ll find you’ve got quite an angle on the back foot – all the while having them in line!

Maybe this is bending the rules a bit, or perhaps this is really what is meant by having feet in line and the rest is lost in translation. By this interpretation the feet are parallel, the front foot is pointing

forward but a 20-degree or more angle is achieved on the back foot.

At this point we did spend quite a bit of time going up and down in lines, trying to return to that foot position, stance width and length all the time, and always the watchful eye for putting the effort in!

Driving Force

The muscles driving the feet; the thighs and buttocks pushing the hips forward, doing so while keeping the body upright and the head forward. It was stuff reminiscent of Sensei Kawawada in Japan, and more details to focus on going up and down in lines.

Stance width, length, foot angle, drive the hips forward without rising up, body upright, looking straight ahead.

An interesting point made on stepping backward was to avoid leaving your head out in harm's way or even leaning the head forward at the start of the weight shift by making the 1st part of the back step as a push from front stance to something approaching back stance. It wasn't a stance change followed by a step, it was all the same thing & the step itself looked very much a traditional back step in front stance, but that first movement of the hips meant that the head had travelled directly back 20cm or so as the first part of the movement; try it and see.

Fighting Stance

Fighting stance wasn't so different from basic stance, it was a little shorter, but lower to compensate, putting compression into the legs.

That compression allows expansion, so from the compressed front stance we could drive forward with a punch then bring the back leg up into the compressed stance. The same was true for driving backwards with a block, then bringing the front leg further back to achieve the compression. This movement of "*attack>ready*" or "*defend>ready*" allows a constant chain of compression and expansion, which with practice could be rapid advancing attack off the front foot, but ever ready to defend if needed. This was also done with stepping techniques, so step back & block but then compress the stance to be able to drive back in or drive further back.

This also gave much opportunity for practice; *Stance width, length, foot angle, drive the hips forward without rising up, body upright, looking straight ahead, compress the stance after each movement!*

We did some of the stance compression practice in pairs, which proved to be a bit hard to get my head around, the 1st attack was a drive forward and compress, but the 2nd was a step and compress, and then to cap it off; it seemed like a familiar **sanbon** combination, except it was the defender doing the kick instead of a reverse punch. While I couldn't smoothly pull off the combination in the pairs, instead it being a case of stuttering miss-steps, doing it both in lines and this bit of partner work I could see value of the movement; it gives a constant flowing movement and natural changes of direction without any feeling of a big slow inertia change that you might get with advancing then needing to retreat. Maybe with a bit of practice...

The Spin

No KWF seminar would be complete without Sensei Yahara's signature twisting strikes; it's not easy to explain in writing, so I'll just say that there was a surprising amount of rotation going into the feet and lower legs. A point worth mentioning when explained by a man so close to Yahara, is that the rotation is like driving a screw into and back out of wood; as you rotate the first 180 degrees you lower in height, as you rotate back the other way you rise back up in height.

Overall it was a good session, well taught and engaging, several times Sensei Dorfman came back to the need for being precise in what you are trying to do, saying that good karate was 10% technique and 90% mentality and spirit. As he put it; if you aren't striving to do a perfect karate technique, then you're just walking about in white pyjamas!

A lot of what he said about the effort feels right to me; it's worth putting in the extra bit to look sharp for as long as you can, and try and maintain your best form from fresh to when the muscles start to ache and try and push beyond. I would recommend going to a session like this taught by a karate instructor with global credentials, although the format will vary, for me a **lesson** from a master is far better than a demonstration.

(FROM THE EDITOR – WELL DONE ALEX & SZYMON! *Everyone should try & experience as many events outside the CKA as possible! Try different styles of karate and even different martial arts all together. Shotokan alone is only one part of the answer.... without experiencing other favours, you can never truly discover your own taste* 😊)



CKA CHRISTMAS MEAL
THE SWAN, AMERSHAM

SATURDAY 15TH 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



As per last month's Lion, we have been able to secure Matt Price (6th Dan JKS) to teach a course for the CKA!!!!!!

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.

For those of you that attended the recent course with Scott Langley Sensei, you simply **CANNOT** miss this one! And for those that have yet to attend a course with the CKA, please remember this is a course for ALL GRADES and I promise you will have a brilliant time!

Come along and meet a World Champion....**Osu!!**

KARATE AGAINST CANCER

DECEMBER 2018

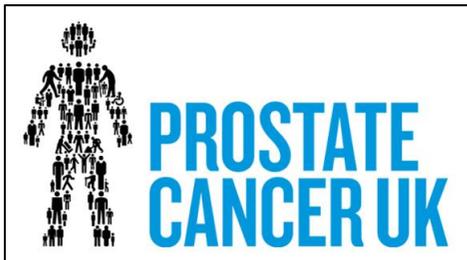


In 2017 Holmer Green Dojo held a special event in aid of **BREAST CANCER AWARENESS**.

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 that is 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 😊

The CKA have decided to hold similar events this year across other dojos and the charity we have chosen is **PROSTATE CANCER UK**.



Prostate cancer is the most common cancer in men in the UK. In the UK, about 1 in 8 men will be diagnosed with prostate cancer at some point in their lives.

Ask your Dojo Head about what events are planned in your Dojo!!

DOING' KARATE ?

In Japanese (日本語) there are 6 words referring to varying degrees or types of training:

1. *keiko*
2. *renshu*
3. *shuren*
4. *tanren*
5. *kufu*
6. *shugyo*



The first 4 can be translated respectively as practice, training, discipline, and forging. There are no words for the last two, however *shugyo* is the deepest spiritual training possible. Refining the self in *shugyo* is like forging a sword from raw iron ore. Fire, water, and iron are folded upon each other by the pounding of the hammer continuously to create the cutting edge. Without *shugyo*, realisations are passing highs. The natural form of the body will not be developed, nor will the structures of mind emerge from the unconscious and a person will regress to egotistical patterns under pressure.

When a person trains to attain enlightenment as an end, frustration and despair are at times inevitable for the Way (*Do* - 道) is endless. But if you accept life as *shugyo*, see through both good and bad fortune as the effects of karma and moment by moment refine breath, posture, and awareness, one day you will clearly realise the truth of Dogen Shihan's words: "*Training is enlightenment, and enlightenment is training.*"

Keiko 稽古

Keiko is an everyday, straightforward word, usually translated into English as practice; practising; training; study etc. 稽 means think, consider and 古 means old, looking like a head wearing a crown, thus the connotations of revering your ancestors. Keiko has a simple meaning: to practice (*renshū*) in order to learn or acquire knowledge about something.

Renshū 練習

Another everyday word, usually translated into English as practice or practising.

The first kanji in this word is 練. The right-hand side of the kanji 練 combines parts meaning bundle and divide. This gives a meaning of classifying or sorting things, and only keeping the

good ones. The left-hand side of the kanji 糸 means thread i.e. immersing a raw, silken thread into water, which gives a meaning of polishing and refining good things.

As a whole kanji character therefore, 練 means polish, forge, temper, drill, train, discipline.

The second kanji in *renshū* is 習. This character 習 combines羽 (wings) with an abbreviated form of自 (self). It therefore symbolises movement; wings repeatedly moving. Taken together, this word *renshū* has a sense of repeating something repeatedly in order to learn it, normally applied to something like an academic or technical discipline.

Shūren 習練, 修練 or 修鍊

There are several ways to write this word in Japanese kanji.

- 習練 You may have noticed that this is *renshū* written with the 2 kanji components in reverse. This version of *shūren* translates as to repeatedly practice (*renshū*).
- The next form of *shūren* is 修練. You may notice that the second kanji component is the same, but the first one is different: 修 meaning to bathe a person by pouring water in a long, thin stream down their back. The other part is 彡 which usually symbolises 3 but in this case, it means an ornament. By combining the two parts it creates a meaning of arranging things into a long, slender, well-proportioned formation, with no gaps, roughness or unevenness. This version of *shūren* 修練 is translated as: to polish/refine/improve/forge/ train/discipline the spirit (心) or body well.
- The third form of *shūren* is 修鍊. But 鍊 is just an alternative version of 練 the left-hand side replaces thread 糸 with gold 金 and the whole kanji has the meaning of either forging/tempering metal; or of forging/tempering the mind/spirit (心) or body. *Shūren* has a special meaning for Aikidoka, as the founder of Aikido, *Ueshiba O-Sensei* named his own dojo in *Iwama* the *Aiki Shūren Dōjō*.

Tanren 鍛練 or 鍛鍊

Like *shūren*, *tanren* can be written with either 練 or 鍊. The first kanji character, *tan* 鍛 combines 2 components - the right-hand side component 段 is a character you might well recognise as a Karateka. It can be read as *tan* or *Dan* and means step; stair; grade; rank; level. (As in *Shodan*, *Nidan* etc.). The left-hand side component 金 means gold, as noted above.

So *tan* 鍛 smoothly (step by step) forging metal by has a meaning of beating it or strengthening the mind/spirit (心) or body.

And the whole word *tanren* means to forge your mind, spirit, body, or *waza* (技 -technique, art, skill) in the same way that you would forge metal, and in this way to become praiseworthy.

Kufū 功夫 or 工夫

Kufū can also be written in two ways but the 2nd kanji is the same in both versions. **夫** represents a man wearing a **kanmuri** (遠紋 a traditional Japanese cap) – which represents a man becoming an adult. **夫** therefore means husband, or fully-fledged man, or working man. **工** shows a hole being driven through planks from the top to the bottom. It therefore represents difficult work or craftsmanship.

功 combines **工** with **力** (power) and has a sense of work that has been done with dedication. It therefore means achievement; feat; meritorious deed; good result; good workmanship; efficacy and so on. Either way, **kufū 功夫** or **工夫** literally means a really good way of doing something, that you come up with after lots of thought.

It also has the meaning however of dedication to spiritual improvement, especially in the context of **Zen** meditation. In Chinese, **功夫** is pronounced Kung Fu/Gung Fu/Gong Fu. We tend to think of this as a martial arts term, but according to various sources, Kung Fu or Gung Fu/Gong Fu refers in Chinese to:

Shūgyō 修業 or 修行

修業 (**shūgyō**) can be easily confused with **修行**: (**shugyō**) - the difference as follows: -

- **修業** like a martial art (武芸 **bugei**) or religion **shūgyō**: to acquire knowledge in an academic or technical discipline
- **修行**: (**shugyō**): to refine your character while acquiring knowledge in something

START THE NEW YEAR WITH THE CKA !

KAGAMI BIRAKI (鏡開き)

MONDAY 7TH JANUARY 2019

***A SPECIAL LESSON TO MARK THE FIRST
PRACTICE SESSION OF THE NEW YEAR***

ALL CKA GRADES WELCOME!

HOLMER GREEN DOJO - 8:00 TO 9:00PM

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

虎穴に入らずんば虎子を得ず

koketsu ni irazunba koji wo ezu

“If you do not enter the tiger's cave, you will not catch its cub”

“.....nothing ventured, nothing gained; you can't do anything without risking something.....”

Grading Examinations

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

- **Sunday 3rd March 2019**
- **Sunday 9th June 2019**
- **Sunday 8th September 2019**
- **Sunday 24th November 2019**

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 13th January 2019**
- **Sunday 10th February 2019**
- **Sunday 17th March 2019**
- **Sunday 28th April 2019**
- **Sunday 23rd June 2019**
- **Sunday 13th October 2019**
- **Sunday 17th November 2019**

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

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£15.00

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