

The Lion



*The official newsletter of the Chiltern Karate
Association – December 2015*



fore Word....

Season's greetings from the festive December edition of The Lion...

*Once again a big thanks to all of this **month's** contributors. Huge congratulations from both Senseis Davenport and Thwaites to the Allen brothers for competing at the Central England 3rd International Open Karate Competition and taking the time to write an article sharing their experiences. Well done!*

*This **issue's** front cover features Sensei Shinpan Gusukuma instructing students in the **Shitō-ryū** branch of karate at Shuri Castle on the island of Okinawa c.1938; a place synonymous with the practice and development of karate from its early to modern forms. Now if only CKA students could manage to space themselves into **such organised lines...***

In other news, CKA is once again planning for the annual visit of renowned Sensei Rick Clark. We are aiming to arrange a special training session in June 2016 so

please watch this space for further details

*This is the last grading session this **year so let's work really hard and** earn our Christmas dinners!*

Good luck to everyone grading today, give it your all and you will do fine.

Hajime 始め

Jack Hamilton

4th Kyu

If you have any material that you would like to be considered for publication in The Lion please contact Sensei Thwaites at erin_thwaites@yahoo.co.uk.

We are also 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

Material published may not necessarily represent the views of the editor, the club instructors or CKA committee.

Twenty Books to read as part of your studies

I have what most people would describe as a substantial library of Karate-do literature.

In no particular order, here is a list of the twenty books that you may not have heard of but should (in my opinion) seek out.

This is not a list of Nicol's "Moving Zen" or Nakayama's "Best Karate"..... this is a list of the more obscure titles that fall under the radar.

Some are cheap; some will cost you another mortgage.

Some are easy to get hold of, some well, they just don't exist anymore.

Some will give you fantastical insight into karate do; some will give you a glimpse of training at the birth of karate in the West.

Enjoy:-

1. Living the Martial Way – Forrest E Morgan 1992
2. Shotokan Karate (A Precise History) – Harry Cook 2001
3. Scientific Karatedo – Masayuki Hisataka 1976
4. Roaring Silence – Michael Clarke 1985
5. Karate Ideals – Randall G Hassell 1991
6. Spirit of the Empty Hand – Stan Schmidt 1984

7. Karate Kinematics and Dynamics – Lester Ingber 1981
8. Karate (techniques fondamentales et superieures) – Dominique Valera 1985
9. The Medical Implications of Karate Blows – Brian Adams 1969
10. The Textbook of Modern Karate – Teruyuki Okazaki 1984
11. The Essence of Okinawan Karatedo – Shoshin Nagamine 1976
12. The Hand is my Sword – Robert A Trias 1973
13. The Karate Dojo (traditions & tales of a martial art) – Peter Urban 1967
14. Karate's History and Traditions – Bruce A Haines 1968
15. Classical Chokes – Joseph Kelljchian 2002
16. ABC du Karatedo (boxe libre japonaise defense invincible) – Henri Plee 1970
17. Karate Do / Perfecting Kumite – Masahiko Tanaka 2001
18. 11 Innovations in Karate – Shojiro Sugiyama 2005
19. Secrets of Chinese Karate – Ed Parker 1963
20. Japan's Complete Fighting System / Shin Kage Ryu – Robin L Reilly 1989

David Davenport

Godan (5th Dan)

Christmas Closure Dates

Holmer Green



The last lesson of 2015 is on
Monday 21st December,
19.30-21.00. Our first lesson of
2016 is on Monday 4th
January.

Chesham



The Chesham dojo is *open for*
business as usual throughout
the festive period
(HO HO HO!)

Aylesbury



The final session of 2015 is on
Wednesday 16th December,
19.00-21.00. Aylesbury will be
re-opening for 2016 on
Wednesday 6th January.

Amersham



Amersham dojo will be closed
on *24th December and 31st*
January 2015. We will re-open
on Thursday 7th January
2016.

My Competition Experience

On the 18th October my brother Toby and I competed in the Central England 3rd International Open Karate Competition in Worcester. Our entry into the competition was arranged by Sensei Davenport, who was also our coach on the day. I entered into the individual Kata event and Toby entered into the Kumite.

As we had to be there to register at 8:30 a.m. our parents drove us to Worcester the day before and we stayed in a hotel just outside of the city. I was feeling nervous and had no idea what to expect as this was our first national competition.

On Sunday morning we were taken to a huge sports arena at Worcester University. There we met Sensei Davenport who collected our wristbands. There were a lot of very professional looking teams, wearing their official tracksuits - and looking very confident! We walked into the massive hall with loads of people practicing on the mats and a large seating area for the hundreds of spectators. I was terrified!

We finally found the notice on the wall with our event and names on it. We had to have both a red belt and blue belt to hand as we wouldn't know until the last minute which we would be wearing. It is always red versus blue in the competitions. Toby also had to have all his pads in both colours. This included gloves as well as foot and leg pads (and a gum shield).

We got changed into our Gis and waited until we were called. The time seemed to pass so quickly and soon I was on. My heart was pounding!

Both Toby and I were in the Boys 9-11 year kata event. We had to have 2 katas ready to perform. I chose Heian Nidan and Tekki Shodan. There was a group of around 16 of us and we sat and watched each pair perform their kata. The judges sat at the 4 corners with red and blue flags so they could vote their preference. Then suddenly it was my turn! I performed Heian Nidan to the best of my ability. It seemed to go ok, but my opponent won. At that moment I understood how high the standards were. Our competitors were doing 2nd and 3rd Dan katas and most of them had competed in many competitions before. However, I have learned what I need to do for next time (Nijushio? Gankaku perhaps?) and hopefully I will have a bit more confidence.

A bit later in the morning Toby did his Kumite. I think he was quite nervous too. From where we were watching it looked like he was winning. He was driving his opponent off the mat! His

opponent also clocked up a few warnings. But somehow a lucky strike saw his opponent go through. I think Toby was a bit disappointed. So he too has plans for next time...



Left: Thomas & Toby ready and raring to go!



Above: The kata begins (Thomas is in red!)

Below: Toby all padded up!



We would very much like to thank all of the Sensei's at CKA for all their support, with a particular thanks to Sensei Davenport for supporting us on the day...and making us practice our Kata over and over again!

Thomas (and Toby) Allen

And now a few words from Sensei Davenport...

"..your first competition is always a daunting experience but to start off your career at an International Open is exceptionally hard! Over 600 entrants, competing across five arenas, in front of an audience of nearly 1000 spectators. The overall performance standard was unusually high but Toby and Thomas were excellent. It was my pleasure to take them as Coach. They should be very proud of attending such an event and I look forward to them progressing further in the next one....."

David Davenport

Godan (5th Dan)

The Ultimate Adventure of Self Discovery

This edition of The Lion will coincide with the start of my 37th year of my karate journey. I remember each minute of my first lesson (the sights, the sounds, the electric current in the air) and afterwards my big brother said to me “Do you think you’ll come again?”

“I’ll give it another week and then we’ll see.....”

37 years later I’m still giving it just one more week.....

But even though I truly believe I am 21 years old when I pull on my gi.....my body reminds me I am nearer 51 years old the following morning.

My life has been truly blessed - I have been able to compete at the highest level across Europe and been able to train in Japan many times, but the onset of age means that I believe I only have one more trip left in these bones.....

I am planning a final trip to Tokyo in 2017/18 to coincide with my brother’s Shodan grading (he gave up when a 1st Kyu back in the 1980s and has recently started again, so far up to 5th Kyu).

Instead of a week training solely at the JKA, we are planning a ‘grand tour’ of all the famous Shotokan dojos in Tokyo:-

* Japanese Karate Association (JKA)

For me the home of Shotokan. The Association that spread the gospel of Shotokan to the masses in the 1960s and 1970s. Initially created by senior students of Funakoshi in 1949, it was given official recognition by the Japanese Ministry of Education on April 10th 1957. Funakoshi died 16 days later.

* Shotokan Karate-do International Federation (SKIF)

Kanazawa started to fall out of favour within the higher echelons of the JKA sometime around 1975 due to his unique views on karate. In 1977 Asano left the JKA and formed SKIF. He invited Kanazawa to join him and Kanazawa took the lead.

* Japan Karate Shotorenmei (JKS)

Asai left the JKA in 1999 (he was Chief Instructor after Nakayama) when the infamous court case ruled against his faction within the JKA. A year later, in 2000, he formed the JKS.

* Japan Shotokan Karate Association (JSKA)

Abe also left the JKA in 1999 (he was Technical Director) as he was aligned to Asai. He formed the JSKA in 1999, just after he officially resigned.

* Karatenomichi World Federation (KWF)

Yahara and Isaka were also aligned with Asai, and they too had to leave in 1999. They subsequently formed the KWF in 2000.

* Takushoku University

Famous for its links to the JKA, the karate club within the campus was started around 1924. Its Alumni is a veritable Who's Who of the karate world – Asai, Enoda, Asano, Higaonna (Goju Ryu), Kanazawa, Kawazoe, Nakayama, Nishiyama, Ochi, Okazaki, Oyama (Kyokuyushin), Shioda (Aikido).

Aside from the training, we also want to visit the JKA Shrine in Yotsuya, Tokyo (just a short distance from Shinjuku) which is the resting place for various past overseas/international JKA masters including Enoda, Kase,

Miyazaki and Nishiyama (a chance to pay my final respects to my greatest teacher). Plus I finally want to get to the Gichin Funakoshi memorial at the Engaku-ji temple in Kamakura, about 30 km south of Tokyo.

The purpose for writing this short piece is to gauge the level of interest & response to a simple question:-

“...does anyone feel like coming with me on a journey of a lifetime?.....”

Please feel free to email any questions you have e.g. dates of travel, approximate costs, length of stay, where would we stay, what else would we do etc. etc. etc.

I then suggest we get together over a drink to discuss how we go about organising proceedings.

Of course, if no one replies it will be a very quick drink!

david.davenport7@aol.com

Think about it over Christmas.

Koketsu ni irazunba koji wo ezu

.....if you do not enter the tiger's cave, you will not catch its cub!

David Davenport

Godan (5th Dan)

CKA Annual Awards 2015



Congratulations to the students below who have been nominated by their instructors for their outstanding attitude and effort while training within the CKA.

Dedication, Effort and Perseverance in Training:

Damian Parmenter

Benito Sinacore

Sophie Welsh

Paul Allen

Emma East

Sam Green

Good Etiquette and Approach to Training:

Jason Guest

Finley Spencer

Laura Butt

Kerry Clough

For Showing Improvement in Training:

Sharan Kalamohan

Jonathan Green Award:

Ian Page

Calendar 2016

<p>Sunday 18th January – Grading training <i>Class will be divided into groups and training focused on the grading syllabus including the kihon (basics) kumite (sparring) and kata required for grading examinations.</i></p> <p>Venue: Chiltern Hills Academy, Chartridge Lane, Chesham. Time: 10.00 a.m. to 12.00 p.m. Grades: All grades Cost: Adults: £8.00 Juniors: £6.00</p>	<p>Sunday 8th February – Grading training <i>Class will be divided into groups and training focused on the grading syllabus including the kihon (basics) kumite (sparring) and kata required for grading examinations.</i></p> <p>Venue: Chiltern Hills Academy, Chartridge Lane, Chesham. Time: 10.00 a.m. to 12.00 p.m. Grades: All grades Cost: Adults: £8.00 Juniors: £6.00</p>
<p>Sunday 6th March – Grading Examinations <i>Grading examinations will cover all grades up to Black Belt 3rd Dan.</i></p> <p>Venue: Chiltern Hills Academy, Chartridge Lane, Chesham. Time: 10.00 a.m. start Grades: All grades Cost: Standard grading fees apply</p>	<p>Sunday 20th March – Grading training <i>Class will be divided into groups and training focused on the grading syllabus including the kihon (basics) kumite (sparring) and kata required for grading examinations.</i></p> <p>Venue: Chiltern Hills Academy, Chartridge Lane, Chesham. Time: 10.00 a.m. to 12.00 p.m. Grades: All grades Cost: Adults: £8.00 Juniors: £6.00</p>
<p>Sunday 17th April – Grading training <i>Class will be divided into groups and training focused on the grading syllabus including the kihon (basics) kumite (sparring) and kata required for grading examinations.</i></p> <p>Venue: Chiltern Hills Academy, Chartridge Lane, Chesham. Time: 10.00 a.m. to 12.00 p.m. Grades: All grades Cost: Adults: £8.00 Juniors: £6.00</p>	<p>Sunday 5th June – Grading Examinations <i>Grading examinations will cover all grades up to Black Belt 3rd Dan.</i></p> <p>Venue: Chiltern Hills Academy, Chartridge Lane, Chesham. Time: 10.00 a.m. start Grades: All grades Cost: Standard grading fees apply</p>
<p>Sunday 19th June – Grading training <i>Class will be divided into groups and training focused on the grading syllabus including the kihon (basics) kumite (sparring) and kata required for grading examinations.</i></p> <p>Venue: Chiltern Hills Academy, Chartridge Lane, Chesham. Time: 10.00 a.m. to 12.00 p.m. Grades: All grades Cost: Adults: £8.00 Juniors: £6.00</p>	<p>Sunday 10th July – Grading training <i>Class will be divided into groups and training focused on the grading syllabus including the kihon (basics) kumite (sparring) and kata required for grading examinations.</i></p> <p>Venue: Chiltern Hills Academy, Chartridge Lane, Chesham. Time: 10.00 a.m. to 12.00 p.m. Grades: All grades Cost: Adults: £8.00 Juniors: £6.00</p>